



Complete Women Care, Inc.

Comprehensive Medicine • Skilled Doctors • Women's Intuition

January 2010

COMPLETE WOMEN CARE NEWSLETTER

Volume 9

At Complete Women Care
Our mission is simple. We want to be the best OB-GYN practice in your community.

Our goal is to provide professional care with a warm, personal touch. We are here to help you, make you healthier and to bring a smile to your face. You are our best friend and dear family member.

Welcome to Complete Women Care!

Complete Women Care

Lakewood
3650 E. South St.
#403
Lakewood, CA
90712
562-634-8812

Long Beach
2840 Long Beach Blvd. #330
Long Beach, CA
90806
562-424-8422

Welcome Dr. Mayra Contreras!



We are pleased to inform you that a wonderful new physician, Dr. Mayra Contreras, has joined our practice!

Dr. Contreras writes: "It was always a childhood dream of mine to become a doctor. As I grew older and was exposed more to medicine and patient care, I decided to make my dream a reality I was very fortunate to be surrounded by support and guidance throughout my journey- beginning with my wonderful and loving parents who always believed in me. In addition, my husband has been especially supportive through the entire process. We met when we were starting out as pre-med students at USC and together have encouraged each other to accomplish our goals."

"The field of OB-GYN is amazing and rewarding in so many ways. As an OB-GYN, I can see a patient in clinic for outpatient care, perform needed gynecologic surgeries and be there for the most amazing experiences of a patient (or couples') life- during the birth of their children. It is truly a privilege to be able to help women throughout different scenarios and during different life stages."

"I feel honored to be a part of Complete Women Care. I whole-heartedly believe in the wonderful mission that this group offers. As a doctor, I am always willing to listen to patients, and together discuss the best options for care and come up with a plan. I feel a patient-doctor relationship is of utmost importance and it is imperative to show respect for all patients' desires and develop a trusting bond. I intend to provide all patients with the care that I would expect my mother or sister to receive from their physician."

Education -
Undergraduate: University of Southern California
Medicine: University of California, Irvine College of Medicine
OB-GYN Residency: Los Angeles County-University of Southern California Medical Center

Dr. Contreras is currently working at our Lakewood and Long Beach offices. Please

San Pedro
1360 W. 6th. Street
#165
San Pedro, CA
90731
310-832-2369

Naples
5865 Naples Plaza
Long Beach, CA
90803
562-343-2814

call us to make an appointment with her!

Cindy (PA-C) Now Performing Well Woman Exams!



Cindy Baldonado, PA-C is now performing annual well woman exams for all CWC patients. Please call our San Pedro or Long Beach office to schedule your appointment with her.

She is also performing pelvic training, urodynamics and free health coaching for all OB patients as well as patients who are trying to conceive.

Please call any of our offices for details.

CWC & Surgery Center of Long Beach

CWC is proud to announce that we now operate at Surgery Center of Long Beach!

Surgery Center of Long Beach combines a comfortable atmosphere with the latest technology. It is staffed with some of Los Angeles' most highly-trained professionals. Their team is committed to providing you with the best experience possible.

For more information on the Surgery Center of Long Beach, you can check them out at <http://surgerycenteroflongbeach.com>

Interval House Donations

CWC would like to thank our generous patients for donating to a worthy cause - Interval House: Crisis Shelters & Centers for Victims of Domestic Violence.

Over the past month, CWC has been collecting donations and personally delivered the donations to the Interval House of Long Beach.

Interval House Executive Director, Carol Williams, sent CWC the following letter:

"On behalf of all of us at Interval House, we wanted to express our deepest gratitude for your incredible generosity for the abused women and children who turn to the Interval House crisis shelter as their home for the holidays. The mothers were completely overwhelmed by your caring contributions and the children were absolutely overjoyed to be able to get what they truly needed. We have even set aside some donations to provide to new families coming into the shelter over the next few months. During this festive season, we cannot thank you enough for taking the time to open your hearts for families who are in crisis and in biggest need. Your loving efforts have truly made all of us feel the true spirit of the holidays. Thanking you for making this difficult time for our families such a special one that will be cherished always. May your holidays shine as brightly in your home as your

generosity has made them shine in ours. We send you heartfelt wishes for a happy, healthy and peaceful New Year."

For more information on Interval House, please visit <http://www.intervalhouse.org>



We're on the Web!
www.completewomencare.com

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