



Complete Women Care, Inc.

Comprehensive Medicine • Skilled Doctors • Women's Intuition

Voted America's Top OB/GYN Practice by
Consumer's Research Council of America
For The Past 4 Years!

November 2010

COMPLETE WOMEN CARE NEWSLETTER

Volume 18

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

Body Image and Function After Delivery

Pregnancy and delivery are both trying and demanding on a woman's body. Many women have vaginal pain and painful intercourse, as well as urinary and rectal incontinence after giving birth. Furthermore, most women are not happy with their body image. So far, these issues have not been sufficiently addressed. We at Complete Women Care interviewed our patients who have recently delivered and found that the above mentioned issues are of great importance and significantly affect their life and well-being.



Therefore, we provide services that can resolve these important issues:

- **Vaginal Reconstruction:** We can provide a wide array of gynecological and cosmetic surgeries. Besides using various implants, we can also provide fat transfers and just approved, natural fillers derived from your own blood. With such materials, we can reconstruct and repair vaginal damage and improve your sexual function.
- **Liposuction and Abdominalplasty:** For women that have completed their child bearing years, we can restore their pre-pregnancy image. We can remove excess fat and skin as well as tighten the skin. For women who have had prior cesarean sections, liposuction and abdominalplasty can be of particular importance as this can eliminate pain associated with the cesarean scar.

We hope that you will inform your family and friends of these services which will improve their health and well-being.

FREE Flu Shots - November 17th

The city of Long Beach has sponsored *Operation Immunize*, an event that the general public is invited to attend to receive a FREE flu shot.

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

The event will be held on Wednesday, November 17th from 2pm-8pm at Silverado Park (1545 W. 31st Street, Long Beach, CA)

The seasonal flu vaccine protects against three influenza viruses, including the 2009 Pandemic H1N1.



Who should get vaccinated?

Everyone over 6 months old should get the flu vaccine each year. It is especially important for people who are at risk for severe illness from flu and from those who might pass it to others who are at risk for severe illness from flu. This includes:

- *Pregnant Women
- *Healthcare workers and people who live in nursing homes
- *Adults over 65
- *Children between 6 months and 5 years old (especially children younger than 2)
- *People with chronic medical conditions such as diabetes, asthma, heart disease, cancer and HIV
- *Those who live with or care for children less than 6 months of age

Certain people should talk with a doctor before getting a flu shot. This includes people who have had a severe allergic reaction to eggs or to a previous flu shot as well as people who have had Guillain-Barre.

CWC Patient Portal

If you haven't signed up for our Patient Portal, please do so! It's an easy and secure way for patients to access our practice through a web portal. It allows a new and efficient internet-based method for patients to communicate with our office at your own convenience at any time!

Patients can log onto <http://www.completewomencare.com/> and:

- *Send and receive secure and confidential messages with our office
- *Request appointments
- *Request prescription refills
- *View upcoming appointments
- *Update your personal information
- *Print useful paperwork and forms

It's simple and easy to sign up for the Patient Portal:

1. Log onto our web site at: <http://www.completewomencare.com/>
2. Click on the new Patient Portal box on the home page

3. Register. Make sure to use your primary or home phone number when registering
4. Log in and follow the directions

If you experience difficulty when registering, please call any of our offices below during normal business hours for assistance.

CWC on the Web!

Official Website: <http://www.completewomencare.com/>

Patient Portal: <https://953.portal.athenahealth.com/>

Facebook: <http://www.facebook.com/pages/Complete-Women-Care/77959319108>

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