

# Women's Health at Stamford Hospital



Women: We are notoriously good at taking care of everyone else's needs, but perhaps not quite as attentive to our own health. Many of us are too busy to focus on preventive care, to keep ourselves as healthy as possible—and all too often wait too long to seek medical help when we don't quite feel right.

In the medical world, there is a new push to understand the ways in which men and women are physiologically different. At Stamford Hospital, we have made women's health a major focus. We are committed to ensuring that women receive excellent healthcare that recognizes these differences, and to providing the resources and information you need to connect to the healthcare professionals who can answer your questions, solve your problems, and help you be as healthy as you can possibly be.

**Stamford Hospital has highly regarded physician specialists, services and programs focused on many areas of women's health.**

Maternal-Fetal Medicine  
(High Risk Pregnancy)

Obstetrics

Gynecology

Gynecologic Oncology

Urogynecology

Breast Health

Behavioral Health

Primary Care

Cardiology

Orthopedics

Genetic Counseling & Infertility

Fitness & Wellness Programs

Nutrition

Endocrinology

Cosmetic Surgery

Dermatology

Neonatology

Pediatric Specialties

Diagnostic Imaging &

Interventional Radiology

Comprehensive Cancer Treatment

Community Education

Prenatal and Postpartum Programs

For information on our women's health programs and services, or to find a physician who meets your needs, please call: 1(877) 455-4HER (4437).

## Directions to Stamford Hospital

### From New York

*Via Merritt Parkway* - Exit 34. Turn right onto Route 104 (Long Ridge Road) and travel 0.9 miles to traffic light at rotary island. Bear right onto Stillwater Road (follow hospital sign) and continue 2.3 miles to light at island intersection. Proceed past golf course (on your left), bearing left onto W. Broad Street at wide intersection. Continue three short blocks and turn right onto Shelburne Road. Hospital entrance is on the left.

*Via Connecticut Turnpike* - Exit 6. At second traffic light turn left under Turnpike onto West Avenue. Continue 0.7 miles to traffic island and stop sign. Turn left onto Stillwater Avenue. Turn right at next island intersection onto W. Broad Street. Continue three short blocks and turn right onto Shelburne Road. Hospital entrance is on the left.

### From New Haven

*Via Merritt Parkway* - Exit 34. Turn left onto Route 104 (Long Ridge Road) and travel 0.9 miles to light at rotary island. Bear right onto Stillwater Road (follow hospital sign) and continue 2.3 miles to light at island intersection. Proceed past golf course, bearing left as above onto W. Broad Street at wide intersection. Continue three short blocks and turn right onto Shelburne Road. Hospital entrance is on the left.

*Via Connecticut Turnpike* - Exit 6. Turn right at light onto West Avenue. Continue 0.7 miles to traffic island and stop sign. Turn left onto Stillwater Avenue. Turn right at next island intersection onto W. Broad Street. Continue three short blocks and turn right onto Shelburne Road. Hospital entrance is on the left.

### Parking

Visitor parking at Stamford Hospital is available in several lots in the front and back of the building. The valet service and the hospital security guards are always available to assist you and answer any questions.



Affiliate Columbia University-College of Physicians & Surgeons  
Member NewYork-Presbyterian Healthcare System

A Planetree Hospital

### Stamford Hospital

30 Shelburne Road  
P.O. Box 9317  
Stamford, CT 06904-9317  
203.276.1000

[www.stamfordhospital.org](http://www.stamfordhospital.org)

## Expand Your Visit to Include Our Personal Day Package— Make It a Day of Health and Wellness



Whether your goal is to efficiently bundle health screenings into one visit, to give yourself a day to devote to health, wellness and relaxation, or to reduce the anxiety associated with an annual mammogram, you may enjoy combining your screening with spa services such as a massage or Reiki treatment at our Health & Fitness Institute. We offer a range of health screenings along with full use of HFI facilities for an entire day, so you can feel proactive and in control of your health.

### Choose among the following health screenings:

- Cholesterol
- Bone Density\*
- Mammogram\*
- Body Fat Analysis
- Blood Pressure
- Resting Metabolic Rate

### Spa treatments or personalized services:

- 60-minute massage
- Trigger point therapy
- Reiki energy healing
- Certified personal training
- One-on-one session for back pain or stress management

### Other complimentary services:

- Lunch
- Nutritional evaluation
- Personal cooking lesson\*\*
- Lifestyle consultation

### Plus, all-day use of Health & Fitness Institute services and facilities, including:

- Exercise equipment
- Virtual FitLinxx computer trainer
- Life Fitness cardio machines
- Therapeutic warm water pool
- Pilates class (mat and reformer)
- Steam room
- Sauna
- Walking/jogging track
- Aerobic classes
- Yoga and Tai Chi classes
- Ball therapy for stress management

*\*Will be processed through the participant's insurance company*

*\*\*If two or more women schedule together*

For more information, to purchase, or to tailor a special package for yourself or as a gift, please call 1(877) 455-4HER (4437).