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the chest pain. It'll go away I have to keep going," said Gentilia. "They really need to be better informed and have those symptoms checked out."

The fact that there are so many positive changes coming about for women's health issues today, makes the 90s an exciting time to be in the medical field, Gentilia said.

"Ten years ago, if a woman had osteoporosis, there wasn't much you could do about it so there was no need for exams, no medication and no real push for it," Gentilia said. "Now there are several things you can do. Bone density is built up by the time a woman is 35-years-old so now they have to make sure to stay fit and take calcium from childhood. There are also medications (including hormone replacement drugs)."

A testament to the center and the new medical approach to treating osteoporosis was recently presented to Gentilia by an elderly woman visiting the clinic. Supported by a walker, the woman approached Gentilia and complimented the service, stating that she wished she would have had the opportunity to visit a similar place when she was younger.

"This woman told me, 'I wish I would have known about hormone replacement years ago, because now on a bad day if I cough hard enough I can break three ribs,'" Gentilia said.

Such kind words are gratifying to Gentilia and her fellow nurses at the center, Leslie Wenchley and Bonnie

"We tell patients that they need to be their own best health advocate and they need to be informed."

Bonnie Gentilia
Health Educator

Webb. A big part of the concept for the clinic lies in staying up on things in the medical world.

"People always call in when a new medical report is noted in the media and they'll ask if we can provide them with some literature about it," Gentilia said. "We usually tell them we'll look it up and either call them back or mail them a copy if they prefer."

The calls to the center aren't overwhelming just yet, but the plan is to establish a nurses call-in hot line for patients in the near future. The idea is to have callers ask questions that will either allow them to be more confident when they visit their own doctor, or give them a clearer understanding of what their physician may have meant.

"Our main concern is geared toward education and we want to be pro-active instead of re-active to illness," Gentilia said. "We tell patients that they need to be their own best health advocate and they need to be informed."

In addition to all the day-to-day inquiries the center handles, they also offer a wide range of health related classes and several support groups to the public.

CRITTENTON
HOSPITAL IN ROCHESTER
1101 W. University Dr. Rochester, NY 44607 (716) 255-5000

Women's Center

Crittenton's Women's Center offers breast cancer screening, one-to-one education and a Women's Resource Library in an atmosphere of privacy and personal attention. Designed for women by women, the center features soft colors and comfortable decor to encourage relaxation and learning.

Women's Health Information

- Breast Cancer: Conclusions
- Women and Heart Disease
- Can Diet Affect Premenstrual Syndrome?
- Self-Help for Early Signs of Menopause
- Estrogen and Your Arteries
- Hormone Replacement Therapy and Breast Cancer Risk
- Menopause: Fertility V.S. Steroids
- Alternatives to Hormone Replacement
- Estrogen: Putting It Into Perspective
- Calcium
- Fast Facts on Osteoporosis

Women's web: You can get information about women's health issues at Crittenton's Women's Center web site, <http://www.crittenton.com/women.htm>.

The "Women Today Support Group" meets on the third Saturday of each month from 9:30 to 11:30. The gatherings cover a variety of topics from "Women in Menopause" to "Family Therapy". The center also hosts a can-

cer survivors support group called "Just Between Us."

For information on classes, support groups, literature or an appointment at the Women's Health Center call (248)652-5627.

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YOU AND THE LAW

by Stuart M. Feldheim
Attorney at Law

WOMEN'S HEALTH CARE

The law can not guarantee that all women be provided with excellent health care. The law does require, however, that when a woman is treated by a physician that the physician provide medical care of a quality that is within the "standard of care" in our medical community.

If a woman tells her doctor about a suspicious lump in her breast the doctor must examine the suspicious lump. He may send his or her patient for a mammogram or suggest an aspiration biopsy. A referral to a surgeon might be necessary. A doctor should not allow a suspicious lump or lesion to go without definitive diagnosis for more than 30 days.

Never be afraid to get a second opinion. Currently, with many people getting their health care from HMO's it becomes even more important to speak up and demand a referral where the concern may be life threatening. Never be timid when it comes to protecting your health. Protect your well being for yourself and the ones you love.

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