



Banner Health

North Colorado
Medical Center®



Women's Services

Understanding women's health care starts with understanding women.

At North Colorado Medical Center, we are committed to helping women live healthier lives. We offer a range of comprehensive women's health care services, wellness programs and support groups designed to meet women's unique needs at every stage of their lives. Read through the categories below for an overview of our women's health services available at your local Banner Health facility.

Empowering Women To Take Care Of Their Health

Education is the most direct link to disease prevention, a woman's best route to a healthy, energized life. We believe that the more a woman knows - about her body, her needs, her spirit - the better a woman lives.

To provide women with up-to-date information so they can take care of their health and make informed health-care decisions, we offer a variety of courses and free lectures throughout the year. These programs address a wide range of topics, from sports medicine and weight loss surgery to heart health and much more.

Answering Health Care Questions

In many families, women make the health care decisions. They bandage cuts and scrapes, sponge feverish foreheads and decide when it's time to call the doctor or head for the emergency room.

Banner Health offers programs to help women make better health care decisions for themselves and their families, such as:

- Cancer Resource Library that offers a wide variety of materials and information about cancer.
- Kids Health Online Resource for parents, kids and teens.
- Physician Directory, to help you find a family physician or specialist to care for you or another family member.
- Wellspring Resource Medical Library that lends circulating books and videos; performs computerized literature searches for patients and the public, provides student research services, answers reference questions, and assists with interlibrary loans.



Women's Resources at North Colorado Medical Center include:

Monfort Family Birth Center

When it comes to the birth of your baby, nothing is more important than choosing a hospital that provides state-of-the-art care.

Imagine having the ability to experience the birth of your child in an intimate, home-like environment, and then relaxing with family and friends in the comfort of your own family suite.

At Monfort Family Birth Center, we have structured our center and birthing program to help you create a magical birthing experience. Each month approximately 200 babies and mothers enjoy the comfort and excellent care provided by our expert staff in the newly expanded Monfort Family Birth Center. The birth center features spacious mother-baby rooms and a redesigned neonatal intensive care nursery. Our construction and remodeling will be completed by September 2006.

For a free informational packet, please call (970) 392-BABY.

Breast Center

Each year, thousands of women rely on the Banner Health Breast Center for their annual screening mammograms and bone density studies. The Banner Health Breast Center can also provide additional diagnostic breast exams, if the service is needed.

The Banner Health Breast Center is designed to meet your needs with:

- Staff that are sensitive to your physical, emotional, and spiritual needs
- Experienced, ACR certified physicians, mammography technologists and breast health specialist
- The most up-to-date technology
- Unique and healing physical environment

The Banner Health Breast Center balances the latest diagnostic technology for breast and bone health with the careful attention for a patient's needs and comfort.

For more information please call (970) 395-2500.

Family Education

The birth of a child begins a fascinating time of growth, change and discovery. North Colorado Medical Center's Family Life Education Program helps thousands of families prepare for the wondrous experience of birth, the role of parenthood and the changes that take place with an additional member of the family.

Our classes are:

- Tailored to meet your needs
- Designed to build confidence
- Designed to help you make informed choices
- Provide support during the birth and in your new role as a parent
- Taught by skilled nurses and highly trained, certified instructors

You may attend as many classes as you wish. Call (970) 378-4044 or (970) 392-BABY for class dates and fees.

Spirit of Women

Moving Women to Good Health... Did you know that North Colorado Medical Center, a Banner Health facility, is a member of Spirit of Women, which is a network of more than 165+ premier hospitals and health systems throughout the United States dedicated to advancing the cause of women's health?

This exciting program positions North Colorado Medical Center as the regional leader in women's health education and community outreach.

Spirit of Women is a national movement for women's wellness led by leading hospitals such as North Colorado Medical Center and supported by corporate partners and national media. The mission of Spirit of Women is to motivate women to make positive changes in their lives by emphasizing their total well-being—mind, body and spirit.

For more information please call (970) 350-6944.