

BE CANDID

PARK NICOLLET experts share their most valuable advice for your best health.



Regain your confidence with pelvic floor physical therapy

Many women experience stress urinary incontinence, light bladder leakage that occurs due to sudden increases in abdominal pressure, as with sneezing, coughing or exercise. This type of urinary incontinence is common in women and is often associated with weakened pelvic floor muscles. While surgery may be an option, women often don't realize that physical therapy is also a very effective treatment option – and typically the best first step. A physical therapist trained in evaluation of the pelvic floor will evaluate the strength and coordination of your pelvic floor and abdominal muscles, as well as your posture, hips and pelvis. From there, you will learn how to strengthen those muscles and use them properly so you can manage those leakage situations. Many women see a difference within a few months, but like any muscle in your body, you'll get the best results if you work at it every day. If you experience stress urinary incontinence and have seen your doctor to rule out infection or another issue as the cause, pelvic floor physical therapy can be a great first option to pursue – and for many, it can lead to a life free of those embarrassing little leaks.

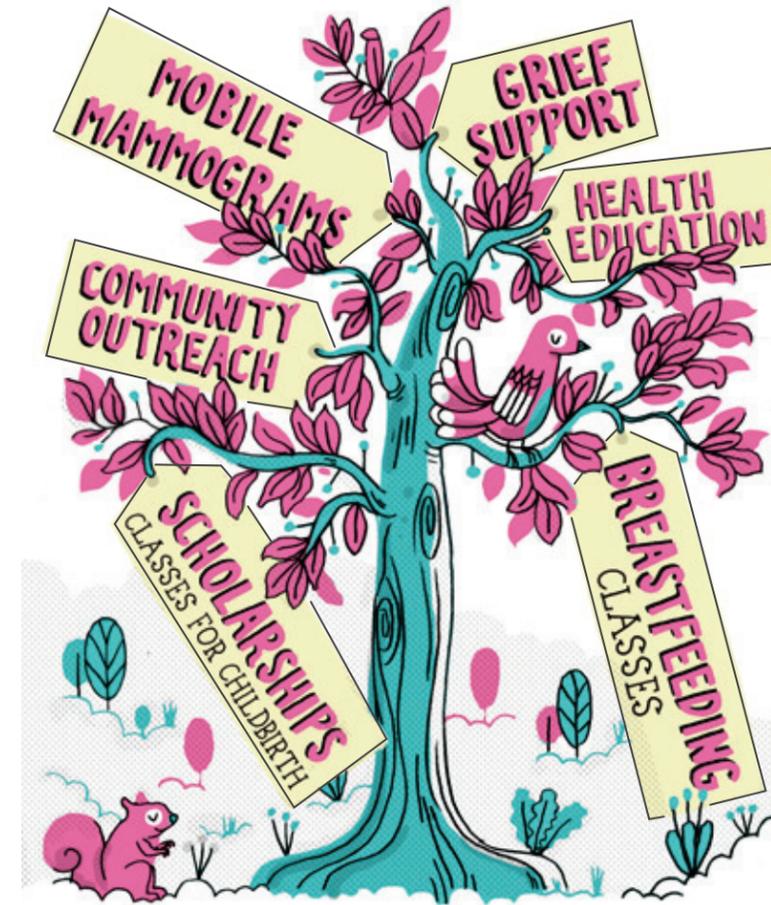
DEANNE NASH, PT
PHYSICAL THERAPY



When eating for two is trouble

Pregnancy is a time of dramatic change in the body, and the average woman gains 25 to 35 pounds. Some women embrace their changing size and shape, but for women who show signs of an eating disorder, are excessively focused on body image or are in recovery from an eating disorder, it can be a dangerous, challenging period. Women who don't eat enough or binge and purge during pregnancy put themselves at risk for dehydration, cardiac irregularities, gestational diabetes, labor complications and more. Babies receive all of their nutrients from their mother, so an eating disorder during pregnancy can lead to low birth weight, preterm birth, respiratory distress and other complications. It's crucial for any woman who is struggling with eating to seek help from an eating disorders professional during pregnancy. We can help ensure you receive the proper nutrition and mental health counseling. Our compassionate team will be with you every step of the way to ensure the healthiest pregnancy possible.

PAULA DEAKINS, MD
MELROSE CENTER



We asked the community to help us create a "giving tree" by sharing ways we could impact local women in need.

As a result, Park Nicollet Foundation, hand in hand with community members and donors, is providing resources to improve the health of all women. Philanthropic gifts to three specially designed funds provide:

- / Scholarships for women who cannot afford prenatal, childbirth and breastfeeding classes
- / Women's health education on a variety of topics including nutrition, preventive care, body image, menopause, osteoporosis, fibromyalgia and more
- / Mobile screening mammograms, co-pay assistance and diagnostic services
- / Grief support for families who suffer fetal loss
- / Culturally relevant care, multilingual materials and curriculum
- / Community outreach services

FOCUSED ON WOMEN'S HEALTH

How Park Nicollet Foundation is helping to create a healthier community for all women

Park Nicollet Women's Center is a beautiful, comfortable new facility that offers the range of services and high-quality care that all women deserve. But some women struggle with challenges – low income, lack of transportation, cultural differences and other

barriers – that can keep them from getting the care they need. While plans for the Women's Center were taking shape, we asked more than 600 community members to share their ideas for ensuring that all women in our community have access to this revolutionary concept in health care.

"We are thrilled that the generous gifts we're receiving will bring outstanding health care to all women," says **Christa Getchell, President of Park Nicollet Foundation**. "Donations of all sizes are making an impact for thousands of women in our community."



TO LEARN HOW YOU CAN SUPPORT THE WOMEN'S CENTER FUNDS, visit parknicollet.com/giveforwomen or call 952-993-5023.