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**“ALL ABOUT WOMEN” a new yearlong women’s health series hosted by
WGVU’s Public Radio morning show host Shelley Irwin and Dr. Robyn
Hubbard from Grand Rapids Women’s Health**

Discussing current statistics, issues, and facts about women
and health from puberty through later life

GRAND RAPIDS, MI (October 20, 2008) – Starting on October 23, 2008, and every fourth Thursday of the month from 9 – 9:30 a.m., WGVU radio, 88.5 fm, 1480 am and www.wgvu.org will host a year+ long series talking with physician Dr. Robyn Hubbard OBGYN. Dr. Hubbard from Grand Rapids Women’s Health will candidly talk about women’s health issues from puberty and sex to pregnancy, infertility, STD’s, breast feeding, mood disorders, menopause, cancer, heart disease and much more.

The new series was inspired by the need to provide women and men, interested in women’s health, important information. The series will include statistics, facts, preventative measures and signs to watch for to prevent illness and pre-mature death. The series will dispel false information and answer many questions that women have about their health and their bodies at different stages of life.

The series will air on WGVU Radio station with Shelley Irwin, morning show host, who will be taking calls from listeners to answer their questions on air. Dr. Robyn Hubbard will provide the information and will invite other physicians from Grand Rapids Women’s Health and the new Women’s Health Center of West Michigan during the course of the year.

The program schedule and yearlong topics include:

October 23, 2008

Interview 1: Women Ages 11-16 – **A Focus on Puberty**: How to talk to your kids about puberty, sex, STD’s, birth control, substance abuse, etc.

November 27, 2008

Interview 2: **Women Ages 16-25 –A General overview**: Data relating to increasing sexual activity / birth control / body Image issues / the leading cause of death in this age group.

December 18, 2008

Interview 3: **Women Ages 16-25 – Safe Sex**: Abstinence versus having sex / substance abuse/ date rape / secondary virginity / STD (sexually transmitted disease) prevention and care / birth control.

January 22, 2009

Interview 4: **Women Ages 26-39 – A General overview**: Pre-conception visits with your doctor / 50% of pregnancies are unplanned/supplements that are important/the effect of

stress on bodies / what to do about stress /sexual dysfunctions / the leading cause of death in this age group.

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February 26, 2009

Interview 5: **Women Ages 26-39 – Pap smear/HPV/ cervical cancer/ The Gardasil vaccine:** Data on cervical cancer / importance of testing / HPV – what is it and how do you get it?/ vaccination for cervical cancer.

March 26, 2009

Interview 6: **Women Ages 26-39 – Pregnancy/Infertility** – what's going on with your unborn baby / old wife's tales and myths / miscarriage /substance abuse / preventative care / infertility and causes / what to do for infertility.

April 23, 2009

Interview 7: **Women Ages 26-39 – Breast feeding** – Cultural perceptions/public issues / the health advantages to babies and to moms / lactation health.

May 28, 2009

Interview 8: **Women Ages 11-59 – Mood disorders** – Puberty / PMS / diagnosis / depression and anxiety / treatments and lifestyle changes.

June 25, 2009

Interview 9: **Women Ages 40-59 – A General overview:** Later in life childbearing / perimenopause and menopause / breast cancer screening / the leading cause of death in this age group.

July 23, 2009

Interview 10: **Women Ages 40-59 – Menopause & Hormone Replacement Therapy** – Defining menopause / what are the options? / What is safe and what isn't / Media hype and perception by the public about hormone replacement therapy.

August 27, 2009

Interview 11: **Women Ages 40-59 – Breast cancer** – Statistics / prevention of / early detection / myths / denial.

September 24, 2009

Interview 12: **Women Ages 60+ - A General overview:** What are significant health issues / physiotherapy treatment / supplements needed / kinds of exercise that are helpful for women / what about sex? / the leading cause of death at this age.

October 22, 2009

Interview 13: **Women Ages 60+ - Osteoporosis** – Vitamin D levels / weight bearing exercise / what osteoporosis means / what if I already have it? / advocating your health care needs

November 26, 2009

Interview 14: **Women Ages 60+ - Heart disease** – How signs of a heart attack differs between women and men / how to help prevent this in earlier ages / Robyn's grandmother's story.



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The Women's Health Center of West Michigan was created by many of the physicians who now practice with *Grand Rapids Women's Health*. The new Center has been developed to coordinate patient care and provide as many services as possible at one centralized location. Traditionally, women have had to travel from specialist to specialist with no organized means for reviewing or coordinating overall health care needs sometimes resulting in misdiagnosis, conflicting diagnosis or no diagnosis at all. A comprehensive women's health center like that of the Women's Health Center of West Michigan vastly improves the communication between and collaboration of health care providers all within one location. Comprehensive care for women includes:

- Prevention and health maintenance: Annual lab tests and mammograms, testing for breast cancer, heart disease, colon cancer, skin cancer;
- Attention on individual health risks such as mental and behavioral health concerns, weight control and nutritional counseling or medication;
- Multidisciplinary staff and availability of specialists in a variety of clinical areas for cross-referrals on patients who have specific issues or needs;
- Emphasis on health education;
- Female providers, for those who prefer a woman health care provider;
- One-stop medical care to meet basic healthcare needs of busy women and mothers. For instance, women can schedule their lab tests, mammograms, and physician visits on the same day and same location to save time.
- More advanced specialized medicine such as pelvic disorders and issues can be treated within the same location, and with the same medical staff knowledgeable about the patient and with whom the patient is most comfortable.

For more information about Grand Rapids Women's Health, see www.grandrapidswomenshealth.org.

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