

Women's Health Care Department

Women's Healthcare Issues Includes:

- Well woman exams (Pap smears, breast exams)
- Prevention physicals (EKG, chest x-ray, blood chemistry and cholesterol profile, urine sample)
- Osteoporosis Prevention and Treatment
- Menopause
- Natural ways to treat menopause
- Hormone replacement therapy
- Birth control
- Skin care (acne, sun damaged)
- Skin cancer screening
- Sexual dysfunction
- Family related matters
- Depression/anxiety
- Travel medicine
- Nutritional assessment
- Smoking cessation
- Vaccination for Hepatitis B

Annual Female Physical Examination Includes:

- Blood pressure
- Pulse
- Height
- Weight
- Skin Exam
- Complete blood count
- Cholesterol profile
- Urine analysis
- Electrocardiogram
- Chest x-ray if warranted
- Pap smear. All women who are or have been sexually active or have reached age 18 should have an annual Pap smear and pelvic examination.
- Breast examination
- Mammogram (Women ages 35 to 39 baseline, women ages 40 to 49 once every few years, and women 50 and over every year).
- Health counseling and cancer checkup (Women over age 20 every three years, over age 40 every year).
The cancer checkup includes examination for cancers of the thyroid, ovaries, lymph nodes, oral region, and skin.

Women Healthcare Specialists:

Elissa B. Gartenberg, D.O.

Dr. Elissa B. Gartenberg is the most recent addition to our medical group. She is Board Certified in Family Medicine.

- Undergraduate work at Ithaca College in Ithaca, New York. She graduated with a Liberal Arts Degree.
- She then went on to the University of Michigan where she obtained a B.A. in Psychology.
- Dr. Gartenberg also attended Harvard University where she completed studies for a Masters of Arts in Biology.
- She attended Osteopathic Medical School at Michigan State University.
- She did her family medicine residency at the Mayo Clinic in Scottsdale, Arizona.
- Dr. Gartenberg then went on to do studies at Helms Institute for Medical Acupuncture at the David Geffen School of Medicine at UCLA.
- Dr. Gartenberg most recently practiced for the Cigna Medical Group.
- Dr. Gartenberg has an interest in women's healthcare issues as well as medical acupuncture for treatment of all different type of ailments.

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Becky Urso, PA-C

Skin Care Specialist

- 2003 Bachelor of Medical Science in Physician Assistant Studies-Midwestern University/ Magna Cum Laude
- 1994 Master of Arts Degree in Education, Counseling Psychology-University of Denver
- 1992 Bachelor of Science in Psychology-Arizona State University/ Cum Laude
- 2003 Physician Assistant Arizona Arthritis and Rheumatology
- Extensive knowledge in psychology and therapy.

- Alcohol Consumption
- Pollution
- Diet
- Stress
- Climate Extremes

Take the time and schedule an appointment with one of our Women's Healthcare Specialists.

Nancy Therien, Aesthetician

Skin Care Specialist

- 2001 International Dermal Institute
- 2000 Skin Care Specialists; Sobel Family Medicine

An Aesthetician is a person who is extensively trained in the care of the skin. Our Aesthetician, Nancy Therien, specializes in the treatment of common skin disorders experienced by both men and women, such as acne, wrinkles, dehydrated and sun damaged skin.

Nancy also treats environmentally damaged skin disorders as a result of:

- Sun exposure
- Smoking

