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VOLUME II ISSUE 4



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Ob-Gyn



Cesar Reyes, M.D.

Ob-Gyn



THE INSTITUTE FOR WOMEN'S HEALTH

Dispenses a dose of care and compassion
to ensure the health of its patients

INSTITUTE FOR WOMEN'S HEALTH PRESCRIPTION FOR SUCCESS

As the largest OB/GYN practice in San Antonio, the Institute For Women's Health offers quality and comprehensive care in a compassionate setting

By: [PHIL STEPHENS, CMPE, CHIEF EXECUTIVE OFFICER]



Carlos A. Cardenas, MD, President-Elect



Cesar Reyes, MD, President

NEARLY 13 YEARS AGO, DRs. CESAR REYES AND CARLOS A. CARDENAS, ALONG WITH FOUR OB/GYN COLLEAGUES, SHARED A VISION IN WHICH WOMEN OF ALL AGES WOULD RECEIVE CARING, COMPASSIONATE AND COMPREHENSIVE CARE TO ENSURE THEIR BEST HEALTH. THEY ALSO WANTED A PRACTICE WHERE PATIENT CONVENIENCE AND SERVICE WAS A PRIORITY. ON MAY 1, 1996, THE VISION BECAME A REALITY WHEN THE INSTITUTE FOR WOMEN'S HEALTH WAS FOUNDED.

Today, the Institute For Women's Health is the largest OB/GYN and fertility practice in San Antonio and consists of 24 physicians and one nurse practitioner, serving women at nine strategic locations throughout San Antonio. The practice has come a long way and continues to make strides in excellent patient care.

One of the unique concepts about the practice is that physicians perform convenient in-office procedures, such as treatment for heavy menstrual bleeding. This saves patients time, money and they feel more comfortable coming to their doctor's office than going to a hospital.

"Our physicians and staff specialize in women's health and offer a variety of services to accommodate their health-related needs," said Dr. Cesar Reyes. "Some of the services include sonograms, bone density scans, menopause management, HPV vaccine, endometrial ablation for the treatment of heavy menstrual bleeding, hysteroscopy for abnormal bleeding and hysteroscopic tubal occlusion for sterilization, urogynecology (bladder disorders) and prenatal care services, to name a few. The practice is a one-stop shop for women because patients can come to an Institute For Women's Health office and receive specialized care."

The practice also operates the Advanced Fertility Center in Stone Oak headed by Dr. Joseph R. Garza. The center offers in-vitro fertilization, laparoscopic infertility surgery, cryopreserved embryo transfer, artificial insemination and treatment for recurrent pregnancy loss.

INSTITUTE FOR WOMEN'S HEALTH PATIENTS ARE NO. 1

When Drs. Reyes and Cardenas founded the Institute For Women's Health, they envisioned a group where patient convenience came before theirs. As the practice continues to grow, the Institute For Women's Health is making patients' appointments more comfortable and convenient. For instance, same-day appointments can be made in urgent cases because of the availability of 24 physicians and a nurse practitioner at nine locations. Also, extended hours until 7:30 p.m. and Saturday hours are also available at several locations. New patients are always welcome, and the practice accepts most insurance carriers.

Historically, practices make appointments convenient for their physicians. Here, appointments are convenient for the patients.

The Institute For Women's Health physicians understand the healthcare needs and demanding lifestyles of today's women. Women have very busy lives, whether they are raising children, working outside the home or both. They need to find the time to take good care of their health, too, so the Institute For Women's Health is here for them.

Another patient benefit the Institute For Women's Health offers is the Patient Connection, an exclusively designed patient portal which helps their medical information go directly to the offices from your home. It's quick and confidential. Patients can log onto www.ifwh.org to register online prior to their appointment, which saves them time on their appointment date.

The physicians recognized the need for electronic medical records more than three years ago and are keeping up with the rapidly changing healthcare technology. The Institute For Women's Health was an early adopter of this new technology. The electronic medical records allow the physician to access patients' medical records at any one of the office locations day or night.

The physicians are on the cutting-edge of medical technology to

make it more convenient for patients, giving them options, such as minimally invasive surgeries. It allows for less discomfort and quicker recovery time. The physicians also offer outpatient laparoscopic hysterectomies. The patient goes home within a few hours; no overnight hospital stay is necessary. She can return to work within a week and resume normal daily activities shortly after, in most cases.

Several physicians are skilled in performing robotic surgeries using the da Vinci Surgical System for procedures, such as tubal reversal to reconnect a woman's fallopian tubes, and myomectomy to remove uterine fibroids.

As emerging surgical technologies continue to change, the Institute For Women's Health is well positioned to embrace those new medical advances such as robotic and laparoscopic surgical options.

The Institute For Women's Health continues to expand involvement in research and ongoing clinical trials. These include treatment for anemia, urinary incontinence, HPV (human papilloma virus) and other therapies.

THE FUTURE IS BRIGHT AT THE INSTITUTE FOR WOMEN'S HEALTH

As part of the Institute For Women's Health's plans for growth, the group recently opened an office at the Westover Hills Medical Office Building, located at 3903 Wiseman Blvd. There is a growing population of patients in an underserved area, and they had very few places to access convenient healthcare.

The practice has clinics located throughout San Antonio in the following areas: Downtown, Stone Oak, Village Dr. and 410, Toepperwein Rd. and IH-35, the Medical Center, Westover Hills and the Advanced Fertility Center.

Nearly 13 years ago, Drs. Cesar Reyes, Carlos A. Cardenas, Luis L. Castellanos, Joseph R. Garza, Orlando J. Suris and Ronald A. Valdez came to recognize that the foundation of a large practice would give

Women have very busy lives, whether they are raising children, working outside the home or both. They need to find the time to take good care of their health

patients more options about their healthcare. From that early concept, the Institute For Women's Health has become what it is today, a practice that offers specialized women's healthcare in a compassionate atmosphere.

"As the Institute For Women's Health evolves and grows in the coming years, the physicians look forward to the challenges and new medical breakthroughs in obstetrics, gynecology and fertility that the future may hold," said Dr. Carlos A. Cardenas.

San Antonio is a growing city, and there is such a demand for healthcare. As long as healthcare continues to grow, so will the Institute For Women's Health.

For more information, visit www.ifwh.org or call 34-WOMAN.

Phil Stephens, CMPE, was instrumental in the formation of the Institute For Women's Health. He has served as CEO since its inception in 1996. Stephens has an in-depth medical background in healthcare administration and managed care, serving as senior vice president and executive director for national healthcare organizations.