

Our Philosophy of WomanCare

WomanSafeHealth is a safe, respectful and compassionate practice in which each client defines and obtains Empowering WomanCare and Gynecology health services.

Your Empowering WomanCare Visit

At each visit, we tailor our sensitive, thorough approach to meet your individual needs. You can decide at the time of any visit if it is discussion-only, or whether it will include a physical and/or pelvic exam or procedure. We are careful to make each visit as safe, comfortable, and informed as possible. We offer a variety of cotton robes, sheets and blankets that fit all women's sizes and shapes, which are washed at WomanSafeHealth with unscented soaps. You choose the room temperature and if you want drink or food.

If you experience anxiety or fear seeking healthcare services, we present a variety of resources from which to choose. Each client is offered unhurried appointments based on individual needs (with active listening moment to moment), relaxation and EMDR techniques, pain and anxiety medications, and alternative options such as acupuncture, music, homeopathy, aromatherapy and the assurance that we will always respect your "no." You may choose or decline one of our team as a chaperone to offer support. You may have any person with you at WomanSafeHealth in the community room or the visit/exam room at any time for any reason. We strive to honor your important relationships and personal commitments and offer family-friendly care.

Payment Policy

WomanSafeHealth is a fee-for-service medical practice. You are responsible for paying in full at the time of service. We welcome clients without and with insurance. We will provide you a receipt at the time of your visit that you can submit to an insurance company for possible reimbursement.

Your WomanSafeHealth Team

Elizabeth Shadigian, MD, FACOG, NCMP

Elizabeth is an obstetrician-gynecologist, consultant, educator, and researcher specializing in the health, safety and well-being of women. She received her medical degree from Johns Hopkins University, has been board-certified in obstetrics and gynecology since 1996, is a fellow of the American College of Obstetricians and Gynecologists, and is a NAMS certified menopause practitioner. She is founder of WomanSafeHealth and Matriarch of the BATTERED WOMEN AND CHILDREN'S MEMORIAL GARDEN. Her first book, *WomanSafeHealth The Antidote to Status Quo Health Care*, will be available July 2016.



top: Heather, Eiril, Leah, Neida
bottom: Carisa, Elizabeth, Emma

Additional WomanCare Services

Therapeutic Massage & Polarity Therapy

Eiril Andes, CMT, APP

Therapeutic Massage

Emma Greene, CMT

Holistic Psychotherapy & Ayurvedic Consultation

Carisa Wilder, LMSW, RAP

Woman Advocacy

The Whole WomanSafeHealth Team

SelfCare Room

WomanCare, Gynecology and Obstetrical Consultation

WomanCare

- Annual exams with or without pap smears
- Screening for diseases
- Weight loss or gain
- Psychological/medical evaluations
- Smoking cessation, alcoholism, addictions, Suboxone
- Adolescent health assessments and physicals
- Unusual/unexplained symptoms investigated
- Limited general health care for rashes, asthma, sinus infections, allergies, hypertension, diabetes, muscle strains, thyroid disease, pain, injuries, vaccinations and more

Gynecology

- Heavy, irregular or painful periods
- Menopause evaluation and options
- Bioidentical hormone treatments
- Difficult pelvic exams and procedures
- Family planning and birth control options
- Sexually transmitted disease evaluation and treatment
- Pain with intercourse
- Issues around sexuality
- Abnormal Pap Smears
- Colposcopy, LEEP and cryosurgery
- Cervical, vaginal, vulvar and endometrial biopsies
- Fertility issues and intrauterine insemination
- Second opinions for diagnoses and surgeries

Obstetrical Consultation:

Pre-pregnancy, Pregnancy, Birth and Post-delivery

- Complicated obstetric herstory
- Medical problems and disease management
- Genetic questions and concerns
- Miscarriage management
- Post-partum evaluation, repairs, and procedures
- Intravenous hydration and medications



We welcome women, girls, trans and gender nonconforming people of every age and ability, size, shape, color, sexuality and identity, from all social, spiritual and cultural backgrounds.

We provide a safe, family-friendly environment in which you can seek, explore, define and receive Empowering WomanCare and Gynecology health services.

WomanCare meets physical and psychological health needs through conventional and alternative approaches, and encourages and promotes self-care.

We welcome those who feel unwelcome in other medical settings and those who have experienced physical and/or sexual violence or disrespect.

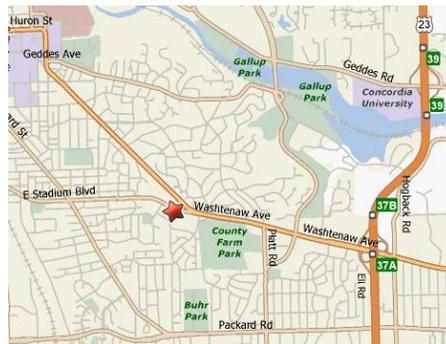
We provide a secure, private, barrier-free, fragrance-free, environmentally friendly office including cotton linens, bamboo cabinets and floors, and low VOC paints.

Please Contact Us

We are pleased to speak with you about the services we offer, our prices and payment policy, our philosophy of WomanCare, and to schedule an appointment.



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AATA Bus Route 4 or 14 ~ free parking



Empowering WomanCare, Gynecology and Obstetrical Consultation



Elizabeth Shadigian, MD

Our Guiding Principles

- | welcome you
- | listen to you
- | believe you
- | protect your privacy
- | am accountable to you
- | respect "no"