

# ST. ANTHONY HOSPITAL

## COMPREHENSIVE FAMILY SUPPORT

### CAR SEAT PROGRAM



7 out of 10 children are improperly restrained for travel. Come and get your seat checked by a Child Passenger Safety technician and make sure your child is as safe as possible! For more information, call 541-278-2627

### LACTATION SERVICES



- Inpatient lactation consults
- Outpatient lactation consults by appointment
- Breastfeeding classes
- Learn the benefits of breastfeeding

### MOM & BABY SUPPORT GROUP



Meet and talk with other mothers in a relaxed atmosphere where you can ask questions and receive support. Every Friday 9am – 11am FREE. Newborns to 18 months

### CHILDBIRTH CLASSES



- Labor & birth information
- Pain medication
- Breathing, relaxation & coping techniques
- Cesarean delivery
- Breastfeeding
- Tour of the Birth Center
- How your partner can help

### DIGITAL MAMMOGRAPHY



The more accurate images captured by 3-D mammography reduces unnecessary callback appointments by 40 percent. This type of screening also catches approximately 41 percent more cases of small, invasive cancers. Those cancers can be hard to spot with traditional mammogram and frequently require follow-up testing.

### WOMEN'S CLINIC



- Services offered at the Women's Clinic include:
- Annual checkups
  - Pap smears
  - Pregnancy care and delivery
- Treatment for gynecologic problems, including pelvic pain, menopause complications and infertility. The Women's Clinic also offers lactation and education services, including inpatient and outpatient lactation consults, breastfeeding classes, childbirth classes, and a mom and baby support group.