

SSM HEALTH ST. LOUIS

# Women's Health



## EXPANDING ACCESS TO HEALTH CARE FOR WOMEN ACROSS OUR COMMUNITY

**Shawndolyn was starting to panic.** She was admitted to the emergency department at SSM Health Saint Louis University Hospital for unusual swelling, severe cramping and tremendous pain in her legs.

The care team quickly realized that Shawndolyn had life-threatening blood clots in her legs. She was immediately placed in the care of a vascular interventional radiologist who used minimally invasive procedures to treat blocked arteries.

Upon examination, doctors found that Shawndolyn's pain was nothing new. She also suffered from debilitating uterine fibroids — a condition which caused her extreme pain on a daily basis — **but it took a life-threatening emergency to get her to see a doctor and seek treatment.**

Like so many working mothers, for Shawndolyn, caring for those around her meant putting her own health care needs last.

Stories like this happen every day in our communities. They happen to our mothers and grandmothers, our sisters and friends, our wives and daughters and thousands of other women who work tirelessly every day to support us.

Together, we can help to ensure that the women who do so much to take care of our communities have the care they need in return.



SSMHealth®

Foundation  
ST. LOUIS

## OUR HISTORY & MISSION

The Mission of **SSM Health Foundation — St. Louis** is rooted in a rich legacy of courage. Just as the Sisters of St. Mary's selflessly gave time and energy to collect donations to care for those who are most vulnerable, we seek support to provide care and resources to those who need it most in our community.

Today, our Mission continues to guide us: **Through our exceptional health care services, we reveal the healing presence of God.** With a shared courage for a common good, our health care providers, staff, donors and volunteers are committed to providing highly advanced, compassionate care to patients and their families.

The support we receive comes to life in many different ways, from ensuring that SSM Health caregivers have access to and training in cutting-edge, life-saving technologies, to funding state-of-the-art facilities, programs, and resources throughout the St. Louis, St. Charles, Metro East and Jefferson County regions.

[givetossmhealth.org](https://givetossmhealth.org)



## THE WHY:

### Because Women Need a Continuum of Care with Providers Who Understand Their Evolving Needs

When women don't have access to specialized and comprehensive health care — from prenatal services to preventative screenings to peer support — they too often end up suffering in silence or delaying care until it's too late.



#### Example: Cancer Care

In 2020, there were an estimated 276,000 new cases of breast cancer in the United States. When diagnosed early through preventable tests like mammography, cancer can be detected early when it is most treatable, increasing survival rates.

**And yet, cancer is the second leading cause of death for women.**

Without access to screenings and other specialized care services, women are more likely to delay care that is critical to their quality of life and overall well-being.

#### Example: Prenatal and Obstetrical Care

More than 21 million women across the United States use publicly funded health care; however, only about 7% of free clinics offer prenatal and obstetrical services to their communities. Women who do not receive prenatal care are at higher risk for complications — both for themselves and for their unborn children.

After pregnancy, up to 15% of women experience postpartum depression, and without access to behavioral health services, many don't receive the support they need.



## THE NEED:

### To Extend and Improve Women's Health Care Throughout Our Region

From preventative care to behavioral health support and beyond, women in our communities need access to specialized health care that addresses their unique needs and issues.

**This is why SSM Health has set out to raise \$1.75 million by the end of 2023** to help programmatically enhance women's health care within all the communities we serve. Our goal is to provide high-quality care for the evolving health needs a woman experiences throughout her lifetime.

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“We cannot all do great things, but we can do small things with great love.”

— St. Mother Teresa of Calcutta



## GENEROUS SUPPORT **NEEDED**

### Help Us Expand Access to Women's Health Care Services

Your gift will support mothers, daughters, sisters, aunts, grandmothers and more all throughout the St. Louis region.

From prenatal services and motherhood support, to educational resources, proper screenings and innovative treatment options, you can help us to expand access to services that address the holistic well-being of women throughout their entire lives.

Together, we can make a difference for every woman in our community.

**Contact us today to discuss  
how you can help.**

314-523-8044

FoundationSTL@ssmhealth.com  
givetossmhealth.org/womens-health

## THE HOW:

### By Working with Generous Partners Like You to Give Women Access to the Resources They Need to Live Healthier Lives

Donations to support SSM Health Women's Health ensure that women in our communities receive the holistic care they deserve throughout their entire lifetimes.

Your gifts allow us to provide greater access to preventative screenings like 3D mammography. They support clinical trials and fund innovative oncology research so women can be diagnosed early and receive top-tier cancer care. And a wide range of other services, including:

#### **Perinatal Training Simulators**

Through programs like the SSM Health Regional Perinatal Simulation Program, a multilayered educational program that uses high fidelity simulators to train health care personnel, we are able to improve patient safety and outcomes in the event of maternal or neonatal emergencies.

#### **MOMS Line Perinatal Support**

Funding also supports efforts like the MOMS Line at SSM Health St. Mary's Hospital - St. Louis. This peer-supported hotline caters specifically to mothers coping with postpartum depression and related anxiety disorders, ensuring that the women who do so much to care for others are taken care of, too.