



One call connects women of all ages to services, providers, specialists, social events and educational opportunities.

Join the Network to receive:



- Nurse-guided access to appointments and specialists
- Interesting educational programs
- Exciting social events focused on women's health
- e-newsletters with traditional to trending women's health topics

Call, email or sign up on line—it's free!

**HAVE A HEALTH QUESTION?
NEED AN APPOINTMENT?**

Call our Upstate Women's Health Network Nurse at

315-464-2756

**Toll Free 855-890-8946
whnnurse@upstate.edu**

Empowering women to take charge of their health

www.upstate.edu/women



WHY CALL THE WOMEN'S HEALTH NETWORK?

WHEN YOU CALL YOU WILL SPEAK WITH OUR WOMEN'S HEALTH NETWORK NURSE WHO CAN:

- Answer your health questions
- Guide you to the health care experts who are best able to meet your needs
- Assist you in scheduling appointments
- Direct you to additional resources and programs
- Answer questions about upcoming events

Get answers to questions like these:

"When should I take my teenage daughter for her first gynecology appointment?"

"I've heard so many things about HPV and the vaccine, what do I need to know for myself and my family?"

"Do you have any programs focused on maintaining wellness?"

"I'm struggling to get pregnant. Do you have a specialist I can see?"

"I have a family history of breast cancer. What's the difference between a mammogram and a breast MRI?"

"I notice as I get older, I sometimes leak urine when I cough. Can anything be done for this?"

To join the Upstate Women's Health Network, call **315.464.2756** or log on to **WWW.UPSTATE.EDU/WOMEN**