

# Healthy Today

Fall  
2007

A newsletter from Pacific Medical Centers.



## PMC Diagnostic & Wellness Center for Women Opens in Seattle

*The Diagnostic & Wellness Center for Women officially opened at 8th and Madison on September 4. The Center offers state-of-the-art technology and expert care in a tranquil, spa-like setting.*

Breast health is important to all women, yet many do not undergo routine breast cancer screenings. The new Diagnostic & Wellness Center for Women offers diagnostic services in an atmosphere more reminiscent of a spa than a medical clinic. Unexpected indulgences include heated robes, massage therapy, relaxing waiting rooms and a peaceful atmosphere.

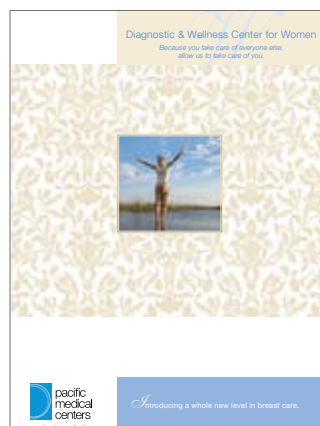
Breast screenings are performed by a highly trained technologist and interpreted by a board-certified radiologist who specializes in diagnostic breast imaging. Diagnostic services include digital mammography, breast ultrasound, DEXA bone density scans, and evaluations and referrals for women at high risk for breast cancer.

Offering this variety of diagnostic services in a single setting saves time and provides peace of mind. If further testing is indicated, it often can be performed at the same appointment, providing timely answers.

The Diagnostic & Wellness Center for Women accepts most major insurance plans. To make an appointment, contact the Center at **206.568.3800**.

*Although almost all insurance plans allow self-referral for mammography, please check with your provider to verify coverage of diagnostic services.*

For further information, go to  
[www.PMCWomensHealth.org](http://www.PMCWomensHealth.org)



### In This Issue

PMC Diagnostic & Wellness Center for Women Opens

PMC Sleep Center Opens

Work-Life Balance

Women and Stroke

*New Research*

PMC Quick Info

*Teen Obesity*

*Make the Most of Your Clinic Time*

Your Healthy Community

*A Calendar of Events*

*You Won't Want to Miss*

PMC Federal Way Clinic Opens

Top Docs Announced