

**Physical Medicine &
Rehabilitation
Information Series**

**PATIENT GUIDE
Women with
Disabilities
Clinic**

A Service of
Santa Clara Valley Medical Center



SANTA CLARA
VALLEY
MEDICAL CENTER

Women with Disabilities Health Care Clinic – What You Should Know

Introduction

Santa Clara Valley Health and Hospital System's (SCVHHS) Women with Disabilities Health Care Clinic is located at 2400 Moorpark Avenue in Suite 100. The purpose of this clinic is to provide care specific to women with disabilities including preventive health care and education. Many women with disabilities have told us that it is difficult to have routine cancer screening done. This clinic provides breast and cervical cancer screening for women with disabilities who are not able to have a Pap or clinical breast exam in their doctor's office.

Your Family Doctor

A family doctor is important in your overall physical health, even though you may see a Physiatrist (rehabilitation doctor) regularly. Your family doctor should treat all of your general medicine conditions and illnesses, such as high blood pressure and diabetes.

Why are Pap tests, pelvic and breast exams so important?

These exams may detect abnormalities that may lead to cancer or early cancers. Cancer found early is easier to treat and cure.

What is a Pap test?

The Pap test is a way to look at cells collected from your cervix and vagina. This test can show the presence of infection, abnormal cells, or cancer.

Who should have these tests?

All women should have a yearly breast exam from their doctor.

If you cannot do your own monthly self breast exam, a clinical breast exam can be done every 3-6 months at this clinic.

All women should have regular Pap tests who are or have been sexually active.

What about mammograms?

All women are at risk for breast cancer. The risk increases with age, especially after 50 years of age. Women with disabilities receive fewer clinical breast exams and mammograms.

Information on mammograms is available at this clinic.



What will happen at my appointment?

A doctor or nurse will ask you some questions about your medical and sexual history in private. We will assist with your transfer to our universally accessible examination table. We will do all we can to make the examination as comfortable as possible for you.

The doctor or nurse will check both your breasts for any abnormalities. She will then do a Pap test. She will also check your ovaries, and uterus (womb) by putting two gloved fingers inside your vagina. With her other hand, she will feel from the outside for any lumps or tenderness. This takes only a few minutes.

How is a Pap test done?

A Pap test is quick and simple. While you lay on the exam table, your doctor or nurse inserts a special instrument called a speculum into your vagina to open it. Then, she will use a small brush or wooden stick to take a few cells from your cervix (the opening to the womb). A lab will check these cells for cancer or other problems.

When should I have these tests?

It is important that you do not have your period when you have your Pap test. Time your appointment for midway in your menstrual cycle.

What should I wear?

Wear comfortable clothing that is easy to remove. We will help you to dress and undress if you need us to.

Do I need to bring someone?

You may bring whomever you want to the appointment. This may be an advocate or an attendant.

Clinic Schedule and Information

1. A gynecologist is available for a pelvic exam and a pap smear one Friday afternoon per month.
2. Call the clinic at (408) 885-5920 or (800) 314-4611, between 8:00 am and 5:00 pm, Monday through Friday, to schedule appointments.
3. Resource persons available to you by advance appointment include a Rehabilitation Physician, Urologist, or Nurse Practitioner.
4. Usually the entire clinic process will take about two hours. However, if x-rays, lab tests and/or special procedures are necessary, or if a particularly difficult problem exists, this time could be extended.
5. Prescriptions may be written for medications and supplies.
6. You will be given a return appointment as needed at this time. Please do not leave the clinic until you have received your identification card from the discharge personnel, renewed prescriptions, and/or any paperwork you have requested.
7. In general, to get the best selection of appointment dates and times, please make your appointments at least two months in advance. If you are unable to keep an appointment, please call the clinic to reschedule.
8. The Rehabilitation Clinic is available only by advance appointment. If an emergency arises, seek immediate care in the Emergency Room of your nearest hospital.

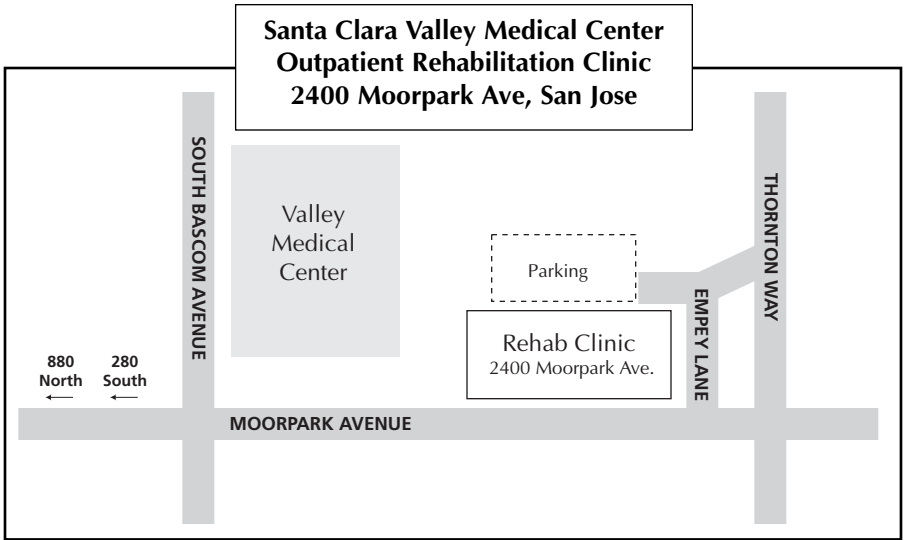
We hope that you take advantage of what our clinic has to offer. Our goal is to provide you with a pleasant satisfying experience.

What to Bring

1. Your current Medi-Cal card or insurance information is needed for each visit.
2. Please bring your medicine bottles or a list of medications and supplies for which you will need prescriptions. Also, the doctor will need the names and dosages for all the other medications you are taking.
3. Please have a list of questions that you would like answered, information you want, and problems that you want to talk about.

Prescription Refill Policy

1. One week before you run out of medication, call your pharmacy and tell them you need a refill.
2. Your pharmacy will fax your refill request to the Rehab Clinic. (408) 885-4728.
3. Please do not call the Rehab Clinic directly!
4. The Rehab Clinic will process the refill request from the pharmacy.



Directions

From 880/17 Southbound: Take the West San Carlos Street exit off of I-880 and follow the exit sign toward West San Carlos. Proceed to South Bascom Avenue and turn right. Then turn right again on Moorpark Avenue.

From 880/17 Northbound: Take the Hamilton exit off of I-880. Go left and then right on to Hamilton Avenue. Turn left on South Bascom Avenue. Turn Left on Moorpark Avenue.

From 280 Southbound: Take the Winchester Boulevard exit off of I-280. Make an immediate left turn on Moorpark Avenue.

From 280 Northbound: Take the Bascom/Leigh exit off of I-280. Turn left on South Bascom Avenue, then turn right on Moorpark Avenue.

Transportation

If you use medical transport, please arrange an open-ended visit. We will be happy to call to have you picked up. You must provide your own transportation to and from the clinic.

For More Information

Santa Clara Valley Medical Center - Outpatient Services

General Phone: 408-885-5920

Toll Free: 800-314-4611

Fax: 408-885-4728

Clinic hours are: 8:30 am - 5:00 pm, Monday through Friday

Mailing Address:

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Outpatient Rehabilitation Clinic

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