

Embodiment a comprehensive approach to women's health, the Almaty "Center for Human Reproduction" not only provides treatment and diagnostic clinical care, but also conducts a variety of educational programs for women of various age groups. In particular, the Center provides the following services:

- family planning and reproductive health;
- prevention, education, and screening for breast, uterine, and cervical cancer, and counseling for women suffering from breast diseases;
- pre- and postmenopausal counseling;
- specialized adolescent healthcare;
- extensive lab services; and
- prenatal and postpartum care.

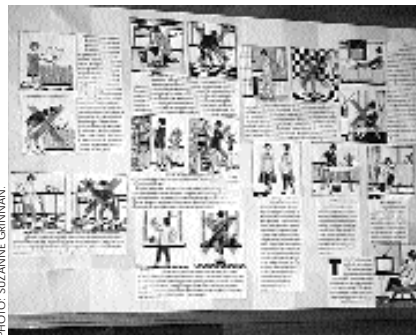


PHOTO: SUZANNE GRINIVAN

Educational displays in the waiting room at the Almaty WWC show pregnant women proper posture for everyday activities.

На плакате в холле Алматинского Центра здоровья женщин изображено правильное положение тела беременной во время повседневной работы.

A number of supporting programs are carried out through the assistance of local non-governmental organizations

The importance WWC physicians place on making sure every patient has her breasts examined has led to the early detection of abnormalities and enabled the Center to provide timely medical assistance to these women. Together with the Department of Obstetrics and Gynecology at the Almaty State Medical University, the Center has developed a program of early detection

of breast pathology processes and treatment protocols for OB/GYNs.

The WWC focuses particular attention on women facing menopause to ensure that they receive timely hormone replacement therapy. WWC physicians and psychologists focus their efforts on helping women understand the changes taking place during and after menopause.

Educational programs carried out by the Center include:

- Kazakhstan's only Lamaze School for married couples. This 16-hour program covers all major stages of pregnancy, birth, and the postnatal period and has been in operation for three years;
- a special program that emphasizes the advantages of breast-feeding for mother and child; and
- training of and instructional materials given to all WWC patients in breast self-examination techniques.

A number of supporting programs are carried out through the assistance of local non-governmental organizations, such as the Kazakhstan Association of Sexual and Reproductive Health. The Center's employees act as trainers in reproductive health and family planning, are members of the Association, and actively participate in the following educational programs:

- a five-day training program on reproductive healthcare and family planning for OB/GYNs, faculty of medical institutions, and family doctors in accordance with the national manual on reproductive healthcare and family planning.
- a workshop on the moral and sexual education of adolescents and young adults. A training manual on this topic has been developed and the program is being taught to students and teachers at high schools in Almaty. The program promotes the use of contraception, as well as abstinence.

The Almaty WWC has a telephone hotline where callers can receive advice on issues such as family planning and breast-feeding. The Center also maintains a Web site that offers reliable information on women's health issues. In addition, information on women's health and prevention measures is disseminated using the mass media, brochures, and flyers.

Almaty, Kazakhstan



PHOTO COURTESY OF THE ALMATY WWC

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В Алматинском Центре здоровья женщин действует «горячая» телефонная линия, по которой можно получить консультацию по таким вопросам, как планирование семьи и грудное вскармливание.

ABOUT THE ALMATY WWC

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AIHA partnership: Almaty/Tucson

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04/01

