

The Moscow Women's Wellness Center is located on the premises of a maternity house within Savior's Hospital for Peace and Charity. Furnished with modern equipment and training resources, the goal of the Center is to provide comprehensive medical care and promote healthy lifestyle choices to women of all ages. Since it opened, the Center has served 42,576 women, 73 percent between the ages of 15 and 49;

- counseling on modern methods of family planning;
- sex education, STI prevention, and healthy lifestyle classes for adolescents;
- early breast, uterine, and cervical cancers detection; and
- elderly women healthcare and menopause program. In 2000, 168 women were counseled on post-menopause, and received a hormone replacement therapy at the Center.



The Moscow WWC provides a variety of educational programs, including newborn care.

Центр здоровья женщин в Москве осуществляет различные образовательные программы, в том числе уход за новорожденными.

15 percent over the age of 49; and 12 percent younger than 15.

The Center includes a registration room, a counseling office, four gynecological offices, one pediatric office, and two classrooms. The WWC has been working as the Eastern district center for infertility diagnosis and treatment.

The following services are offered by the Center:

- "Partners in Birth" prenatal training, breast feeding, and postpartum education for mothers;
- counseling on pre-term and complicated pregnancies;
- the detection and treatment of sexually transmitted infections (STIs), including HIV/AIDS;

The breast health program includes clinical examinations and patient instruction on breast self-exams. For treatment purposes, patients with suspected breast cancer are referred to the City District Cancer Clinic.

The WWC uses local cable television channels "Persei" and "Stolitsta" to promote its health education programs, and the popular local magazines *Liza* and *The Nine Months* periodically publish articles on STIs and healthy lifestyle choices submitted by Center staff. The Center has also established an active collaboration with Izmailovo Gymnasium #1508 and the two city nursing schools, #24 and #2, where students learn what model services are provided by the Center.

## MOSCOW, Russia

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The Center works in close cooperation with the Moscow City Health Care administration, as well as with some public organizations on activities related to women. For example, the Moscow-based non-governmental organization "Goluba" initiated a cooperative program whereby it refers pregnant teenagers to the Center for counseling. In November 2000, the Center conducted a roundtable forum where the social and legal aspects of child rights during all ages of development were discussed. Representatives from the Moscow City Health Care Administration, the Research Institute of Pediatrics, and various family planning clinics in Moscow attended the meeting.

### ABOUT THE MOSCOW WWC

Date opened: June 6, 1998  
AIHA partnership: Moscow/Pittsburgh

Center Director: Dr. Ruben Neressesyan  
Address: Women's Wellness Center  
Savior's Hospital for Peace & Charity  
Federativny Prospekt 17  
Moscow 111399, Russia  
Telephone: +7 095 91-84-331  
Fax: +7 095 91-84-331  
e-mail: [wwcmos@online.ru](mailto:wwcmos@online.ru); [moskva70@online.ru](mailto:moskva70@online.ru)

For more information  
on AIHA, visit  
[www.aiha.com](http://www.aiha.com).

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