

The St. Petersburg Women's Wellness Center is located on the premises of an outpatient clinic within the Medical Center of St. Petersburg in the name of Sokolov (formerly Hospital #122). The goal of the Center is to provide comprehensive medical care to women residing in St. Petersburg and to promote healthy lifestyle choices to women of all ages. Since its opening, the Center has had 11,449 patient visits. Of these visits, 75 percent have been by women aged 15-49; 14 percent have been by women over the age of 49; and 11 percent of the women served have been under the age of 15.



PHOTO: BARRY KINSELLA

The breast health program includes patient education on breast self-exams, clinical examinations during check-up visits, counseling, and self-education through brochures and leaflets.

Программы здоровья молочной железы включают обучение пациентов самообследованию молочной железы, клиническим обследования во время регулярных осмотров, консультирование и самообразование с использованием брошюр и листовок.

The Center's facilities include a registration room, two gynecological offices, and one classroom. There are nine physicians, including a psychologist, employed by the Center on either a full- or part-time basis. Because of its affiliation with the Medical Center, the WWC is able refer its clients and patients to other hospital physicians.

The WWC offers:

- a full range of diagnostic screening and treatment for sexually transmitted infections (STIs), including HIV/AIDS;
- counseling on modern contraceptive technologies;
- prenatal care and education;
- sex education, STI prevention, promotion of healthy lifestyles, and breast health classes for adolescents; and
- early breast, uterine, and cervical cancer detection.

The breast health program includes patient education on breast self-exams, clinical examinations during checkup visits, patient education through counseling, brochures and leaflets, and mammography and ultrasound diagnostics. For treatment purposes, patients are referred either to a hospital or city cancer clinic.

The Center offers educational programs through the "Panaceya" newspaper. Six times per year, the newspaper is published by the Medical Center of St. Petersburg and is distributed at pharmacies, city shops, schools, and at the hospital. Furthermore, Center staff

have been invited several times to write about health promotion in the national newspaper *Komsomolskaya Pravda*, and to speak on the "Petersburg" and "Gardarika" radio programs. In January 2001, WWC staff gave a lecture on breast health for the employees of a city factory. In addition, the Center has developed many health education and promotion brochures, newsletters, and booklets on family planning, breast health, STIs, and cancer prevention.

The Center's staff conduct lectures for adolescents and their parents at local schools on physiology, STIs, preventing unwanted pregnancy, breast health, and mental health. To reach out to adolescents, the Center has begun a new initiative on sex education for teens at two adolescent centers in the Kalininsky and Vyborgsky city districts. The

## St. Petersburg, Russia

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Center has also developed a pre- and postmenopausal program to address the health issues of older women in the city.

The WWC has participated in region-wide and international exhibitions such as "St. Petersburg 2000," "Tourism and Health," and "Medical Services 2000." In 1999, the Center participated in the prestigious city exhibition, "The Beauty Festival at the Annichkov Palace."

### ABOUT THE ST. PETERSBURG WWC

Date opened: May 20, 1998  
AIHA partnership: St. Petersburg/Louisville

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

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