



(http://www.whg-pc.com/)

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## Women's Health Group News & Events

### How North Suburban Medical and The Women's Health Group Keep C-Section Rates Low

Here at North Suburban Medical Center and throughout the entire Women's Health Group practices, we are proud to report that we are using the newest, best evidence based techniques to achieve high quality outcomes and low C-section rates for our patients.



[Read Full Blog Post \(blog-c-sections-rates-low.html\)](#)

### Are you Feeling Vaginal Fullness, Heaviness or Pain?

**Posted May 17th, 2019**

Common Signs & Causes for Pelvic Organ Prolapse.

When vaginal prolapse occurs, an organ has dropped (prolapsed) out of its normal position and can sometimes even protrude from the vagina.



[Read Full Blog Post \(blog-vaginal-pain.html\)](#)

### Urogynecologic Surgical Mesh Implants

**Posted April 16, 2019**

Yesterday, April 16, 2019, the FDA announced an order for Boston Scientific and Coloplast to stop selling pelvic mesh.

These products were designed to help women with pelvic support disorders such as uterine prolapse or cystocele. They were initially approved for use in 2002 and in 2016



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were placed in a special category requiring additional proof of their effectiveness and safety.

We are providing a link to the FDA statement and also making this announcement to ease our patients concerns about these mesh products.

[i Read Full Blog Post \(blog-urogynecologic-mesh-implants.html\)](#)

## Quality Prenatal Care and Delivery

Hospital quality varies within markets. As patients are becoming more engaged in their healthcare decisions, hospital quality ratings are increasingly being considered to affirm healthcare choices.

[i Read Full Post \(blog-quality-care.html\)](#)



## MILE HIGH OB/GYN MERGES WITH WOMEN'S HEALTH GROUP



### February 15, 2019 Press Release

Longtime Denver women's health professionals, Drs. Reid Goodman and Wendy Berenbaum announce the merger of their practice, Mile High OB/GYN, with the Women's Health Group.

*"We're excited to join forces with Steve Volin, M.D. of the Women's Health Group," says Goodman. "With the rapidly evolving medical landscape, this merger will ensure our collective independence for many years to come, resulting in the sustainability of the ultra-high level of care that our patients have come to expect from us. Not only does Dr. Volin and his staff share the same principles and passion for women's health as we do, but they maintain strong community ties as well."*

Steve Volin, M.D. founded the Women's Health Group in 1994, dedicated to providing a myriad of medical services including low and high risk obstetrics, comprehensive preventative care, complex pelvic pain, recurrent infection, abnormal bleeding, incontinence, pelvic organ prolapse, bioidentical hormonal treatment, and more.

A firm believer in utilizing the latest technology and scientific advances, Dr. Volin, along with his partner, Cindy Long, M.D., are also skilled da Vinci Robotic Surgical Systems surgeons, and perform hundreds of advanced minimally invasive robotic procedures each year. Dr. Volin was a recipient of the "Doctors Making a Difference" award in recognition of his quality of care, extraordinary courtesy to patients and staff, and positive attitude. He is a graduate of the University of Texas Southwestern Medical School and served his residency at George Washington University.

*"Bringing our two practices together makes perfect sense," says Dr. Volin. "I've had the pleasure of knowing Dr. Goodman for many years and am very familiar with the reputation he and his partners have earned both with their patients and the community at large. Most important, we share the common value of forging personal connections with our patients."*

While Mile High OB/GYN and Women's Health Group will retain their autonomous names, the combined practice will ensure enough providers in both locations to provide optimal personalized care to current and future patients. *"This move also significantly increases our community reach," adds Dr. Goodman, "by way of longstanding affiliations with Rose Medical Center, Swedish Medical Center, North Suburban, Good Samaritan, and PS/L Hospitals."*

The association with Rose Medical Center is particularly significant to Dr. Goodman as he was actually born there.

As another sign of its longstanding community commitment, the combined practice recently took over Rose Medical Center's noteworthy midwifery program, Rose Midwifery, for expecting mothers.

Mile High OB/GYN was founded by the late Stan Goodman, MD (Reid Goodman's father) over 60 years ago. As a young child, Goodman witnessed the passion and devotion his father demonstrated in the field of women's health care, and decided to follow in his footsteps.

Graduating from the University of Colorado School of Medicine, Dr. Goodman served his residency at the University of California San Diego and then joined his father's practice to continue the family legacy. Dr. Goodman also serves as a clinical professor at the University of Colorado School of Medicine where he teaches obstetrics, gynecology, and family care.

And another tradition is sure to continue with the merger – bringing on new physicians that were actually delivered as babies by the practices.

*"By joining together as one, we are now able to offer more choices to our patients in terms of specialty care and office location, and that is a very good thing," adds Dr. Volin. "We are dedicated to putting only our patient's interests first and we are in the position to refer them to the most appropriate and cost effective facilities for imaging, lab, birth and major procedures. Unlike physicians who are employees of hospital systems and who may have different priorities and financial incentives, as physicians in private practice, we continue to be totally independent; this means we have no financial incentive to send patients to any particular facility. Referring decisions will always be strictly made on the merit of what is best for our patients."*

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## Continued Care at Mile High OBGYN with The Women's Health Group

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The Women's Health Group is pleased to announce our recent partnership with Mile High OBGYN to continue caring for existing and new patients, effective January 1, 2019.

Mile High OBGYN will remain in both original locations at 425 S Cherry St Suite 300 and 8200 E Belleview Ave Suite 320 (<https://goo.gl/maps/w3cnFBPa9QK2>) with no change to staff or physicians. All existing patients will continue to be cared for and new patients are welcome.

*"We are pleased to partner with Mile High OBGYN," says Dr. Volin, founder of The Women's Health Group. "Like us, they share a commitment to patient care and have a long and rich history in the community serving the needs of thousands and delivering babies for over 60 years."*

Merging The Women's Health Group and Mile High OBGYN benefits current and future patients as well as the overall community.

*"By associating and growing together, we are able to offer more choice to patients in terms of specialty care and office location. We are loyal only to our patients, and while we are proud to have a great relationship with Rose Hospital, we are able to refer patients to the most appropriate and cost effective facilities for each individual person. Unlike doctors who are employees of hospital systems, who may have different priorities, we have no financial incentive to send patients to any place in particular since we are truly independent and only have our patients best interests in mind at all times."*

### **About The Women's Health Group**

The Women's Health Group, with 32 providers, founded by Stephen M. Volin M.D. in 1992, specializes in all aspects of care for women including low and high risk obstetrics, routine gynecological annual care, complex pelvic pain, minimally invasive surgery, recurrent infection, abnormal bleeding, urinary and fecal incontinence, pelvic organ prolapse, bioidentical hormonal treatment, vaginal rejuvenation, and sexual health.

The Women's Health Group has eight locations including, Thornton, North Thornton, Lafayette, Broomfield, Reunion, Midwifery at Rose in Denver and Mile High OBGYN in Denver and Greenwood Village. We strive to provide expert, comprehensive, state-of-the-art Obstetrical and Gynecological care and encourage open communication with the goal of serving the needs of each patient as an individual. Learn More at [www.whg-pc.com](http://www.whg-pc.com) (<http://www.whg-pc.com/>) FB: [@thewomenshealthgroup](#) TW: [@thewhg](#) and LinkedIn: The Women's Health Group. [▲](#) Top

### **About Mile High OBGYN**



# Mile High OB/GYN

Mile High OB/GYN is dedicated to service, with timely appointment availability and a team of specialists who focus on the complete spectrum of women's health. We strive to provide excellent care that is customized to each patient's individual health needs. Whether you're in need of routine preventive, diagnostic, or emergency care, our team is your partner in health.

## SEASON'S MIDWIFERY & BIRTH CENTER



A freestanding birth center north of the Denver metro area located in Thornton Colorado. Our brand new facility has four birth suites designed for a safe and natural birth experience. We have a staff of 4 midwives who will care for you during pregnancy, birth and beyond.

We believe that pregnancy is a state of health, and birth is a process that works best when we let families take the lead. Our philosophy is that pregnancy, birth and breastfeeding are normal physiologic processes. As such, it is our job to support, educate and nurture families through them.

Even though it is seeing a resurgence in popularity over the last few decades, community based birth is not a new concept. Colorado has seen a rise in the number of birth centers over the last few years, as more families are seeking this type of care. We have seen that birth centers in our state have provided high quality safe care, and families have high satisfaction in being able to be the center of their own birth plans.

Please visit our website [www.seasonsbirthcenter.com](http://www.seasonsbirthcenter.com) (<https://seasonsbirthcenter.com/>) for more information, we are taking new patients now!

## The Women's Health Group response to the FDA statement released regarding the use of energy-based devices to perform Vaginal 'Rejuvenation'.

[i Read Response \(webdocuments/WHG-MLT-response-FDA.pdf\)](#)

## Practice Updates

**Dr. Cindy Long Discusses Treatment for Bladder Leakage**

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## Dr. Cindy Long discusses treatment for bladder leakage



- **Visit Our Website Here:** Colorado Pelvic Floor & Incontinence Center (<http://www.coloradopelvic.com/>)
- Thornton office has expanded, 6 more patient rooms, to help see our patients quicker.
- More rooms coming in our Lafayette location
- Ultrasound in Lafayette and Broomfield Coming Soon...
- Hysterectomy In the News... Read the full article "Hysterectomy in the News" (<news-hysterectomy.html>)
- Dr. Cindy Long's Interview in the Denver Business Journal. Click here to read the full article (<http://www.bizjournals.com/denver/print-edition/2013/12/06/colorado-doctors-hospitals-want-fewer.html>)
- Dr. Stephen Volin (<obgyn-doctor-stephen-volin.html>) Featured in Colorado Health and Wellness "OB/GYN with Women's Health Group. Delivers at North Suburban Medical Center (NSMC)" Click here to read the full article (<http://www.healthwellnesscolorado.com/meet-the-doctor-stephen-volin-md/>)
- Dr. Cindy Long (<obgyn-doctor-cindy-long.html>) Featured in Colorado Health and Wellness "OB/GYN at The Women's Health Group Broomfield, Thornton & Lafayette offices Delivers at North Suburban Medical Center, Denver, Colorado" Click here to read the full article (<http://www.healthwellnesscolorado.com/meet-the-doctor-cindy-long-md/>)
- Dr. Cindy Long (<obgyn-doctor-cindy-long.html>) talking about urinary incontinence during pregnancy in Colorado Health and Wellness "Most women experience at least some degree of urinary incontinence during pregnancy, which is the involuntary loss of urine. "Incontinence is most common during the end of pregnancy when your growing belly puts the most pressure on the bladder," says Dr. Cindy Long, an obstetrician/gynecologist at The Women's Health Group in Thornton." Click here to read the full article (<http://www.healthwellnesscolorado.com/pregnancy-health-below-the-bump/>)
- Dr. Kristen Garcia (<obgyn-doctor-kristen-garcia.html>) Featured in Colorado Health and Wellness "Babies born before 39 weeks can face problems" Click here to read the full article (<http://www.healthwellnesscolorado.com/worth-the-wait/>)
- The Women's Health Group is Happy to Announce the Launch of their NEW Website.
- North Denver Advanced Pelvic Surgery website is coming soon...
- Circumcisions available call for details...
- Welcome Dr. Ashley Pierson, our newest provider at the Lafayette office WHG welcomes Dr. Ashley Pierson (<obgyn-doctor-ashley-pierson.html>)
- Dr. Garcia has been featured on an upcoming March of Dimes, Channel 7, educational PSA on the 39 week campaign, promoting full-term deliveries for healthy outcomes.

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## Our Providers In The News

### Colorado Health and Wellness - Featured Dr. Kristen Garcia

Dr. Kristen Garcia (obgyn-doctor-kristen-garcia.html) Featured in Colorado Health and Wellness "Babies born before 39 weeks can face problems" Click here to read the full article (<http://www.healthwellnesscolorado.com/worth-the-wait/>)

### Colorado Health and Wellness - Featured Dr. Stephen Volin

Dr. Stephen Volin (obgyn-doctor-stephen-volin.html) Featured in Colorado Health and Wellness "OB/GYN with Women's Health Group. Delivers at North Suburban Medical Center (NSMC)" Click here to read the full article (<http://www.healthwellnesscolorado.com/meet-the-doctor-stephen-volin-md/>)

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- Click here to read the full article (<http://www.healthwellnesscolorado.com/pregnancy-health-below-the-bump/>)

## Recent Blog Posts

- › How North Suburban Medical and The Women's Health Group Keep C-Section Rates Low (blog-c-sections-rates-low.html)
- › Are you feeling Vaginal Fullness, Heaviness or Pain? (blog-vaginal-pain.html)
- › Quality Prenatal Care and Delivery (blog-quality-care.html)
- › Urogynecologic Surgical Mesh Implants (blog-urogynecologic-mesh-implants.html)

## Subscribe to our Newsletter!

Monthly OB, GYN, new products and services, general health and wellness topics. Stay well and informed with The Women's Health Group.

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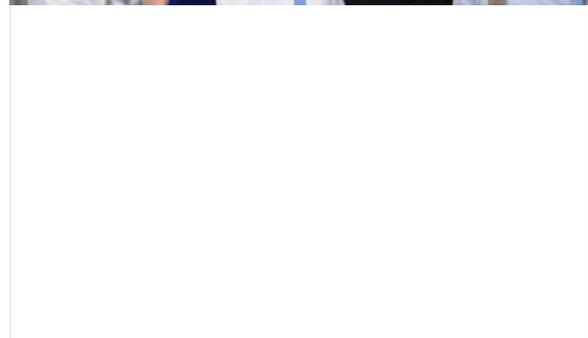
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The Women's Health Group  
1,950 likes



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- ▶ [Our ObGyn Providers \(obgyn-doctors-denver-colorado.html\)](#)
- ▶ [Patient Resources \(patient-resources.html\)](#)
- ▶ [Obstetrics & Gynecological Services \(services-treatments-technology.html\)](#)
- ▶ [Lafayette Walk-In Clinic \(walk-in-clinic-lafayette.html\)](#)
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## Patient Portal

- ▶ [Request An Appointment \(https://www.medfusion.net/thewomenshealthgroup-4396/portal/#/user/login\)](https://www.medfusion.net/thewomenshealthgroup-4396/portal/#/user/login)
- ▶ [Create Or Update An Account \(https://www.medfusion.net/thewomenshealthgroup-4396/portal/#/user/signup\)](https://www.medfusion.net/thewomenshealthgroup-4396/portal/#/user/signup)
- ▶ [Health Forms \(https://www.medfusion.net/thewomenshealthgroup-4396/portal/#/user/login\)](https://www.medfusion.net/thewomenshealthgroup-4396/portal/#/user/login)
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[The Women's Health Group \(http://www.whg-pc.com/\)](http://www.whg-pc.com/)

📍 North Denver ObGyn Office

9195 Grant St., Suite 410

Thornton, Colorado 80229 ([location-thornton-co.html](#))

📍 North Thornton ObGyn Office

2900 E 136th Ave Suite 100

Thornton, CO 802 ([location-north-thornton-co.html](#))

📍 Seasons Midwifery & Birth Center

2900 E 136th Ave Suite 110

Thornton, CO 802 ([location-seasons-midwifery-north-thornton.html](#))

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📍 Lafayette ObGyn Office

300 Exempla Circle, Suite 470

Lafayette, Colorado 80026 (location-lafayette-co.html)

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📍 Broomfield ObGyn Office

6363 W. 120th Avenue, Suite 202

Broomfield, CO 80020 (location-broomfield-co.html)

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📍 Reunion ObGyn Office

12253 East 104th Place

Commerce City, CO 80022

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