



*You've Cared for Everyone Else,  
Now Let's Take Care of YOU.*

### **Did You Know?**

- ◇ 78% of women put off scheduling their own healthcare appointments because they are too busy caring for their family's health and needs.
- ◇ Approximately 40% of women will experience symptoms of depression during menopause.
- ◇ 1 in 9 women will have symptoms of postpartum depression after giving birth.
- ◇ 75% of insured women get a mammogram during the recommended time frame.
- ◇ Pelvic floor dysfunction affects 50% of women who have given birth.
- ◇ Preventative care at every age is the key to a long healthy life.



Sandpoint Women's Health is committed to helping women make informed decisions. By partnering with team members and providers within the Bonner General family of services, SWH offers integrative health services, including behavioral health, physical therapy, and diagnostic imaging.

***Knowledge is power!***

*Things you can talk about during your appointment with us?*

- ◇ Depression & Anxiety
- ◇ Perimenopause and Menopause
- ◇ Incontinence
- ◇ Irregular menstrual bleeding
- ◇ Birth Control Options
- ◇ Abuse
- ◇ Weight loss/gain
- ◇ Fatigue or trouble sleeping

*Tell us what is on your mind.  
If we can't help, we will find  
someone who can.*

**Sandpoint Women's Health  
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For a list of services visit:

**[SandpointWomensHealth.com](http://SandpointWomensHealth.com)**



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