



WOMAN TO WOMAN OB/GYN

1020 North Broadway, Yonkers, NY 10701

(914) 375-2800

OB/GYN QUARTERLY UPDATE

ISSUE 1

FEBRUARY, 2025



OFFICE HOURS:

Monday 9 - 4 PM

Ultrasound 10 - 4 PM

Tuesday 9 - 4 PM

Ultrasound 10 - 4 PM

Wednesday 9 - 4 PM

Ultrasound 10 - 4 PM

Thursday 9 - 4 PM

Ultrasound 10 - 5 PM

Friday 9 - 4 PM

Ultrasound 10 - 4 PM

1 Saturday per month (usually 1st Saturday)

A WORD FROM DR. SUZANNE GREENIDGE

Happy New Year!

I cannot believe we are entering another year! 2024 was an incredibly busy and rewarding time for us, both medically and surgically. Thank you for keeping Woman To Woman OB/GYN on the map, for referring patients to us, and for trusting us with your care, as well as that of your families and loved ones.

We've continued to expand our minimally invasive surgical services and are proud to now offer more robotic hysterectomies and hysteroscopic myomectomies than ever before. On the obstetrical side, we are still delivering 10 to 20 babies each month, and we look forward to welcoming even more into the world in the year ahead.

Taking a trip down memory lane, I reflect on the idea that started it all back in 1997—to establish a practice that would truly serve and uplift our community. Woman To Woman OB/GYN has grown tremendously since then, and we are proud to have our very own building with over 30 parking spaces for the convenience of our staff and patients.

As we move forward into 2025, we remain committed to our mission of providing patient-centered care.

Thank you for your continued support and trust in our practice. Here's to another wonderful year of care, growth, and service!

Warm regards,

Dr. Suzanne Greenidge

Founder, Woman To Woman OB/GYN



PREPARING FOR YOUR VISIT

What is *Phreesia*[™]?

Phreesia is an innovative, patient-centered platform designed to streamline the healthcare experience. It allows patients to check in for appointments conveniently, using their online or in the office, using their smartphone, tablet or kiosks.

Key Benefits for Patients

- **Effortless Check-in:** Save time with fast, secure, and contactless registration.
- **Insurance Verification:** Uptake and verify insurance details quickly.
- **Health Screening:** Complete intake forms and health insurance at your convenience.
- **Payment Flexibility:** Easily manage copays and balance with secure online payment options.

By using *Phreesia*[™], Woman To Woman OB/GYN ensures a more efficient check-in for you while maintaining the highest standards, privacy and security.



WHAT TO BRING TO YOUR APPOINTMENT

- valid ID,
- Insurance card,
- important medical information (ex. medications & imaging, such as ultrasounds, CT scan and MRI)

GETTING YOUR RESULTS



We understand that receiving and reviewing your test results is an important part of your healthcare journey. Here are the convenient ways to access your results:

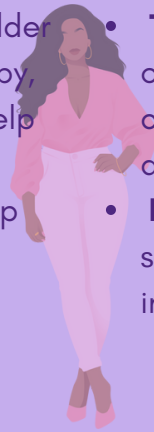
1. **Schedule a Telehealth Appointment** – If you would like to discuss your results with a provider, you can book a virtual visit to review findings, ask questions, and plan the next steps in your care.
2. **Access the Patient Portal** – Visit myhealthrecord.com to securely view your lab results, medical records, and provider notes at your convenience.
3. **Check the Laboratory Portal** – If your test was processed by an external lab, you can log in directly to their patient portal for access:
 - Quest Diagnostics: questdiagnostics.com
 - LabCorp: labcorp.com
 - BioReference: bioreference.com

If you have any questions or need assistance, our office staff is happy to help!

WOMEN'S HEALTH TIPS

Staying Health in Winter

- **Stay Hydrated** - Cold weather can be deceptively dehydrating. Drink plenty of water to support circulation, skin health, and overall wellness.
- **Boost Your Immune System** - Eat a balanced diet rich in vitamin C and zinc (found in citrus fruits, leafy greens, and nuts) to help ward off seasonal colds and flu.
- **Prioritize Self-Care** - Shorter days and colder temperatures can affect mood. Light therapy, exercise, and vitamin D supplements can help combat seasonal blues.
- **Keep Up with Preventive Care** - Don't skip your annual OB-GYN visit, even in winter! Staying on top of screenings ensures early detection of any health concerns.



Preparing for Pregnancy in the New Year

- **Schedule a Preconception Visit** - Meet with your OB-GYN to discuss prenatal vitamins, folic acid intake, and overall health before conceiving.
- **Maintain a Healthy Lifestyle** - A balanced diet, regular exercise, and stress management can help optimize fertility.
- **Track Your Cycle** - Understanding your ovulation cycle can increase your chances of conception. Consider using fertility-tracking apps or ovulation tests.
- **Reduce Harmful Exposures** - Avoid alcohol, smoking, and excessive caffeine, which can impact fertility and early pregnancy health.

COMMON CONCERNS & WOMEN'S HEALTH TIPS

Gynecological Health Managing Fibroids

- Symptoms of fibroids include heavy periods, pelvic pain, and bloating.
- Treatment options range from medications and lifestyle changes to minimally invasive and robotic-assisted surgery.
- If you experience persistent pain or abnormal bleeding, schedule an evaluation to discuss treatment options.

Contraception Options: Finding What's Right for You

- *Short-term options: Birth control pills, patches, and rings are great for flexibility and cycle regulation.*
- *Long-term options: IUDs and implants offer low-maintenance and highly effective protection.*
- *Permanent options: If you're done having children, procedures like tubal ligation provide permanent birth control.*

Menopause: Managing the Transition

- *Hot flashes & night sweats? Try cooling sheets, herbal teas, and avoiding spicy foods and caffeine.*
- *Mood swings or anxiety? Regular exercise, meditation, and hormone therapy (if needed) can help.*
- *Vaginal dryness? Use moisturizers like Luvena weekly or low-dose vaginal estrogen to stay comfortable.*



OUR MISSION



Our mission is to serve our community by providing compassionate, patient-centered OB-GYN care that empowers women to lead healthy, fulfilling lives. We specialize in advanced surgical care, including minimally invasive techniques, to offer innovative and effective solutions for complex gynecologic conditions. As skilled problem-solvers, we are dedicated to understanding and addressing each patient’s unique needs while delivering personalized, high-quality care. Through education, collaboration, and a supportive environment, we strive to improve the health and well-being of women in our community and build lasting relationships based on trust and excellence.



WHAT PATIENTS ARE SAYING...

“After years of navigating various healthcare providers, I finally found a place where I truly felt cared for—Woman to Woman OB/GYN. From the moment I walked through the door, I was greeted with warmth and professionalism. Dr. Greenidge and her team take the time to listen to my concerns, provide clear explanations, and empower me to make informed decisions about my health. Whether it was during a routine exam or my prenatal care, I always felt supported and understood. The entire staff, from the front desk to the clinical team, consistently demonstrates compassion and expertise. I am grateful to be part of a practice that genuinely prioritizes patient well-being and creates an environment where every woman feels respected and valued.”

A CALL FOR ACTION FOR OUR PATIENTS

Your health is our top priority! Here are some ways to take the next step in your care:

• **Schedule Your Appointment:**

Whether you need a routine well-woman exam, prenatal care, or have specific concerns, call our friendly team or visit our patient portal to book your appointment today.

• **Explore Telehealth:**

Experience the convenience of virtual consultations from the comfort of your home. Log in to our secure telehealth platform and get the care you need without waiting.

• **Stay Informed:**

Follow us on social media and subscribe to our newsletter for the latest updates, health tips, and community events in Yonkers.

• **Refer a Friend:**

Know someone who could benefit from compassionate, patient-centered OB-GYN care? Refer them to Woman to Woman OB/GYN and help us spread the word.

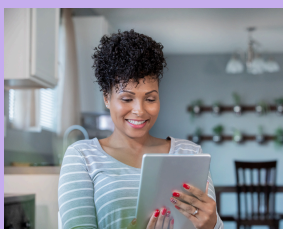
Take control of your health—reach out today and join our community of empowered women receiving exceptional care!



new

SERVICES

TELEHEALTH VISITS



At Woman to Woman OB/GYN, we offer secure and convenient telehealth visits, allowing you to receive quality care from the comfort of your home.

Here's what you need to know:

- Convenience & Flexibility:

Schedule appointments for routine check-ups, follow-up consultations, and discussions about test results without the need to travel.

- Comprehensive Care:

Telehealth is ideal for addressing a range of concerns including medication management, general wellness questions, and non-urgent issues. If a physical examination is needed, we'll advise an in-office visit.

- Secure & Confidential:

Our telehealth platform is HIPAA-compliant, ensuring your personal health information remains private and secure.

- Easy Scheduling:

Simply log in to our patient portal or call our front desk to arrange your virtual appointment at a time that fits your schedule.

Experience a modern approach to healthcare that adapts to your busy life—quality care is just a click away!

COSMETIC SERVICES

(not covered by insurance)



- **Perineoplasty:**

Enhances and refines the appearance of the external vulvar area to improve both function and aesthetics.

- **Vaginoplasty:**

Aims to restore vaginal tightness following childbirth by reducing the diameter of the vaginal canal for improved comfort and satisfaction.

- **Labioplasty:**

Focuses on reshaping or reducing the size of the labia to enhance appearance and alleviate discomfort.

These elective procedures are designed to address aesthetic concerns and *are **not** typically covered by insurance.*

Contact us for more information about special discounts for elective services, such as 3D/4D sonograms or cosmetic gynecology.



WHAT'S NEW AT WOMAN TO WOMAN OB/GYN?

Launching TEAM Birth for Safer, Patient-Centered Deliveries

Starting this year, Woman to Woman OB/GYN is excited to introduce the TEAM Birth initiative, a program designed to enhance communication and collaboration between patients, doctors, and nurses during labor and delivery. This initiative ensures that expectant mothers are actively involved in their birth plans, leading to safer, more personalized, and empowering birthing experiences.

With TEAM Birth, we focus on:

- **Shared decision-making between patients and their care teams.**
- **Clear, consistent communication during labor and delivery.**
- **Stronger collaboration among obstetric providers, nurses, and support staff to improve outcomes.**

This program aligns with our ongoing efforts to reduce disparities in maternal health and improve birthing experiences for Black and Brown women. We are proud to partner with St. John's Riverside Hospital and Sister to Sister International to ensure that every mother receives the highest quality, respectful, and patient-centered care.

WOMAN TO WOMAN IN THE COMMUNITY

In 2025, Yonkers, New York, is hosting a variety of community events and initiatives aimed at enriching the lives of its residents. Here are some highlights:

AARP Tax Preparation Assistance

February 4 thru April 15th

9:30 AM -2:30 PM

The Grinton I. Will Library

free tax assistance & preparation services through the AARP Foundation Tax-Aide program

"EMPOWERED" Art Exhibition

Running from January 11 to

March 28, 2025,

this exhibition at the Yonkers Public Library showcases artworks that explore themes of empowerment and resilience.

Community Energy Program

In March 2022, Yonkers became the largest city in New York to establish a community energy program under the state's Community Choice Aggregation model. This initiative aims to provide residents with cleaner and more affordable energy options. For a comprehensive list of events and programs, visit the City of Yonkers Events.

Mayor Mike Spano's Black History Month Program

February 28, 2025, 6 - 8 PM

**City Hall, 40 South Broadway
Yonkers, NY**

This event honors the contributions and achievements of the Black community in Yonkers.

"Throwing Shade on Extreme Heat" Project

Groundwork Hudson Valley and the Hudson River Museum have launched a three-year initiative to combat extreme heat in Southwest Yonkers. Funded by Con Edison, this project focuses on community-driven solutions and innovative environmental strategies.



WOMAN TO WOMAN_{OB/GYN}

OB/GYN QUARTERLY UPDATE

(914) 375-2800

ISSUE 1 | FEBRUARY, 2025



OFFICE HOURS:

Monday 9 - 4 PM
 Ultrasound 10 - 4 PM
 Tuesday 9 - 4 PM
 Ultrasound 10 - 4 PM
 Wednesday 9 - 4 PM
 Ultrasound 10 - 4 PM
 Thursday 9 - 4 PM
 Ultrasound 10 - 5 PM
 Friday 9 - 4 PM
 Ultrasound 10 - 4 PM



1 Saturday per month (usually 1st Saturday)

CLOSING NOTE

Thank you for taking the time to read our latest newsletter. We are truly grateful for the trust you place in us, and we are inspired every day by the strength and resilience of the women we serve. As we continue to grow and innovate, our commitment to compassionate, patient-centered care remains at the heart of everything we do.

We look forward to another year of shared successes, improved health outcomes, and community connections. Whether you're visiting us in person or connecting via telehealth, know that you are an essential part of our Woman to Woman family.

Stay healthy, stay empowered, and we can't wait to see you at your next appointment.

Warmest regards,

Dr. Suzanne Greenidge, Christianne Eppinette PA & The Woman to Woman OB/GYN Team

CONTACT US

Dr. Suzanne Greenidge

Christianne Eppinette, PA

Office: (914) 375-2800

Fax (914) 375-7329

wtw1020northb@gmail.com

www.westchesterwomanobgyn.com

