Be a partner in your health decisions

Women must be their own best advocates and take responsibility for their health. A good way to do that is by committing to routine screening exams, such as Pap smears and mammograms as recommended by your doctor.

Our Mission

At the Center, we are committed to elevating women’s health to a higher standard of excellence by providing the best available technology and education tools aimed at early detection through breast care, imaging and osteoporosis screenings.

Make Your Appointment Today!

Call the Women’s Health Imaging Center to schedule your appointment for your mammogram, bone density test, ultrasound exam or breast MRI.

Find out about our seminars at 909.335.5574

Redlands Community Hospital
Caring for what matters most. You.

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Common female health problems

Gynecologic health begins at birth and continues through adolescence, the reproductive years and menopause. A routine check-up by your physician enhances good health and prevents problems. Some women have symptoms such as irregular bleeding or pelvic pain, and others have no symptoms so an annual Pap smear and doctor’s visit is recommended.

Potential reproductive conditions

Ovarian cysts—fluid-filled growths on the ovary.
Endometriosis—tissue that lines the uterus attaches to structures outside the uterus.
Fibroids—benign growths in the muscle of the uterus. Can cause pain, though most are not painful.
Ectopic pregnancy—occurs outside the uterus, usually in the fallopian tube.
Polyps—non-cancerous growths that develop from membrane tissue (inside lining of uterus).
Irregular bleeding—or bleeding not associated with the normal menstrual cycle, can be caused by both endometriosis and fibroid growths.
Other causes—Sexually transmitted diseases, chlamydia, genital herpes, HPV or yeast infections or other bacteria.

Getting a good diagnosis

Female urinary tract problems

This network of organs and tubes that process and carry urine out of the body include the kidneys and ureters (upper urinary tract) and the bladder and urethra (lower urinary tract).

Symptoms of infection, such as a UTI, include:
- Pain or discomfort in response to pressure on the lower back, abdomen or the area above the pelvic bone.
- Growths or abnormalities detected during a pelvic exam.
- Discharge from the urethra.

Most urinary tract infections can be diagnosed by taking a good history of the patient’s symptoms and examining a urine specimen for white blood cells, blood and bacteria. If the urine dip is positive, the patient begins an antibiotic while waiting for the final urine culture results that reveal the specific bacteria. Your doctor will conduct a physician exam and take your temperature to determine if it’s a UTI, pelvic infection or urethritis.

What will the results of these tests tell my doctor?

After your physical exam and any other tests have been reviewed, you and your doctor can determine an appropriate treatment for your diagnosis. Your doctor may tell you that medications or other treatments are needed.

Why see a doctor?

If you experience any of these reproductive health warning signs or symptoms, consult a doctor.
- Pelvic or stomach pain
- Irregular or heavy bleeding
- Bloating, gas or abdominal swelling
- Lower back pain
- Foul-smelling or abnormal vaginal discharge
- Infertility
- Infection

Your doctor may recommend other diagnostic tests, such as blood work or pelvic ultrasound.

What will the results of these tests tell my doctor?

After your physical exam and any other tests have been reviewed, you and your doctor can determine an appropriate treatment for your diagnosis. Your doctor may tell you that medications or other treatments are needed.