

Women's Health Navigator:

Guiding Women to Better Health With Great Personal Service

What is a women's health navigator?

A women's health navigator is a registered nurse who is dedicated to guiding you and your family through health care experiences—no matter what stage of life. At Gwinnett Medical Center, **Sheila Warren** is the women's health navigator for Women's Services. She is the GPS for our patients, offering great personal service (GPS).

Why do I need a women's health navigator?

The staff at Gwinnett Medical Center is dedicated, caring and professional, providing quality nursing care and support. Sheila, as a nurse navigator, will help you and your family with the ins and outs of the world of healthcare. Perhaps you need someone to explain in detail what your doctor prescribed. Maybe you need guidance in finding a specialist or help making an appointment. Or perhaps you have a personal healthcare question and would like to speak with someone you can trust. She can even assist you with health-related questions for the boys and men in your life.

What services does a women's health navigator provide?

A women's health navigators job differs from patient to patient. Sheila offers personalized care. Her guidance will depend on your stage of life and unique circumstances. Sheila can answer any of you or your families' healthcare questions, ranging from when to start getting a pap test, to fertility treatments, from labor and lactation support to post-childbearing years on through menopause and post menopause. Sheila helps you and your family care for the entire body no matter what stage of life.

Below is a list of services Sheila can direct women and their family members to at GMC:

Adolescents

- Fitness and nutrition counseling
- First gynecological appointment
- Birth control options
- Emergency services
- Psychosocial evaluation

Pre-conception or pre-pregnancy

- Planning
- Fitness and nutrition counseling
- Comprehensive exam
- Laboratory tests
- Screening for common health problems, such as thyroid disorders, autoimmune disorders and preexisting health conditions

Fertility and pregnancy

- Fertility testing
- Fertility treatments
- Management of high-risk conditions



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- General wellness during pregnancy
- Lactation support
- Post-partum care
- Birth and family education classes

Post-childbearing years

- Regular healthcare, including PAP smears, breast exams and mammograms
- Health and nutrition
- Weight loss management
- Breast health
- Bone health
- Pain management

Peri-menopausal years

- Therapies to help with symptoms
- Sleep disturbances
- Hormone replacement therapy
- Joint care

Menopause

- Bone health
- Nutrition and fitness
- Colorectal screening
- Heart health
- Laboratory tests
- Neurology care

Post Menopause / Senior Adult

- Osteoporosis
- Nutrition and fitness
- Social support
- Mental health
- Heart health
- Skilled nursing care

How much does the women's health navigator service cost?

It's a free, complimentary service provided by Gwinnett Medical Center. Don't put off taking care of yourself any longer.



How can I contact Sheila?

You can reach Sheila at 470-325-6947 (MYGPS) or email mygps@gwinnettmedicalcenter.org. You will receive a response within 24 hours, Monday - Friday.

Follow Sheila on Twitter ([@gmcgps](https://twitter.com/gmcgps)) for up-to-date health information for the whole family.



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