

THE WOMEN'S SELF-HELP CLINIC
 1952 West 4th Ave.
 731-6929

WHO WE ARE

We are a group of women who have been meeting since January, 1972. We have been concerned about the kind of health care women have traditionally received. And we wanted to take more of the care of our bodies into our own hands.

We discovered that we could become more informed about our bodies through group discussions about anatomy, hormones, vaginal problems and sexuality, to name a few of the relevant topics.

We learned how to use a vaginal speculum to examine ourselves and each other.

We studied female physiology together.

Many of us have had practical experience in clinics in Vancouver and Seattle.

As our confidence in the process of self-help grew, we began to prepare ourselves seriously for the establishment of a women's clinic which would be oriented to self-knowledge: where a woman could be fully involved in any procedure related to the health of her body, and where information and conversation concerning her specifically female problems would be readily available.

We are not a professional medical group, although some of us have had professional experience. We are women who have found that a great deal about women's bodies can be learned and we hope to share your experience here with you: your reason for coming here is uniquely yours and valuable to all of us.

AND YOU ...

We try to deal with your problems relating to:

vaginitis
 venereal disease
 pregnancy testing
 birth control
 and other female concerns

or you may want to learn more about your body and preventive health measures.

If you're concerned about your diet you can talk to someone here about nutrition.

If you're interested in becoming involved in the clinic or in a health group, let us know.

WHAT HAPPENS HERE

1. You have been asked to complete a Herstory form which details your gynecological history. This information is relevant to whatever is your current state of health. We have suggested you use the carbon to make a copy so that you can keep a copy of your Herstory for yourself.
2. Two of us will discuss any current problem with you and take important signs, such as blood pressure.
3. The examination may be a different kind of experience from those you've had before. We hope you will feel free to ask questions; for example, if you don't know how to examine your breasts for lumps we will teach you how, and we can show you how to see your cervix.
4. You will be examined by the doctor as well; she will be involved in determining treatment and in prescribing medication. We provide medication at cost price.
5. The person in the clinic lab is willing to explain what's involved in the tests which are done here if you're interested in any of those procedures.

WHAT HAPPENS HERE

There is much information available here which you may want to take home with you to read:

- The McGill Birth Control Handbook
- The McGill V.D. Handbook
- The Vancouver Women's Health Booklet - 50¢
- Our Bodies Our Selves - \$1.00 donation

You may want to take a plastic speculum (50¢ each) with you to use at home to check yourself for signs of improvement (if you've had a vaginal problem) or to become better acquainted with the routine signs and changes of your vagina and cervix.

If there is anything you would like to know about or read about or talk about, let us know: there are probably other women who are interested in the same things.

The Vancouver Women's Health Collective Office is at 146 East 18th. Phone line is open Monday - Friday from 10 to 6. Health groups happen there, also doctor referral, abortion information and counselling. We also maintain files containing information about specific female health problems which you are welcome to use.