VANCOUVER WOMEN'S HEALTH COLLECTIVE * 146 E. 18TH. VANCOUVER * 873-3984

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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 paraid we wanted to take more of the care of four and bodies into tour fown hards and four fliw now egon of your or ber or were for exemple, it you don't know how to exemine your breakers for

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Werdiscovered with a towe would become more informed about our bodies through group discussions about anatomy, hormones, vaginal problems 1999 and sexuality, to name a few of the relevant topics.

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of We learned how to luse an vaginal speculum to examine ourselves and Labino Ster da naitheriber each other.

Weistudied remalesphysiology it of the road accordance as a seriog of the in the terre which are done best if you're interested in any of

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 thich would be foriented to self-knowledge: where a woman could be fully involved in any procedure related to the health of their body and the and where information and conversation concerning her specifically female problems would be readily availables forth of Atriba filter forth Mood A Still V. D. Bard Dook

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 your reason for coming here is uniquely yours and valuable to all of us. To send the contract of the cont

AND YOU ... We try to deal with your problems relating to: and the second of the second with the contract of the second

vaginitis into maked \$40 for \$4 in \$**tivenereal** (disease a second disease) and the continuous second s Lights was it had be see Larvenereal disease from it was a second of the

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 amke a copy so that you can keep a copy of your Herstory for yourself.
- 3. The examination may be as different skind of wexperience from those is not you've had before. We hope you will feel free to dask questions; as for for example, if you don't know how to examine your breasts for lumps we wilk oteach wouchow; and we scan show you show to esee your cervil to dark to see a your of the same and the
- 4. You will be examined by the doctor as well; she will be involved in determining treatment and in prescribing medication. Solve provide medication at cost price.
- 5. The person in the clinic labyis; willing to texplain what is involved in the tests which are done here if you're interested in any of those procedures and one demand a factorist bad sweet at the work.

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se The a Vancouver Women's Health Booklets- 150% rand tong a don one all a Qur Bodies Our delves of 1.00 donation and make tendencing be a made of one of one bonder be a made a pulped a memory design to the contract of the property of a memory design.

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.

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