Paving the way for women’s wellness
How philanthropy is fueling a new vision for comprehensive women’s care.

Dr. Rebecca Dunsmoor-Su is leading a revolution in coordinated care for women.
Philanthropy is bringing to life our vision for a space dedicated to women’s unique health care needs. This generous investment from our community will help women receive the care they need now and in the future when the Women’s Wellness and Gyn Specialty Services at Swedish opens in winter 2021.

We care for more mothers and babies than any other hospital in Washington state. But pregnancy is only one part of a woman’s journey—and for some it’s not a part at all. This program will ensure women continue to receive the best coordinated care throughout their life, with an emphasis on menopause, healthy aging and prevention.

While 2020 brought some unexpected obstacles, the heart of this program—our dedicated network of specialists—is already taking shape. This year we brought Rebecca Dunsmoor-Su, M.D., on as medical director. She’s made a career of challenging the way we think—or more often don’t think—about menopause by ensuring her patients have all the information and multidisciplinary support they need when entering the next phase of life.

And she’s bringing that same perspective to all of women’s wellness. “I’ve spent the last year and a half laying the groundwork for a network of primary care physicians, cardiologists, endocrine and bone health specialists, and mental health providers, all focused on the care women need,” she says. Her network of specialists will be there for women at every stage of life, but especially to support healthy aging.

Taking a page from the successful coordinated care model for obstetrics at Swedish, she’s working to ease the way for patients later in life. “There are very particular things that come up from a gynecologic perspective that patients will need,” says Dr. Dunsmoor-Su. “That includes vulvovaginal and urogynecology specialties, direct menopause care and hormone replacement therapy, as well as minimally invasive surgical options. These are the things that are more important to a woman during and after menopause.”

And it’s not just specialty care that we’re providing to women in our community. Dr. Dunsmoor-Su is also developing a new program for women to learn about menopause and healthy aging while empowering each other. It’s part of a larger shift in women’s health care she is spearheading, with a focus on educating women on what to expect with this next phase of life, while building community connections.

Aging is an opportunity for a woman to reassess her health and wellness, and we are excited that our generous donors have allowed us to be a part of that journey. Continued support for Women’s Wellness and Gyn Specialty Services at Swedish will ensure that we always will be.

“Even in our time of constrained resources, this program has been made a priority by Swedish leadership. We’ll be moved in and ready to see patients by the end of the year.”

—TANYA SORENSEN, M.D., EXECUTIVE MEDICAL DIRECTOR OF WOMEN’S SERVICES
EQUITY THROUGH INNOVATION

Large uterine fibroids can be painful for any woman, but they take a larger toll on one part of our community in particular. “Black and African American women are disproportionately affected by fibroid disease, and they have historically faced challenges receiving care,” says Tanya Sorensen, M.D., executive medical director of Women’s Services. “Our goal is to develop a high-quality fibroid program that addresses this disparity and improves access to care.”

Our donors’ commitment to making a difference in the life of the women in this community will allow us to be one of the first hospitals in the country to offer a minimally invasive option for treating fibroid disease—without damaging the uterus.

In the past, the standard treatment for eliminating these benign growths was a hysterectomy. The Acessa procedure, which simply uses heat to remove them, will offer all of our patients an alternative that can help them heal faster and with less pain.

WOMEN-CENTERED, WOMEN-LED

Meet the specialists who are already caring for women across Swedish. With philanthropic support, they will continue to develop a new model for coordinated care.

CARDIOLOGY

SARAH SPECK, M.D., FACC, MEDICAL DIRECTOR, PREVENTATIVE CARDIOLOGY

Dr. Speck has been a cardiologist at Swedish for more than 20 years, specializing in the early detection and prevention of heart disease. With the growing awareness that women experience heart issues differently than men, she’ll ensure our patients receive care tailored to their needs.

GYNECOLOGY

ASHLEY FULLER, M.D.

Dr. Fuller is a gynecologist who specializes in sexual health. She helps women work through issues that might be uncomfortable or embarrassing to talk about, such as pain or low libido. She’s excited to offer our patients new treatment options and to bring more attention to sexual health.

GYNECOLOGIC SURGERY

BROOKE WINNER, M.D., MEDICAL DIRECTOR, MINIMALLY INVASIVE GYNECOLOGIC SURGERY

Dr. Winner is an expert laparoscopic surgeon who specializes in the treatment of uterine fibroids, endometriosis, adenomyosis, ovarian cysts and other gynecologic conditions. Her skills allow her to offer minimally invasive options for difficult procedures, including advanced endometriosis and suspected pelvic adhesions.

JESSIE MARRS, M.D.

Dr. Marrs specializes in robot-assisted surgery, a skill she has been building for more than 10 years. Her goal is to ensure patients are educated about their health conditions so they can make informed decisions about treatment.
### Menopause

Our experts field questions on hot flashes and the hormonal changes menopause can bring, and recommend treatment options and non-medical solutions that patients can discuss with their physicians.

### Healthy Aging

Our experts clear up recommendations about mammograms, colonoscopies, bone scans and pap smears, and give tips on managing common problems like urinary incontinence and UTIs.

### Heart Health

Participants learn the symptoms that can point to a heart attack in women, how hormone replacement therapy can actually lower the risk of heart attack or stroke in some women and the lifestyle changes that will contribute most to improved heart health.

For information on upcoming events, visit swedishfoundation.org/virtualevents

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Thank you for investing in the health and well-being of our community.

To learn more about investing in women-centered care, please contact:

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