



Our Own New Addition!

Desert West is proud to announce that we're moving forward on a new location for our Glendale office. Construction begins in January on a new building on the NE corner of 67th Ave & Thunderbird Road. When completed in Spring 2020, it will become the new flagship office of Desert West and will replace the Eugie office that has served our patients since the early 1990's. Early next year, we'll be sharing photos of our progress along with more details on the features we're adding with you in mind!

Introducing Your Teen to GYN Care

The American College of Obstetricians and Gynecologists recommends that girls first see a gynecologist (a doctor who specializes in women's health) between the ages of 13 and 15 or when they become sexually active...whichever comes first. While all teenage girls should see a gynecologist, it is especially important if your daughter has been sexually active, is planning to be, or you are concerned that she may not want to discuss this with you. It is also important that teenage girls having problems with their period see a gynecologist. Early diagnosis and treatment can prevent complications later on.

Opioids and Pregnancy

According to the U.S. Department of Health and Human Services, the country is in the midst of an opioid overdose epidemic. If you take opioid pain relievers while you are pregnant, some of the drug will reach your developing baby. Withdrawal occurs for both mother and baby when the drug is stopped. The cycle of use and withdrawal increases the risk of serious complications, including placental abruption, growth problems, preterm birth, and stillbirth. Once born, babies born to women taking opioids may have withdrawal symptoms, including shaking and tremors; poor feeding or sucking; crying; fever, diarrhea; vomiting; and sleep problems. This is called neonatal abstinence syndrome (NAS) which can last days or weeks.

If you are pregnant, or planning to become pregnant, it is not recommended that you suddenly stop using an opioid without medical supervision. Make sure to have an open discussion about all medications you are taking so that your provider can do whatever possible to keep you and your baby safe and healthy.

Meet Susan Swenson, RN, WHNP-C



Susan loves working with OB/GYN patients for many reasons. She thoroughly enjoys meeting people, hearing their stories of courage and perseverance, promoting preventive care and helping women navigate through peri-menopause and menopause. A native Iowan, she moved to Arizona in the early 1980's to help a physician open his practice, and never left. Susan once considered becoming a midwife before deciding to become a nurse practitioner.

With two daughters and five grandchildren, she keeps plenty busy and also enjoys quilting, crochet, knitting and jewelry making. She brings her decades of experience to the Glendale and Arrowhead offices and enjoys caring for women of all ages.