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Take care of your body
and it will take care of you

DR. MARY JOYCE MCGINNIS, MD, FACOG | MCGINNIS WOMEN'S MEDICAL CARE

24 Computer Drive West, Albany | 689.7548 | www.mcginiswomensmedicalcare.com



OB-GYN care is a partnership with women. With the patient as the priority, a visit to McGinnis Women's Medical

Care is all about you as a woman and your unique needs, be it birth control, abnormal bleeding, aging, menopause, or sexuality. The team has the focus, experience, and training to see women as individuals looking to empower themselves and reach their full potential.

OB-GYN care is more than Pap smears, observes Mary Joyce McGinnis, MD, FACOG. "A vital part of my practice includes other important issues facing women—things which often go unaddressed or unacknowledged by other providers. Daily I deal with sensitive concerns of women, such as:

- Sexuality and sexual expression.
- Risk for breast, uterine, or ovarian cancer, approached in a logical way.
- Women entering the dating scene

at midlife—they carry the same risk for STDs as the kids but are largely unaware.

- Myths surround menopause — we clear away old wives' tales.
- Vulvar disease—chronic itching and burning or discomfort are rarely just yeast infections."

Dr. McGinnis notes that multiple "experts" give competing advice on Pap smears, mammograms, etc. Women need a knowledgeable OB-GYN to clarify these recommendations to find what is reasonable, what is ridiculous, or driven by efforts to save costs. "I take the time to explain your unique situation and what testing or evaluations are in your best interests."

Women often have negative views of their bodies and question

whether they are "normal." Dr. McGinnis explains that education about the body is part of every visit. "I learn from every woman I examine and try to let each one know more about her health. My associates and I interact with you, not a computer screen. We are an independent, private practice, not owned by a hospital or corporation."

Noting her practice for years and in other settings, in other states, she says, "I know at least five ways to do anything beyond the textbook." An experienced nurse midwife works with Dr. McGinnis, bringing her unique knowledge and point of view to the practice. McGinnis Women's Medical Care invites women to visit and enjoy expert OB-GYN care in a relaxed setting.

DR. KEITH EDWARDS, MD | MS CENTER OF NORTHEASTERN NEW YORK

Riverhill Center, Suite 105, 1205 Troy-Schenectady Road, Latham | 785.1000 | www.msny.org



The MS Center of Northeastern New York is an affiliated Center of the National Multiple Sclerosis Society by review of the National MS Society since 2009. This designation is based on strict criteria of having neurologists with special training and expertise in MS and nurses who are qualified in MS and by providing other special

services to care for MS patients.

The staff is dedicated to serving MS patients with the mission of stopping or reversing disability with safety and tolerance of the treatment. This includes awareness of diet, exercise, Vitamin D and control of infections or other conditions that may accelerate the MS disease process. New and emerging disease-modifying treat-

ment is making positive improvements from disability in MS.

The Center's medical director is Keith Edwards, MD, who has over 40 years of MS experience. Renowned and recognized as a world class researcher in the MS research community, his first publications in MS were in 1980 with presentation this year of two papers plus collaboration in several other scientific presentations at the most important MS meeting of the year at the European Committee for the Treatment of MS in London. Other providers at the MS Center include Lore Garten, MD, PhD, who is a fully trained neurologist with a PhD in neuroanatomy, and Karen Wesselhoeft, MSN, FNP-BC, who has practiced as a nurse practitioner for 15 years and now specializes in MS.

Of course, patients do not just come for the doctors but also for the nurses. Their expertise allows care to be coordinated with a special quality. Questions and concerns are answered and the challenges of getting medications approved are handled efficiently. Our nurses all specialize in MS and their knowledge and caring are exceptional.

Our goal is to reduce or stop disability from MS and control the effects of MS including pain, spasms and cognitive issues. The MS Center of Northeastern NY is here to serve your needs with high quality care that is close to home. The Center is located 2.5 miles west of the Northway (I-87) exit 6 on Route 7. Visit our web site at www.msny.org or call 785.1000 for further information or an appointment.