

THE WOMEN'S CENTER of Central Oregon

Offering comprehensive health care for women of all ages.

by Kathy Oxborrow, for
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The Women's Center of Central Oregon is known for its focus on offering the most innovative and newest procedures in women's health care. It provides comprehensive health care specializing in reproductive health for all ages, adolescents to adults.

Founder, Dr. Susan Gorman, a gynecologist, said the center provides complete care for a woman's body, mind, spirit and family.

Dr Gorman said her practice used to include obstetrics, but after her twins were born, bringing the family to four children, she decided to only do gynecology, which afforded her more freedom and the ability to focus on being more innovative.

Women often feel vulnerable when they come to see her, she said, and so her goal is to help them feel less anxious while doing minimally inva-

sive procedures.

Almost all of the advances in women's health care, in addition to improving outcomes, are also less invasive.

"The one that I'm the most proud of is Adiana, a form of permanent birth control that came out in 2009," said Dr. Gorman.

Adiana is performed in the office with no anesthesia, no incisions and no risk of injury to other organs. The patient is awake during the procedure, which averages 11 minutes.

"I've done it in as fast as five minutes," Dr. Gorman said.

A silicone insert, the size of a grain of rice, is placed in both fallopian tubes preceded by the application of thermal energy. The thermal energy causes tissue to grow around the insert blocking the tube.

Three months following the procedure, dye is inserted to determine if the tubes are blocked.

Dr. Gorman is excited about being chosen to be one of the first doctors in the



U.S. to be part of a trial studying the effects of Adiana. Her patients will be followed for two years to make sure there are no side effects and to see what the pregnancy rates are.

To date she has performed Adiana on 36 patients who will be part of the study.

Adiana is a good choice for women who can't be on hormonal birth control, women who shouldn't get pregnant because it could be harmful to their health and those who are done with child bearing.

Dr. Gorman says typically women who seek Adiana treatment are between the ages of 35 and 40.



There have been a lot of “firsts” for Dr. Gorman and The Center—the first to offer Adiana and the first to perform hysterectomies using a laparoscope.

“This enables me to remove everything through the belly button, allowing women to recover quicker and get back to their normal activities faster,” she said.

Also on the list of firsts for Dr. Gorman is another innovative treatment called NovaSure. This procedure, also done in the office, is recommended for women who have very heavy periods. Again, thermal energy is used, applying it to the lining of the uterus.

Called endometrial ablation, it is a one-time treatment that takes 90 seconds and reduces excessive menstrual bleeding.

Dr. Gorman is certified by the International Society of Clinical Densitometry to administer bone density tests. Once menopause occurs and the production of estrogen is reduced, bone density can decline, leading to osteoporosis, a bone disease that can increase the risk of frac-

tures.

“Peak bone density is achieved at age 28,” said Dr. Gorman.

She stressed the importance of young women boosting their calcium intake.

I can’t say enough about this,” she added.

She makes sure she schedules enough time during patient visits to answer questions.

“If someone has issues they need to discuss, I want to have the time, because for a lot of women, they only see a doctor once a year,” she said.

Recruited in 2001 to Redmond by then Central Oregon District Hospital (now part of St Charles Medical Center) from Southern California, Dr. Gorman said, “I’m really proud of what I have here. I’ve worked really hard to get this.

Citing the competitive nature of the market place among doctors, Dr. Jana VanAmburg said, “I admire Dr. Gorman’s determination to build her practice and offer cutting edge procedures; her success has required a lot of stamina.”



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