



A one-of-a kind practice dedicated to the care of women.

Simply call our office at 682-9222 and tell the receptionist you need a same day appointment if you need to see a physician immediately.

What We're Doing



Women's Health Specialists was recently voted Memphis Business Journal Small Business of the Year. After only being in private practice since March of 2004, it was a high honor to even be considered for such an award. All four partners, Frank W. Ling, MD, Thomas G. Stovall, MD, Robert L. Summitt, Jr., MD, and Val Y. Vogt, MD came from UT Medical Group where they were responsible for teaching many of the areas OB/GYNs and physicians. This differentiation is especially important because they are not just teachers but specialists which is crucial for them when seeing their patient population. Not only are they exceptional doctors but this award indicates what good business people and managers they are as well.

What's New

Findings from the WHI Postmenopausal Hormone Therapy Trials

The WHI was launched in 1991 and consisted of a set of clinical trials and an observational study, which together involved 161,808 generally healthy postmenopausal women.

The hormone trial had two studies: the estrogen-plus-progestin study of women with a uterus and the estrogen-alone study of women without a uterus. (Women with a uterus were given progestin in combination with estrogen, a practice known to prevent endometrial cancer.) In both hormone therapy studies, women were randomly assigned to either the hormone medication being studied or to placebo. Those studies have now ended. The women in these studies are now participating in a follow-up phase, which will last until 2010.

New results from the Women's Health Initiative (WHI) Estrogen-Alone Trial show that younger postmenopausal women who take estrogen-alone hormone therapy have significantly less buildup of calcium plaque in their arteries compared to their peers who did not take hormone therapy. Coronary artery calcium is considered a marker for future risk of coronary artery disease.

The new findings are from an ancillary study of 1064 women who were 50-59 years of age at the start of the WHI hormone therapy clinical trial. Participants were randomly assigned to either 0.625 milligrams per day of conjugated equine estrogens (Premarin™) or placebo (inactive pill). Participants took assigned medication for an average of nearly seven and one-half years. After slightly more than one year after treatment ended, researchers used computed tomography (CT scan) to measure the level of calcium plaque in the women's coronary arteries. Those who had taken

Meet Our Staff



Anna Cavins

Hannah Donathan

Anna Cavins is a graduate of the University of South Carolina with a B.A. in Latin American Studies with a minor in Spanish. Anna is happily married to Brandon and they recently moved to the Memphis area where they are enjoying their new home. Her interests include dancing, singing and spending time with family and friends. Anna has been a wonderful addition to Women's Health Specialists where she works as a Medical Assistant.

Hannah Donathan grew up in Eads, TN and graduated from Cordova High School in 2005. Her long-time boyfriend, Andrew is currently serving in the United States Air Force. She is very close to her family. Hannah teaches two year old Sunday School at Fisherville Baptist Church. She also loves to cook and work out. Hannah has been at Women's Health Specialists for more than a year where her responsibilities include patient check-out and charge entry.

estrogen were 30 to 40 percent less likely to have measurable levels of coronary artery calcium compared to those on placebo.

All women who wish to lower their risk of heart disease should make healthy lifestyle choices, such as following a diet low in sodium, saturated fat, transfat and cholesterol; maintaining a healthy weight; engaging in regular physical activity; and not smoking. In addition, they should work with their healthcare provider to identify and manage other known risk factors such as high blood pressure, high blood cholesterol, and diabetes.

Monthly Article

Laser hair removal: Zapping unwanted hair

Laser hair removal technology is evolving. No matter what skin type you have, newer lasers can safely and effectively remove unwanted hair from your face and body.

If you're tired of shaving, waxing or plucking body hair only to have it return days later, you may be interested in laser hair removal. Our Laser hair removal systems uses laser energy to remove unwanted hair. Whether it's on your face, arms, underarm, bikini area, legs or other areas, laser hair removal may be an option if you seek long-term results.

Who is a candidate for laser hair removal?

Laser hair removal is used for people who want to remove unwanted body hair. Hair color and skin type are the key factors that influence the success of laser hair removal. It's most successful on people with dark hair (brown or black) and light skin. However, it can also be used on people with darker skin types.

How do you prepare for laser hair removal?

If you have a tan from sun exposure or sunless tanning products, you will want to wait until the tan fades completely before undergoing laser hair removal. A tan increases your risk of side effects such as blistering and discoloration. Avoid sun exposure four to six weeks before treatment.

Laser hair removal is effective only on short, visible hair. On the day of or the day before the procedure, you shave the area to be treated. Avoid waxing or plucking the hair and electrolysis for at least four weeks before treatment.

How does laser hair removal work?

Your browser may not support display of this image.

Your browser may not support display of this image. When the doctor activates the laser, the laser light passes through your skin's surface to tiny sacs (hair follicles) where hair growth originates. The intense heat damages the hair follicle, which inhibits hair growth. Because hair grows in cycles, it takes several treatments.

What can you expect during laser hair removal?

During the procedure, you wear goggles to prevent accidental exposure of your eyes to laser light. When the laser is activated, you feel a stinging sensation. Oftentimes a topical local anesthetic is applied before the procedure to reduce discomfort. The procedure causes a slight charring of stubble. You may notice a strong odor of singed hair, which is normal.

How long the procedure takes depends on the area of the body involved. A small area such as the upper lip may take several minutes. A larger area such as the back may require several hours.

What are the results of laser hair removal?

Studies show that you will obtain a 80-90% reduction in hair growth. Results vary from somewhat from person to person, however, and some people respond better to treatment than others.

Pricing

WHS is currently offering a 20% discount on any one area of laser hair removal.

Research Studies

Has a Decrease in Sexual Desire Come Between You and Your Partner?

The Department of Pharmacy at the University of Tennessee Health Science Center seeks volunteers to participate in a research study to determine the effectiveness and safety of an investigational medication in improving low sexual desire in surgically menopausal women. You will receive either study medication or a placebo (an inactive substance). You have 1 out of 2 chances of receiving the study medication and 1 out of 2 chances of receiving placebo.

The research study involves 9 visits over a 32-week period, and the completion of daily diaries between the visits. Study medication, physical exams, mammograms and laboratory tests are free of charge. You will receive a total of \$400 if you complete the entire study.

To be eligible to enroll in the study, you must:

1. Be between the ages of 30 and 65
2. Be diagnosed with low sexual desire following an interview
3. Be surgically menopausal (e.g., have had both your uterus and ovaries removed)
4. Be in a stable relationship with one man
5. Not receiving testosterone therapy or antidepressants
6. On hormone therapy

To learn more about the study, call Leslie Rawlinson at 448-6693 between 8 am and 5 pm or email her at lrawlins@utmem.edu.

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