

WOMEN'S MEDICAL CENTER, PC
At Women's Medical Center we recognize that you have a choice when it comes to your Obstetrician and Gynecologist. That's why we want you to be as relaxed and informed as possible about our practice. We've ^{have} created this website to give you 24/7 access to an array of the most common Obstetrical and Gynecological topics. The more you know, the more comfortable we hope you and your family will be with our practice.

Our Services in Dothan Include:

- Prenatal Care and Deliveries
- Annual wellness exams
- Contraceptive and menopause counseling
- Infertility evaluations and treatment
- Birth Control
- and more...

This website also contains information about our doctors, locations, hours, emergency practices and more. We believe our website is the best way for you to stay connected to our practice and get the highest quality of women's healthcare.

On behalf of all the Women's Medical Center professionals and staff, we welcome you to our practice and look forward to helping you and your family preserve a lifetime of good health.

Meet Your Doctors

Click the doctors name below to learn more about the doctor

- Walter C. Young, MD
- T. Hudson Lazenby, MD
- Praful G. Patel, MD
- Kenneth E. Farmer, Jr., MD
- Jonathan T. Scott, MD
- Stephanie Gibson, MD

Make An Appointment

Contact Us

Enter your name (required)

Enter email

(XXX)XXX-XXXX

Message

- [Home](#)
- [Staff](#)
- [Office](#)
- [Services](#)
- [New Patients](#)
- [Contact Us](#)
- [Appointment Request](#)
- [Patient Portal](#)

Womens Medical Center
(334) 793-3900
[Toggle navigation](#) [Menu](#)
OB/GYN Office

Doctor Dothan, AL

Women's Medical Center

SAMC Doctors Building

Dothan, AL 36301

(334) 793-3900

Office Hours

Monday: 09:00 AM - 05:00 PM
Tuesday: 09:00 AM - 05:00 PM
Wednesday: 09:00 AM - 05:00 PM
Thursday: 09:00 AM - 05:00 PM
Friday: 09:00 AM - 05:00 PM
Saturday: Closed
Sunday: 02:00 PM - 04:00 PM

[Click here for door to door driving directions](#)

Appointments

Appointments at Women's Medical Center, P.C. may be scheduled during our regular office hours. Our staff strives to offer each patient a convenient appointment time with her physician of choice. To help us in that endeavor, we ask that you notify our office as soon as possible should you need to cancel or reschedule your appointment.

? Chalstrom Pa

Communication

In the event of an emergency, please contact Women's Medical Center, P.C. at (334) 793-3900. After hours, our medical call center ~~staffed by registered nurses~~ will answer your call. If necessary, they will have the physician on duty call you. Please understand that your patience during this time is essential. You and your health are very important to us, and we will respond to your emergency as quickly as possible.

During regular office hours our highly trained registered nurses can answer most of your medical questions. Should the phone nurse be unavailable when you call, please leave a message with a number where you can be reached, and your call will be returned shortly. If your problem is an emergency, please let the operator know, and your call will receive immediate attention.

Insurance (e) Billing

Women's Medical Center, P.C. participates with most regional health insurance networks and will gladly file medical claims for you. Patients covered under these plans will be expected to pay the co-payment at the time services are rendered. Details regarding your particular plan can be obtained by contacting your insurance carrier prior to your appointment. Please be prepared to present a current insurance card to our receptionist upon arrival ~~for records purposes~~.

For all non-participating health insurance plans, our office asks that you pay for services rendered on the day of your appointment. We will then file a claim with your insurance company and will promptly refund any payment received by our office.

Some procedures and testing performed at Women's Medical Center, P.C. require the services of an outside ~~laboratory~~ or pathologist. These services are billed separately by the provider. With your permission, your insurance information will be shared with the facility, allowing them to file directly with your insurance company. After your claim is processed, you will receive a bill from the lab or pathologist for any amount not paid by your insurance company.

In the event of pregnancy or surgery, the physicians of Women's Medical Center, P.C. offer an insurance assignment program. Our Patient Representative will prepare an estimate of patient responsibility after verifying benefits provided by your insurance company. If you have questions, one of the insurance professionals in our office will be happy to help you.

Did You Know?

When detected early, the five-year survival rate for cervical cancer is approximately 91%.

pap smear.

N
T
V
T
F
S
E

NONDISCRIMINATION STATEMENT

Women's Medical Center complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Declaración de no discriminación

Mujeres's Medical Center cumple con las leyes federales sobre derechos civiles y no discriminar sobre la base de raza, color, origen nacional, edad, discapacidad o sexo.

Contact Us

Enter your name (required)

Enter email

(XXX)XXX-XXXX

Message

Please do not submit any Protected Health Information (PHI).

Submit

Office Hours

Monday: 09:00 AM - 05:00 PM
Tuesday: 09:00 AM - 05:00 PM
Wednesday: 09:00 AM - 05:00 PM
Thursday: 09:00 AM - 05:00 PM
Friday: 09:00 AM - 05:00 PM
Saturday: Closed
Sunday: 2:00 PM - 4:00 PM

(334) 793-3900
SAMC Doctors Building 1118 Ross Clark Circle, Suite 600Dothan, AL 36301

- [Facebook](#)
- [blog](#)
- [Twitter](#)

- [Home](#)
- [Staff](#)
- [Office](#)
- [Services](#)
- [New Patients](#)
- [Contact Us](#)
- [Appointment Request](#)
- [Patient Portal](#)

Womens Medical Center
 (334) 793-3900

Toggle navigation ☰ Menu

Our Services

From the routine gynecologic checkups to family planning, Womens Medical Center wants to work as partners in your health care. We offer many services that promote wellness and optimal care for women.

Gynecological Services

- Pelvic and breast exam
- Pap Smears
- Human Papillomavirus (HPV) screening
- Blood pressure check
- Evaluation & Treatment of Irregular Menstruation
- First GYN exams for adolescent patients
- Management of Abnormal Pap Smears
- Menopause Counseling & Treatment Options
- Preconception counseling
- STD testing and treatment
- Contraceptive counseling
- Osteoporosis screening and treatment

*-miscellaneous
 In-office
 surgery*

Preconception and Obstetrical Care

- Preconception Counseling & Testing
- Infertility Evaluation and Treatment
- Prenatal care
- Diabetic screening
- Genetic testing
- Routine deliveries (vaginal or cesarean)
- High risk pregnancy care
- Postpartum care

VBAE

Office Hours

Monday: 09:00 AM - 05:00 PM
 Tuesday: 09:00 AM - 05:00 PM
 Wednesday: 09:00 AM - 05:00 PM
 Thursday: 09:00 AM - 05:00 PM
 Friday: 09:00 AM - 05:00 PM
 Saturday: Closed
 Sunday: 2:00 PM - 4:00 PM

Contact Us

Enter your name (required)

Enter email

(XXX)XXX-XXXX

Message

- [Home](#)
- [Staff](#)
- [Office](#)
- [Services](#)
- [New Patients](#)
- [Contact Us](#)
- [Appointment Request](#)
- [Patient Portal](#)

[Womens Medical Center](#)
[\(334\) 793-3900](#)

[Toggle navigation](#) ☰ [Menu](#)

[New Patients](#)

To help make your first visit to our practice as smooth as possible, please read the information on this web page. You'll find all the practical information you need, such as a map and directions to our office(s), [practice hours](#), payment policies and more. For more information on our services, please visit [our services page](#). We also describe our first visit procedures. And, you can save some time by printing out and completing the new patient forms in advance of your [appointment](#).

Mission Statement

Our practice is working together to realize a shared vision of uncompromising excellence in medical care.

To fulfill this mission, we are committed to:

- Listening to those we are privileged to serve.
- ~~Earn~~ *Earning* the trust and respect of patients, profession and community.
- Exceed your expectations. *Exceeding*
- Ensure a creative, challenging and compassionate professional environment. *Creating*
- Strive for continuous improvement at all levels.

Patient Forms

Please print and fill out these forms so we can expedite your first visit:

- Coming soon

In order to view or print these forms you will need Adobe Acrobat Reader installed. [Click here to download it.](#)

What to Expect

Being well-prepared for your appointment will ensure that the doctor has all of the needed information to provide the best possible care for you. It also will help relieve any unnecessary anxiety you may be feeling. Educate yourself on your symptoms by reviewing the content on this Web site. Also, take some time to review our [staff](#) page and familiarize yourself with the doctors. We look forward to your first visit.

Directions

Office Hours

Monday: 09:00 AM - 05:00 PM
Tuesday: 09:00 AM - 05:00 PM
Wednesday: 09:00 AM - 05:00 PM
Thursday: 09:00 AM - 05:00 PM
Friday: 09:00 AM - 05:00 PM
Saturday: Closed
Sunday: 2:00 PM - 4:00 PM

[Contact Us](#)

- [Home](#)
- [Staff](#)
- [Office](#)
- [Services](#)
- [New Patients](#)
- [Contact Us](#)
- [Appointment Request](#)
- [Patient Portal](#)

Womens Medical Center

(334) 793-3900

Toggle navigation ☰ Menu

20 Somethings

Most women have their first gynecological exam sometime during adolescence or their early twenties. These early years in your reproductive life are important, and maintaining a relationship with a trusted physician can help you achieve good health for today, and healthy pregnancies for tomorrow. The following topics are of particular interest to younger women. We hope this information will help you prepare for your initial visits.

Your First Pap Smear

The pap smear (or pap test, as it is sometimes called) is a test to screen women for cervical cancer. The American College of Obstetrics and Gynecology (ACOG) recommends that most women be screened at age 21. After that, the test is an important part of your annual examination. During the pelvic exam, your doctor will collect a specimen from the cervix which is analyzed for any abnormalities. The collection of cells may cause mild discomfort, somewhat similar to a menstrual cramp. This test allows your physician to detect abnormal changes before they become cancerous, and treat them if necessary. Women who have received the HPV vaccine (Gardasil) should still follow the standard screening schedule.

To ensure that your pap smear is as accurate as possible, schedule your exam when you won't be having your period. Also, refrain from intercourse, douching or using tampons for 48 hours prior to the exam.

You should receive the results of your test in approximately ^{1 wk} 2-3 weeks. You'll have a chance to talk with your physician before the exam, and we encourage you to ask any questions or express concerns so that we can help you have an informed, stress-free experience. For more information about ACOG recommendations and this test click here.

Birth Control

Choosing an appropriate and safe method of birth control can be daunting, but your physician at Women's Medical Center can provide you with information about the options available, and instructions for using that method effectively.

Each type of birth control—from oral contraceptives (birth control pills), to injections, to intrauterine devices—has its pros and cons, and no one solution is right for every woman. By assessing your health and talking to you about your family planning objectives, your doctor can help you make the choice that's right for you.

Cervical Cancer Vaccine (Gardasil®)

Gardasil

Most types of cervical cancer and genital warts are caused by the human papillomavirus (HPV). This virus is a common sexually transmitted disease that is passed by genital

contact, usually during sex. The Gardasil vaccine has been proven effective for the prevention of many types of HPV. The vaccine is given in three shots over a six-month period, and is recommended in girls and young women age 9-26 who have not previously been vaccinated.

Gardasil doesn't treat existing HPV infections, and doesn't guard against other sexually transmitted diseases. The Centers for Disease Control (CDC) offers more information about the vaccine and its effectiveness here.

A Relationship Built on Trust

Your relationship with the physicians and staff of Women's Medical Center is a vital part of your overall health and well-being. Good communication between you and your doctor is essential to receiving appropriate care, calming anxieties about the unknown, and planning for the future.

Many new patients are hesitant to ask questions for fear of being embarrassed, given the personal nature of obstetrics and gynecology. But you should remember that your doctor has "seen it all" and is a trusted ally who wants what's best for you. Your discussions with your physician are completely confidential, as are your medical records.


Women's Medical Center is honored to partner with you in the journey toward good health. We strive to create an environment where patients feel secure and receive the best possible care.

Office Hours

Monday: 09:00 AM - 05:00 PM

Tuesday: 09:00 AM - 05:00 PM

- [Home](#)
- [Staff](#)
- [Office](#)
- [Services](#)
- [New Patients](#)
- [Contact Us](#)
- [Appointment Request](#)
- [Patient Portal](#)

[Womens Medical Center](#)
 (334) 793-3900
[Toggle navigation](#)  [Menu](#)
[Gynecology Dothan, AL](#)
[Home](#) › [Our Services](#) › [Gynecology](#)

Gynecologist in Dothan, AL

Our team at Women's Medical Center is dedicated to providing women the care and information needed to enjoy good health during every phase of life. Routine gynecological exams are an important part of your wellness plan. These visits to our [Dothan, AL office](#) not only allow us to screen for breast and gynecological cancers, but to answer your questions about a myriad of other health concerns specific to women.

Gynecologist Overview

Gynecology is the branch of medicine that deals with diseases and disorders of the female reproductive system. Typically, the American College of Obstetrics and Gynecology (ACOG) recommends that young women have their first visit with a gynecologist between the ages of 13 and 15, or when they become sexually active, whichever comes first.

A pelvic exam is usually not performed at this visit, but is rather a visit to build a future physician relationship & discuss any problems with menstruation/contraception.

By visiting a gynecologist you are taking responsibility for your body. A gynecologist will provide preventive screenings and annual exams, provide family planning counsel and diagnose and treat pelvic disorders and sexually transmitted diseases (STDs). Additionally, a gynecologist can perform surgeries, such as hysterectomies and mastectomies, as well as laparoscopic surgical procedures to remove uterine fibroids and cysts.

Gynecology also involves performing regular breast exams, mammograms and pap smears to ensure your health. Fertility problems are also treated, as well as contraception. A gynecologist will usually confirm that a woman is pregnant and then refer her to an obstetrician. *(These may or may not be the same doctor)*

It is important to visit your gynecologist each year to ensure your health. If a problem is shown, your gynecologist will be able to properly diagnose and treat your condition.

The following topics are common sources of concern for women, and are frequently discussed during the annual gynecological exam:

Breast Cancer

According to the Centers for Disease Control and Prevention (CDC), breast cancer is the most common cancer in women, aside from non-melanoma skin cancer, and is the second most common cause of cancer death among women. Therefore, screening for the disease is essential for early detection and treatment. Your physician at Women's Medical Center will perform a breast exam during your gynecological exam, and can help you schedule a mammogram, as well. The American Cancer Society (ACS) recommends that all women age 40 and older receive a mammogram annually. For more information on breast cancer screening and treatment visit the ACS Breast Cancer information page.

Birth Control Options

No single method of birth control is right for every woman. Fortunately, the choices grow continually with the introduction of new contraceptives to the market. Your physician at Women's Medical Center can help you compare the options available and make the best choice for you, based upon your health and family planning goals. Additionally, you may find that your needs in this area change over time. Your doctor can help you through these transitions and offer helpful advice along the way.

Menopause

During mid-life most women experience menopause, or the cessation of their child-bearing years. With this transition comes a variety of physical and emotional symptoms which vary greatly from woman to woman. Your physician can help you understand the changes your body is going through and offer suggestions and therapies to alleviate any unpleasant symptoms associated with menopause.

You can learn more about the signs and symptoms of menopause from the American College of Obstetrics and Gynecology (ACOG).

Osteoporosis

All men and women experience a small degree of bone loss after age 35. However, women are more susceptible to excessive bone loss or osteoporosis during and after menopause. The reason is that the body produces much less estrogen, which prevents bone loss, during this phase of life.

- [Home](#)
- [Staff](#)
- [Office](#)
- [Services](#)
- [New Patients](#)
- [Contact Us](#)
- [Appointment Request](#)
- [Patient Portal](#)

Womens Medical Center
(334) 793-3900

[Toggle navigation](#) ☰ [Menu](#)

[Obstetrics](#)

[Home](#) › [Our Services](#) › [Obstetrics](#)

Obstetrics

- [Pregnancy Medication Guide](#)
- [Pregnancy Nutrition Guide](#)
- [Prenatal Exercise Guide](#)
- [Signs & Symptoms of Premature Labor](#)

The birth of a child is a wonderful thing, and we at Women's Medical Center are honored to be able to provide care for women during this experience. The following information can be used as a reference for our existing obstetrical patients, and provides prospective patients with a glimpse of the services we offer during pregnancy and delivery.

Ultrasounds

During your pregnancy, you will be scheduled for two ultrasounds. These are routinely performed in our office by one of our ultra sonographers. The first scan is done between 8-10 weeks, and is a baseline scan to determine the number of babies and pinpoint a more accurate due date. It is not possible to determine the sex of the baby at this point in the pregnancy. The second scan is performed at approximately 20 weeks to assess the baby's growth and development. In most cases, the sex of the baby can be determined at this exam, if you wish to know.

Your ultrasound can be recorded, and a DVD+RW will be provided at your first appointment. It is your responsibility to bring this disc to your appointments. If a replacement DVD+RW is needed, there will be a \$5.00 charge. Other types of DVDs are not compatible, so be sure to bring the correct one.

4-D Ultrasound

Women's Medical Center, P.C. ^{offers} ~~is now offering the newest~~, state of the art imaging for our patients. 4-D ultrasound utilizes the same sound wave principals of traditional ultrasound, but offers the potential for images of incredible detail and clarity. This procedure is not used for any diagnostic purposes.

Optimum results are best obtained between weeks 25-27 of your pregnancy. Appointment slots are limited and patients are encouraged to make the appointment early in the pregnancy to ensure availability. The quality of the ultrasound depends upon the position of the baby, the size of the mother, the baby's movement and fluid levels. Insurance does not cover the cost of this ultrasound, and payment is due on the day of service. No payment plan is set up for this service. As part of the service, you will receive a new DVD and a number of still images printed on thermal ultrasound paper.

Phone Assistance

During your pregnancy, you may find it necessary to call our office with questions or concerns that arise between regularly scheduled appointments. Women's Medical Center has a nurse who handles these calls. When you call with a problem the operator will take your name, phone number and a brief description of the problem/question. If you are in labor or experiencing another emergency, you will receive immediate assistance. All other calls will be returned by the nurse. It is always helpful if you call at a time when you will be near the phone for at least an hour.

We ask that after-hours phone calls be limited to emergencies only. If you do need assistance after hours, please call (334) 793-3900. Our ^{Ans SVC} ~~nurses~~ will be happy to assist you and direct your call to the doctor on duty if necessary.

Medication Use during Pregnancy

There are many medications which are believed to be "safe" for pregnant women; however, we prefer that patients take only those medications which are absolutely necessary, especially during the first 3 months of pregnancy. The safety of drugs is assumed based upon their usage over time, but no drug is without risks. This medication guide lists common problems and over-the-counter medications which may help. Do not exceed the recommended dose unless prescribed by your doctor.

Dietary Recommendations

time to attempt to lose weight. However, sensible eating can help you receive the necessary nutrients without gaining excess weight. Your growing baby must receive adequate amounts of protein, calcium, vitamins and nutrients to develop healthy bones, muscles and organs. Following our nutrition guide can help you choose healthy foods and give your baby a wonderful start.

N
T
V
T
F
S
S

Prenatal Exercise

There are a variety of benefits associated with moderate exercise during pregnancy. These include stress relief, weight control, maintaining flexibility and conditioning muscles. What's more, fit women tend to go through labor with greater ease and recover more quickly. However, there are some precautions which should be taken and certain activities to avoid. Follow this prenatal exercise guide to stay fit and safe during pregnancy.

Premature Labor: Risks and Signs

Babies born more than three weeks before their expected due date are considered premature, and are at greater risk for problems with breathing, eating and keeping warm. Unfortunately, no one can tell who will have premature labor—it can happen to any pregnant woman. The good news is that premature labor can often be stopped if detected early. Knowing these signs and symptoms of premature labor can help you know when you're at risk, and when to call your doctor. Remember, the earlier you seek medical help for premature labor, the better the chances of stopping it and helping your pregnancy to continue until your baby is more mature. If you suspect that you are in premature labor, call our office immediately at (334) 793-3900.

Southeast Alabama Medical Center

Our physicians are proud to serve on the staff of Southeast Alabama Medical Center and to use this facility for our obstetrical services. The Family Birth Center at SAMC provides modern, luxurious birthing suites which allow for a pleasant labor and delivery experience. *We also offer the Region's only Level 3 NICU.*

SAMC also provides a wide variety of childbirth education classes to help prepare you for labor and delivery and caring for your newborn. We recommend that patients register early, as class sizes are limited, and plan to complete classes one month before your due date. Information about classes offered, schedules and fees is available through the SAMC Family Birth Center Education Department.

We encourage our patients to verify participation status with the hospital through their insurance carrier or employer. Checking on this coverage before admittance for delivery or other procedures can prevent unnecessary out-of-pocket hospital expenses. While responsibility for verifying coverage lies with the patient, our office is happy to assist you in this process if you desire.

Medicaid Patients

Patients covered by Medicaid should be aware that this is a government program, not an insurance provider. There may be services required by your doctor which are not covered by Medicaid. Payment is based upon the guidelines and limitations established by the Medicaid agency, and it is not the responsibility of Women's Medical Center to interpret these guidelines. You must register with the Maternity Care Program and the Alabama Medicaid office in order to be eligible for benefits. Any services not covered by the Alabama Medicaid program will be the responsibility of the patient.

To find out more, contact the Alabama Medicaid Agency directly: <http://medicaid.alabama.gov/>

For more information on Obstetrics in the Dothan, AL area call Womens Medical Center at (334) 793-3900 today!

Contact Us

Enter your name (required)

Enter email

(XXX)XXX-XXXX

Message

- [Home](#)
- [Staff](#)
- [Office](#)
- [Services](#)
- [New Patients](#)
- [Contact Us](#)
- [Appointment Request](#)
- [Patient Portal](#)

[Womens Medical Center](#)
(334) 793-3900

[Toggle navigation](#) ≡ [Menu](#)

Wellness

Nutrition & Exercise

The most effective way to guard against health problems is to take excellent care of your body every day. Proper diet and sufficient exercise are shown to offer multiple health benefits, and only you can decide to make good choices in these areas. A healthy lifestyle is easier than you think. Just make one positive lifestyle change at a time, and maintain them as you go. Your physician at Women's Medical Center, P.C. can offer suggestions and guidance, and you can find more information at:

- [WebMD.com: Women's Health—Healthy Eating](#)
- [WebMD.com: Women's Health—Get Fit](#)
- [WomensHealth.gov: Staying Active and Eating Healthy](#)

Vitamins

Even among women who make a conscious effort to eat a healthy, balanced diet, vitamin supplements can be helpful for getting key nutrients which are essential to good health. Vitamin supplements are especially important for women who are pregnant or planning to get pregnant. Some of the important vitamins and nutrients you should be getting are found in the link below:

- [WebMD.com: Essential Vitamins for Women at Every Age](#)

Depression, Stress and other Mental Health Concerns

Changes in physical health and life events can impact a woman's mental health, as well. Even happy events, like the birth of a child, can cause stress and hormonal fluctuations which lead to symptoms of depression. Your doctor can help you by talking with you about all of these factors and offering suggestions for managing or treating these symptoms. Don't think that you're alone—one in four women will experience a depressive episode at sometime in their lives. Get the help that you need to feel your best. You can learn more at:

- [WebMD.com: Depression in Women](#)
- [MayoClinic.com: Depression](#)
- [WomensHealth.gov: Stress and Your Health](#)

~~PMDD~~ & PMS

PMDD

Premenstrual Syndrome (PMS) is a condition which affects approximately one third of women of childbearing age. PMS symptoms occur in the days just before a menstrual period and can be both physical and psychological in nature. Some common symptoms include: bloating, headaches, breast tenderness, irritability or mood swings and tearfulness. Your doctor at Women's Medical Center, P.C. can diagnose this condition and offer treatment options if needed.

Premenstrual Dysphoric Disorder (PMDD) has symptoms which overlap with those of PMS, but is far more severe in nature. Women who suffer with PMDD experience symptoms which interfere with work, relationships and social activities.

Your physician can assess your symptoms and determine if PMDD treatment may be appropriate for your situation. For more information about both conditions, see:

- [Cleveland Clinic: PMS and PMDD](#)

For more information about women's health and wellness topics, the following resources may be helpful:

- [WomensHealth.gov: The Federal Government Source for Women's Health Information](#)
- [OBGYN.net: The Universe of Women's Health](#)
- [HealthyWomen.onz: Informed. Empowered.](#)

Office Hours

Monday: 09:00 AM - 05:00 PM
Tuesday: 09:00 AM - 05:00 PM
Wednesday: 09:00 AM - 05:00 PM
Thursday: 09:00 AM - 05:00 PM
Friday: 09:00 AM - 05:00 PM
Saturday: Closed
Sunday: 2:00 PM - 4:00 PM

[Contact Us](#)