



Dr. Cecelia H. Boardman

Gynecology Team Welcomes an Oncology Specialist with Interest in Ovarian Cancer

You don't hear as much about gynecologic cancer as you do about breast cancer—the most common cancer among women—but that shouldn't discount a woman's risk of developing cancer of the ovary, uterus, or cervix, especially as she ages.

Gynecologic oncologist Dr. Cecelia H. Boardman, a new member of the VCU Health System family, knows all too well the importance of educating women about all types of cancers, and ovarian cancer in particular. An active researcher, Boardman is investigating new tests for early diagnosis of this disease. Although second to uterine cancer in terms of incidence rates, ovarian cancer is the most devastating. Because early-stage ovarian

cancer often has no symptoms, the majority of women are diagnosed in advanced stages of the disease—which are more challenging to treat. As a result, ovarian cancer currently claims the lives of about 14,000 women each year.

“The most important thing is for women to be aware of the symptoms, like abdominal pain and bloating, and be an ‘advocate for the self,’” Boardman says. “If you develop any symptoms, demand an evaluation.”

Boardman joins the MCV Hospitals Department of Obstetrics and Gynecology as just the sixth physician in the specialty in Richmond—and one of two women practicing in the area. Dr. Eileen M. Segreti also is part of the MCV Hospitals team, as is Dr. John B. Wheelock.

Boardman is a graduate of Yale University and the University of Pennsylvania School of Medicine, and was a resident in Obstetrics and Gynecology at the University of Pittsburgh. She completed a fellowship in Gynecologic Oncology at the Mayo Clinic.

MCVH's gynecologic oncology patients can visit one of three locations: the Dalton Clinic at VCU's Massey Cancer Center or Nelson Clinic—both in downtown Richmond—and MCV Women's HealthCare at Stony

Point just off Chippenham Parkway. Right now, Boardman is the only gynecologic oncologist seeing patients at the Stony Point office. To learn more about MCVH's Gynecologic Oncology services or make an appointment, call the Dalton Clinic at 828-9992, the Nelson Clinic at 828-4409, or MCV Women's HealthCare at Stony Point at 560-8950.

So, You Didn't Get Your Flu Shot? It's Not Too Late

It should come as no surprise to Richmonders that Virginia recently was identified by the Centers for Disease Control as one of two states with widespread influenza activity. According to the late-January report, although flu activity is still considered relatively low nationwide, Virginia and Rhode Island were among the hardest hit. Compared to 1999 and 2000, flu activity—even in Virginia—is still considered below peak range. And, though flu cases begin appearing in late fall, peak season typically occurs through April. The CDC is recommending flu shots *now* to protect you against what it has called this year's slow-starting flu season. So if you haven't had your flu shot yet, it's not too late.