

Women's Health
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DidYouKnow?



It is with excitement that Elizabeth "Izzy" Fourman begins her second year as the Women's Health Clinical Coordinator. Izzy began her association with Saint Mary's College as an Accelerated Nursing student graduating in 1997. After working in labor and delivery at Memorial Hospital in South Bend for one year, Izzy opted to further her education. In 1999 she graduated with a Master's Degree from Vanderbilt University as a Women's Health Nurse Practitioner. Izzy is a Board Certified Nurse Practitioner and practiced for 11 years with the Houser-Norborg- MacGregor Gynecology Group here in South Bend while also serving Saint Mary's College as a contract gynecology nurse ½ day a week.

Izzy lives in South Bend with her husband and four children Gwen, Micah, Graciela and Jonah. In her leisure time, Izzy knits, gardens and swims, although the majority of her off time is filled with soccer activities for her children.

In 2010 we stole her away and she joined Saint Mary's College Women's Health as our full time women's health specialist.

**Izzy's health screening recommendations
for women over 18 years old:**

- Annual physical exam including vital sign check, breast exam, possible pelvic exam and lab tests as indicated.
- Monthly breast self exams
- Dental exam every 6 months
- Annual blood pressure check

**If you are interested in an appointment with Izzy, please phone
Women's Health at 574-284-4805.**