

Anita York, MD Gynecologist



Tell us about your practice.

I've been with Doctors of Women in Irvine since it opened in 1988. We have six physicians – three OB/GYNs and three gynecologists. We focus on obstetrics, urogynecology and minimally invasive surgery, including total laparoscopic hysterectomy, and pelvic floor reconstruction for incontinence, prolapse, emptying disorders, pelvic or bladder pain and overactive bladder.

Although I'm board certified as an OB/Gyn, I stopped doing OB about four years ago to concentrate on gynecology. Many of my patients are women I've taken care of for years. The majority are 40 to 80 years of age. The older ones generally need more pelvic reconstruction, and the younger ones are more likely to have minimally invasive surgery. Women today are better educated because of the Internet, and when they discover that

their recovery will be so much easier with newer methods, they tend to want to take care of their problems sooner.

I was taught urogynecologic surgery by one of my group partners, Andrew Cassidenti, who is the only urogynecologist on staff and one of just over 100 in the nation, with three years of fellowship training in urogynecology. Along with our partner Carla Wells, we do the majority of minimally invasive gynecologic surgeries here. There are a lot of newer modalities, as well as non-surgical treatment options, that many women and their doctors may still not be aware of.

In the field of gynecology relationships are just as important as treatment of the disease. It's a matter of building trust between the patient and physician. We are very busy and I never push a woman to have surgery unless it's a life or death situation. When they are ready they tell me. Having them partake in their healthcare decisions is important, and this philosophy has worked well for me.

Do you think a lot of women suffer silently with gynecologic problems?

Yes. Most women are embarrassed and don't want to talk about incontinence and sexual dysfunction. If primary care doctors ask the questions they will find a large number of women have these problems.

What's your opinion of healthcare reform?

I don't think it's realistic for President Obama to pull off in the next few weeks. It took 10 years for HMOs to take hold. They'll have a hard time finding talented doctors who want to work for the government, and what's proposed would bankrupt the country.

What pastimes do you enjoy?

Golfing and gourmet cooking. I've been in a cooking group for about 15 years. I've been scuba diving all over the world, most recently in Manado, Indonesia. Also, I'm a huge Anaheim Ducks hockey fan. Over a ten-year period I cared for many of the players' wives and delivered about 50 of their babies here at St. Joseph Hospital.



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