



Tots to Teens Pediatric and Adolescent Gynecology

Gynecologic problems can occur in females of all ages.

The goal of Crozer-Keystone Health System's *Tots to Teens Pediatric and Adolescent Gynecology* program is to empower parents, young girls and teens to address their health care concerns in a sensitive manner through education and skilled health care. The *Tots to Teens* program provides an interdisciplinary team to address gynecologic issues affecting girls and teenagers. The team includes a gynecologist and an adolescent medicine specialist to diagnose, manage, and treat medical and surgical issues.

Conditions We Treat

- Vulvar and vaginal issues (such as infections, inflammation and dermatologic problems)
- Recurrent yeast and/or urinary tract infections
- Pelvic pain
- Breast problems
- Ovarian cysts
- Menstrual irregularities
- Hormonal issues
- Polycystic Ovarian Syndrome
- Endometriosis
- Sexually transmitted infections
- Abnormal Pap tests
- Contraception
- Pregnancy

About Our Caring Professionals



Rima Himelstein, M.D., F.A.A.P. is an adolescent medicine specialist who has a special interest in medical issues related to menstrual and other gynecologic problems. She earned her medical degree from the University of Pennsylvania School of Medicine, and performed her pediatric residency and completed her fellowship at Mt. Sinai Hospital in New York, NY.



Karen Simon, M.D., F.A.C.O.G. is an obstetrician/gynecologist with a special interest in pediatric and adolescent gynecology. She earned her medical degree from the University of Pittsburgh School of Medicine and completed her residency at Thomas Jefferson University Hospital in Philadelphia, PA.

Tots to Teens Pediatric and Adolescent Gynecology

Springfield Hospital
196 W. Sproul Road
Healthplex Pavilion 1
Suite 208
Springfield, PA 19064

Call (610) 338-1816 for an appointment.

- Services are available to young females, ages 2-21.
- We collaborate with patients' primary care providers
- We accept most insurances
- Our office is conveniently accessible by public transportation
- Garage parking available

The Tots to Teens program is a collaborative effort between the Pediatrics and OB/GYN departments of Crozer-Chester Medical Center.

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*Crozer-Keystone physicians are those doctors who hold staff privileges at CKHS-owned hospitals. They may not be employees of CKHS or its subsidiaries.