

Gynecologic Care

An annual gynecological exam is recommended for all women that are sexually active, or are 18 years or older. During your routine visit, we do a complete review of your medical history, symptoms and medications. The physical includes a general physical exam, breast exam, pelvic exam, and height, weight, blood pressure and lab screening urine checks. We also screen for depression, anxiety and stress, and make appropriate referrals for addressing these issues.

By checking height, we can identify patients that may be at risk for osteoporosis. By checking weight, we can determine body mass index (BMI) which can be an indicator of weight problems or other conditions. We check blood pressure to determine if the patient may be at risk for a stroke or heart attack. With this information, we can often suggest ways to prevent physical problems and improve emotional health.

Pap tests

Pap tests are recommended for all women 18 years and older. The test for the human papillomavirus (HPV) is normally done as medically indicated, and has been shown to help detect cancer of the cervix. The pelvic exam is also important to detect masses, cysts, and sexually-transmitted diseases.

Our office routinely offers the newer liquid-based pap collection method which is more accurate and can be used to test for HPV.

PMS

Cramps, bloating, breast pain, irritability, mood swings, and depression are all symptoms of pre-menstrual syndrome. If your symptoms are severe, a doctor may be able to help.

Our office can perform diagnostics to determine if there are other conditions that may be causing PMS-like symptoms in a patient. We can also recommend lifestyle changes that may help, as well as diets, exercises, vitamins, herbs, sleep, stress reduction techniques, counseling, massage, medications, and alternative therapies.

Breast health

Breast health is a concern for women of all ages. Statistics show that one out of eight women develop breast cancer in their lifetime. Mostly women are diagnosed after age 50, but cancer can also occur in young women. Proper exams are vital to early detection of cancer and early detection saves lives.

Breast self-exams should be performed monthly by all women. Our staff can teach you the proper self-exam technique during your annual visit.

For women 35 years and older, routine mammograms are advised. If a family member has been diagnosed with breast cancer, mammograms should begin at least 10 years prior to the age that family member was when diagnosed.