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✓ women's rights in healthcare org

Women's
RIGHTS IN
HEALTHCARE

MONTHLY MEMO:

Getting to Know GYNECOLOGY

Overview: What is Gynecology?

Gynecology includes treatment and medication pertaining to the functioning and diseases of the reproductive system, specific to women and girls. This month's memo aims to advise young women on when to begin seeing a gynecologist, as well as how often. It will include information on what to expect from a basic appointment and tips on getting over anxiety. As there are various subspecialties to gynecology, below will be a list of what doctor to see on what occasion.

When to Start Going and How Often:

Experts have recommended starting before 21. Also, if you experience extremely painful periods, notice lumps or changes in your breasts, have pain while urinating, or develop unusual itching or vaginal odor, these are all reasons to schedule a visit. Women of good health typically only go once a year. For pregnancy, however, regular visits are scheduled based on the health of the mother and the baby.

gy·ne·col·o·gy
[ˌɡɪnəˈkäləjē]
noun

1. the branch of physiology and medicine which deals with the functions and diseases specific to women and girls, especially those affecting the reproductive system.



The Different Subspecialties:

Gynecologists and OB/GYNs can take on various specialties.

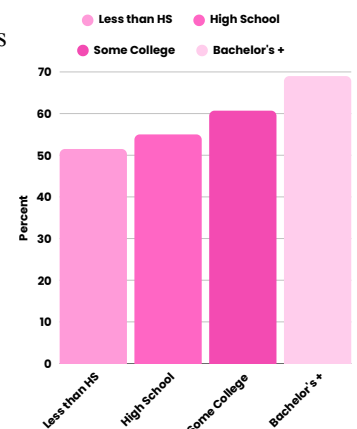
- Gynecologic Oncology: treat cancers within the reproductive system.
- Female Pelvic Medicine & Reconstructive Surgery: treat disorders of the genitourinary system.
- Reproductive Endocrinology: treat hormonal problems using surgery and in vitro fertilization.
- Maternal-Fetal Medicine: treat high-risk obstetrical cases such as obstetric ultrasonography and other fetal procedures.
- Critical Care Medicine: gain expertise in the diagnosis, treatment, and support of critically ill and injured patients.

Please note: this is not an exhaustive list but most commonly used by women of college age

Getting Over Fear:

Being anxious is normal! To the majority of women, seeing a gynecologist can feel invasive. It is important to communicate any concerns and focus on meditative practices to remain calm during exams. Also, some women have reported it is helpful to bring a closer friend or family member with them for emotional support.

Percent of Pelvic Exams by
Education Level (2015-2017)



*Sources & links to corresponding websites are cited at the end of this email.



Pap-Smears-Infographic.png (2111x2042)

What to Expect:

Before the appointment, you might be asked about your health, including menstruation history. During, depending on treatment, you might be asked to undress for a pelvic exam or pap smear.

For a few days later, you might experience some discomfort, like cramping or spotting. Both are common and not cause for concern. If pain persists, it is a good idea to seek additional help.

Different Procedures

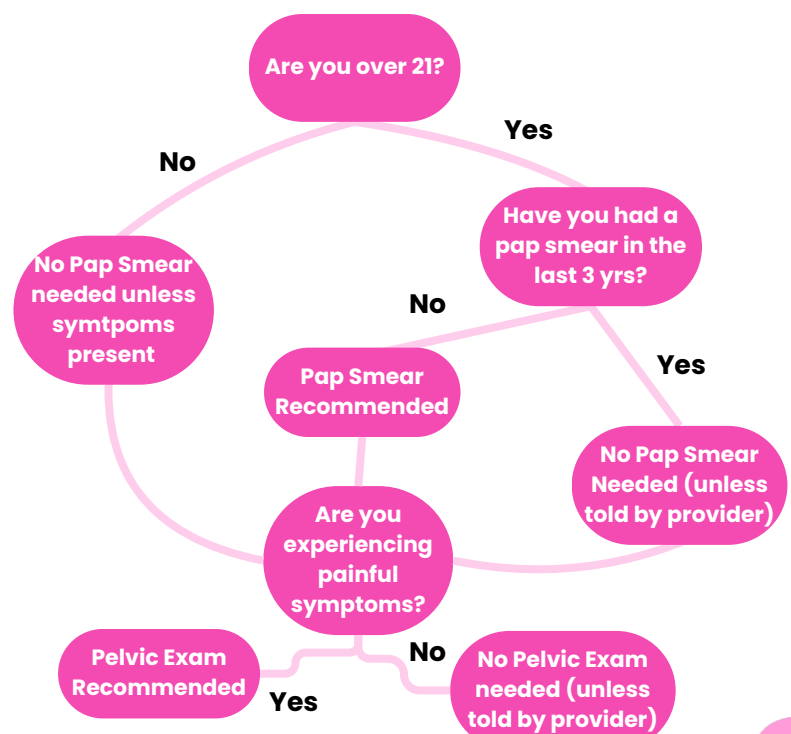
What is a pap smear?

A pap smear is a procedure that involves collecting cells from the cervix for testing. Some professionals may also refer to this as a Pap test. A Pap test is often used to detect cervical cancer, which is a cancer that starts as a growth of cells in the cervix. The cervix is the lower, narrow end of the uterus that then opens into the vagina. Pap smears and tests are important as they can find cervical cancer early, when it's more likely to be cured.

What is a pelvic exam?

During a pelvic exam, a healthcare professional checks the reproductive organs. The healthcare professional will check your vulva, vagina, cervix, ovaries, uterus, rectum, and pelvis for any unusual changes. One might have a pelvic exam as part of their regular checkups. However, this is not something everyone needs every year. Doctors often recommend this in response to having discharge from the vagina, pelvic pain, or other symptoms

DO YOU NEED A PAP SMEAR OR PELVIC EXAM?



Keep up with us!

 Email us if you need us:
wrho.ou@gmail.com Get
 access to more content on
our Instagram: @wrhoou

SOURCES:

- [What Is a Gynecologist? What They Do, When You Need One, and What to Expect](#)
- [Subspecialties of Ob-Gyn | ACOG](#)
- [Harvard Health](#)
- [How Often Should You See an OBGYN?](#)
- [Associates in Women's Healthcare](#)
- [Pelvic Exams](#)
- [Pap Smears](#)
- [Reduce Anxiety at Your OBGYN Appointment](#)
- [Overcoming Anxiety.](#)
- [Your First Pelvic Exam](#)
- [Pelvic Exam Diagnostics](#)
- [Pap Smear Procedures.](#)
- [What to Expect at Your First Pap Smear](#)