

Annual Well Women Exams

Having an annual health care visit is a great opportunity to take charge of your health. Routine health care visits can help find problems early or prevent health problems before they occur. If problems are found early, they may be easier to treat and less likely to pose serious risks to your health. Preventive health care includes the following:

- Discussion of health topics relevant to your age and risk factors
- Exams and screening tests
- Immunizations

Top reasons why you should have an annual well-women examination

- **Birth Control:** Learn about choosing the right birth control method for you. Some examples might include the birth control pill, intrauterine device (IUD), patch, condom, or implant.
- **Cancer Screening:** Learn more about breast cancer, cervical cancer, colon cancer, or other types of cancer.
- **Vaccinations:** Get vaccinations against the flu, human papillomavirus (HPV), and more.
- **Health Screening:** Get screened for high blood pressure, diabetes, bone density for osteoporosis, and more.
- **Depression Screening:** Depression is a common but serious illness. Depression can be mild, moderate or severe. To diagnose depression, your obstetrician-gynecologist or other healthcare provider will discuss you symptoms, how often they occur, and how severe they are.
- **Sexually Transmitted Infections Screening:** Sexually transmitted infections (STIs), such as chlamydia, gonorrhea, and genital herpes, are infections that are spread by sexual contact.
- **Concerns About Sex:** Discussed what happens during intercourse, pain during sex, hormonal changes that change interest or response to sex, or different forms of sex.
- **Weight Control:** Learn about body mass index (BMI), exercise, obesity, diet, surgery, and health problems associated with being overweight.
- **Issues With Your Menstrual Period:** Discuss premenstrual syndrome (PMS), painful periods, your first period, heavy bleeding, or irregular periods.
- **Preconception Counseling:** If you are planning to become pregnant, it is a good idea to have preconception counseling. Your obstetrician-gynecologist or healthcare provider will ask you about your diet, and lifestyle, your medical and family history, medications you take, and any past pregnancies.
- **Other Reasons:** Get help with menopause symptoms, urinary incontinence, getting pregnant, or relationship problems.

Source: www.acog.com