

Gynecologic checkup

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All girls and women should take up gynecologic checkups. It is often related with uneasiness, but without any reason, since the practitioners treat the sexual organs and all other organs in the same way.

The gynecologic checkup takes place on the gynecologist's desk. The checkup is consisted from several stages. The gynecologist first examines the external sexual organ and inspects the vaginal passage. Gynecologist's instruments are used in the second stage. In the third stage the palpation of the internal sexual organs is done.

The integral part of a gynecologic checkup is the so called PAPA-test. This is a cytological analysis of the smear from the vagina and cervix, following the Papanicolaou method. This is the method of early detection of the cervical cancer and the causes of sexually transmitted diseases related with cancer.

The risk factors for the occurrence of cervical cancer are: early start of sexual relations (before the age of 18), frequent change and a large number of sexual partners, sexually transmitted diseases (especially HPV infections) and smoking. If the cytological result is negative, it should be repeated in one year. The PAPA-test should be done in the beginning of the sexual live, at the age of 20 at latest.

The medical checkup determines also the level of vaginal secretion cleanness. This will help uncover the specific causes of inflammation and sexually transmitted diseases.

If additional examinations are necessary (urine, blood or ultrasound), the practitioner will give instructions that should be followed. The medicine should be taken regardless to absence of the symptoms. The history of the disease and other medical documentation should be kept.

The gynecologist's checkup should be taken:

- After the first sexual experience
- If you are 18 and above, and never had taken this checkup
- If you are 16 and haven't yet got the first menstrual period
- In case of irregular menstrual periods
- In case of heavy and painful periods
- In case of absence of periods
- In case of strong pain in the lower part of the stomach that is not related with the period
- In case of unusual and intensified vaginal secretion
- In case of wounds, bubbles, molds or lumps on the outer sexual organ
- In case of sensitivity, stinging or itching on the area of the sexual organ
- In cases of pain and/or stinging during urination
- In case of pain, sensitivity or bleeding during sexual intercourse
- In case of lumps in the breasts
- In case of secretion from the breast nipples
- Immediately after forced sexual intercourse (rape, incest)
- To apply a contraceptive method
- Because of desired or unplanned pregnancy
- In order to get informed

As a patient you deserve:

- DIGNITY – politeness and respect of the grownups although you are only a child or a young person
- INFORMATION – knowledge on reproductive health and the responses to your questions
- PROTECTION – healthcare center for the adolescents, regardless to their sex, marital status, insurance or age
- THE RIGHT TO CHOOSE – whether you will have children or not, plan the family or not
- SECURITY – effective offspring planning
- PRIVACY – counseling which will not be overheard or interrupted
- CONFIDENTIALITY – your personal data mustn't be reached by others
- SUPPORT – understanding, attention and acceptance
- CONTINUITY – acceptance of as much assistance as necessary
- FREEDOM TO EXPRESS OPINION – the possibility of evaluation of medical services

You will receive the best service if:

- YOU EXPRESS YOUR WISHES clearly
- YOU ASK QUESTIONS so as to get necessary information and try to understand them; prepare your questions

well in advance

- DESCRIBE THE HISTORY OF YOUR DISEASE truly and thoroughly (including personal and family history)
- FOLLOW THE INSTRUCTIONS!