

YOUR ANNUAL Well-Woman EXAMINATION

Your well-woman visit provides an excellent opportunity to focus on your overall health and wellness. Preventive care visits include a physical exam and allow your clinician to document your health habits and history and work with you to set goals. Recommended preventive services are based on age, health status, and risk factors and may include screenings, evaluation of health risks, counseling, and immunizations. Protect your health and schedule an exam today! Call or visit us at **919.230.2100** or **replyobgyn.com**.



GENERAL HEALTH SCREENING - Be screened for high blood pressure, diabetes, bone density and osteoporosis, high cholesterol, Hepatitis B and C, and more.



FAMILY PLANNING - Learn about natural fertility awareness based methods (FABMs) and cycle charting which can be used for both achieving and avoiding pregnancy. If you are planning a pregnancy, review your preconception health - lifestyle, diet, medical history, medications, and past pregnancies.



ISSUES WITH MENSTRUATION - Discuss premenstrual syndrome (PMS), painful periods, your first period, heavy bleeding, or irregular periods/cycles.



NUTRITION AND BMI - Learn about nutrition and diet, body mass index (BMI), exercise, and lifestyle habits to help avoid metabolic and heart disease.



CANCER SCREENING - Learn about risk factors for breast cancer, cervical cancer, ovarian cancer, colon cancer, lung cancer, skin cancer, and other types of cancer.



DEPRESSION SCREENING - Depression is a common but serious illness and can be mild, moderate, or severe. Your clinician will discuss with you any symptoms, how often they occur, and their severity.



IMMUNIZATIONS - Review your personal immunization schedule and get regular vaccinations against the flu.



CONCERNS ABOUT SEX - Discuss what happens during intercourse, pain during sex, and life events or hormonal changes that may affect interest or response to sex.



SEXUALLY TRANSMITTED INFECTIONS (STIs) - Discuss and be screened as necessary for chlamydia, gonorrhea, genital herpes, HIV, and other infections that are spread by sexual contact.



OTHER ISSUES - Get help with anxiety, menopause, urinary incontinence, relationship issues, domestic violence, substance, tobacco, and alcohol use, and more.