

Well Women -Gynecological Care & Screening

An annual GYN visit can provide preventive care, screening, evaluation, and immunizations to help you maintain a healthy lifestyle and minimize your health risks.

| Age | Recommendations | | | | | | |
|-------------------|--|-------------------|---------------|----------|---|---------|--|
| 9 | <p>HPV (human papillomavirus) Vaccination* is encouraged. Vaccines protect against some types of HPV that can cause cervical cancer and/or genital warts</p> <table border="1" data-bbox="231 654 934 992"> <thead> <tr> <th data-bbox="231 654 399 719">Age at first dose</th> <th data-bbox="399 654 934 719">Dose Schedule</th> </tr> </thead> <tbody> <tr> <td data-bbox="231 719 399 792">9-14 yrs</td> <td data-bbox="399 719 934 792"> 2 DOSES 2nd dose: 6 to 12 months after 1st dose </td> </tr> <tr> <td data-bbox="231 792 399 889">15+ yrs</td> <td data-bbox="399 792 934 889"> 3 DOSES 2nd dose: 2 months after 1st 3rd dose: 6 months after 1st </td> </tr> </tbody> </table> <p>Starting HPV vaccine early means only TWO doses to complete the series</p> <p>Three doses/injections over 6 months are also needed if the first 2 shots were given less than 5 months apart, or you are age 9 to 26 and your immune system is compromised (has difficulty fighting off infection)</p> | Age at first dose | Dose Schedule | 9-14 yrs | 2 DOSES 2nd dose: 6 to 12 months after 1st dose | 15+ yrs | 3 DOSES 2nd dose: 2 months after 1 st 3rd dose: 6 months after 1 st |
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| 12 -19 | <p>Age 12: GYN care should begin (Pelvic exams are not routine but will be done if your medical history or symptoms indicate a need)</p> <p>If you are considered at risk for sexually transmitted infections or diseases (STIs/STDs), you should be tested for chlamydia, gonorrhea, and human immunodeficiency virus (HIV)</p> | | | | | | |

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|---------|---|
| 20-29 | At 21: Begin yearly pelvic exams Ages 21-29: Pap test every 3 years If sexually active, under age 25, and considered at risk for STDs, you should be tested for chlamydia, gonorrhea, and human immunodeficiency virus (HIV) |
| 30-64 | Yearly pelvic exam. Pap test with HPV testing every 5 years (preferred) - OR - a Pap test every 3 years |
| Over 65 | Pelvic exams should continue as long as you would seek treatment for any condition found during exam |

Pelvic Exam

A pelvic exam usually includes an external exam, an internal (speculum) exam of your vagina and cervix, and a bimanual exam (provider inserts 1 or 2 lubricated, gloved fingers into the vagina, while the other hand gently presses on the lower abdomen).

You may have a rectovaginal exam, which is a bimanual exam with 1 lubricated, gloved finger inserted into the vagina and a second finger into the rectum at the same time. This lets your provider feel deep in the pelvis to check your pelvic organs and to evaluate the tissue between the uterus and vagina.

HPV

HPV is very common; 1 in 4 people in the U.S. are currently infected – about 80 million people – with 14 million new cases a year. Most people never develop health problems but certain HPV strains, left untreated, can cause cancers of the cervix, vagina, and vulva in women, penile cancer in men cancers of the tonsils, base of the tongue, and anus and in both women and men.