



Health Facts with Dr. Max

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YEARLY EXAM

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The US Preventative Services Task Force still advises every woman to undergo an annual gynecologic exam. Even if she is in a low risk category and might be able to skip a pap smear some years, there are many other issues covered in the annual exam. We once picked up a vulvar cancer in a patient who had started skipping her annual exams because her women's magazine told her she didn't need a pap smear. Fortunately, she only needed minimal cancer surgery, but a bit longer and it might have required radical surgery. We have also diagnosed cancers of the top of the uterus (an area the pap smear usually does not reach) and of the ovaries. Other issues covered at an annual exam are mammography, bladder health, and osteoporosis prevention using our own bone densitometer. We also test for colorectal cancer, diabetes, sexually transmitted diseases and high blood pressure.

Don't cheat yourself out of a full evaluation of your gynecologic health. You and your family deserve to have a happy and healthy you for a long time. If this comprehensive approach appeals to you, schedule an exam with our doctor or one of our nurse practitioners at THE COUNSELING & GYNECOLOGY GROUP. We are located at **281 Maple Street, East Longmeadow, MA 413-525-4546.**

BTW: Contraceptive needs might change from year to year as might hormone replacement therapy.