

Certain laboratory tests may be reviewed and or ordered. These may include:

- * Pap Smear per guidelines
- * Sexually Transmitted Infection (STI) screening as appropriate
- * Thyroid Stimulating Hormone (TSH)
- * Lipid Profile (Cholesterol, triglycerides)
- * Fasting Glucose (Blood Sugar)
- * Mammogram (screening between ages 35 - 40)
- * Colonoscopy (ages 50 and older)
- * Bone Density Scan

Health maintenance counseling may include:

- * instructions on breast self exam (BSE)
- * diet and exercise
- * contraceptive review and counseling
- * preconception counseling
- * smoking cessation
- * mental health issues
- * intimate partner violence (IPV)

The Well Woman visit has identified many healthcare problems of women throughout the lifecycle. It is an excellent opportunity to seek information on maintaining a healthy lifestyle.

REFERENCES

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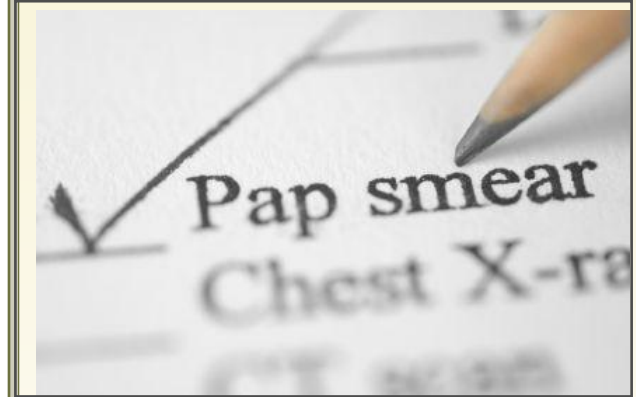
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PAP SMEAR

The New Guidelines from the American
College of OB/GYN



WHY THE CHANGE?

Regular Pap smears are an important part of women's health care. It is a screening test used to detect abnormal cervical cells. This allows for early diagnosis and treatment to prevent cervical cancer.

The main cause of cervical cancer is a virus called human papillomavirus (HPV). HPV is passed from person to person during sexual contact. Cells infected with HPV can be detected with the Pap Smear.

Over the past 30 years, the rate of cervical cancer in the U.S. has drastically been reduced due to routine screening with the Pap Smear.

NEW PAP SMEAR GUIDELINES

WHAT ARE THE NEW GUIDELINES?

You should start having Pap smears at the age of 21. The American College of Obstetricians and Gynecologists (ACOG) recommends:

- * Women between the ages of 21 and 29 years should have a Pap smear every 2 years.
- * Women ages 30 and older should have a Pap smear every 3 years if:
 - * she has had 3 consecutive normal Pap smears
 - * she does not have a history of moderate or severe dysplasia (pre-cancer cells)
 - * she has not been treated for a female cancer (cervical, uterine, or ovarian)
 - * she is not infected with human immunodeficiency virus (HIV)
 - * her immune system is not weakened (for example, if she has had an organ transplant)
 - * she was not exposed to diethylstilbestrol (DES) before birth
- * Women who have been treated for a female cancer (cervical, uterine, or ovarian) or dysplasia should continue yearly Pap smears for at least 20 years after treatment.

WHAT HAPPENS IF THE RESULTS ARE ABNORMAL?

An abnormal result does not mean that you have cancer. It only means that abnormal cells have been found. It can take years before abnormal cells could become cancer. Cells that are mildly abnormal usually resolve without treatment.

If you have an abnormal Pap smear, you will have additional testing. Additional testing can range from a follow up Pap smear in 6 months or 12 months, an HPV test, or a more detailed examination called a colposcopy (magnification view of the cervix done in the office).

If results of follow up tests indicate precancerous changes, you may need treatment to remove the abnormal cells. Whether you need treatment depends on many factors:

- * Your age
- * The type of abnormal cells (mild, moderate, or severe dysplasia)
- * How long the abnormal cells have been present

There are several techniques that are used to remove abnormal cells. Your health care provider will discuss with you which one is best for you. You will need follow-up testing after treatment and regular Pap smears after the follow-up is complete.

WHEN CAN I STOP GETTING PAP SMEARS?

Women ages 70 or older may discontinue routine Pap smears if:

- * she has had 3 consecutive normal Pap smears

AND

- * no abnormal Pap smears in the past 10 years

Women who have had hysterectomies (removal of the uterus and cervix) for benign (non-cancerous) reasons may also discontinue routine Pap smears.

DO I STILL NEED TO SCHEDULE AN ANNUAL WELL WOMAN EXAM?

Yes! A Pap smear is only one aspect of your yearly Well Woman exam. A typical Well Woman visit includes a health history; physical exam, including a breast and pelvic exam; select laboratory tests as well as health maintenance counseling.

The health history is an opportunity to review your medical, family, sexual, and social histories.

During your physical exam, your health care provider will examine your height, weight, blood pressure, skin, breasts, abdomen, and pelvic areas.

