

Pelvic Exam

You may also receive a pelvic exam, to evaluate your vagina, uterus and ovaries for size, shape, infection, unusual growths or tenderness.



Other Tests

Our medical staff may recommend other tests, including screening for sexually transmitted diseases, cholesterol, glucose, urine analysis, etc. At any time you may also request specific tests. We can also provide other medical referrals.



Health Tips

- Learn about your family health history.
- Talk to your health care provider about your risk factors and any concerns you have.
- Ask questions; write them down in advance to help you remember.
- Know your body. For example, be familiar with how your breasts normally look and feel and promptly report changes to your provider.
- Protect your health. It's important to continue with follow-up care when your provider recommends it.

**We're here for you -
no matter what.**

Remember, only you can best inform us about your health care needs and concerns.



To find a health center nearest you call 800-230-PLAN (7526)
www.ppsouthtexas.org

Why choose Planned Parenthood?

For more than 80 years, Planned Parenthood has been here for you. Our health centers in South Texas provide:

- Accessible & affordable quality care
- A confidential & nonjudgmental environment
- Easy-to-use online appointment scheduling
- Personalized care tailored to your needs
- Discounts based on family size & income
- Same day appointments
- Walk-in visits
- Convenient locations with extended hours
- An on-site pharmacy to save you time & money
- A secure Patient Portal to check your lab results & pay your bill

Planned Parenthood provides a full range of services and patient education, including:

- Birth control options
- Emergency contraception
- Well-woman exams
- Pelvic exams
- Clinical breast exams
- "Stop Cervical Cancer" care: HPV screening, Pap screening & follow-up
- Menopause care
- Referral for mammograms
- Pregnancy testing
- Gestational dating sonogram
- Pregnancy options
- Referral for adoption
- Referral for prenatal care
- Abortion care (License #130241, #140015, #140016)
- Male exams
- STD testing & treatment
- HIV testing
- PrEP: HIV Pre-Exposure Prophylaxis
- Transgender hormone therapy
- Testing & treatment for UTIs
- Fertility evaluation & treatment

**Our Services Continue To Grow. Call Us Today!
800-230-PLAN (7526)**

   @ppsouthtexas

Planned Parenthood accepts cash/checks, insurance, Medicaid, Visa, Mastercard and Discover at all locations.

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**YOUR
WELL-WOMAN
EXAM**



What is a Well-Woman Exam?

A well-woman exam is an important part of health care for women. The exam helps protect your sexual and reproductive health and may include:

- Medical history and exam
- Pap test to screen for cervical cancer (as recommended)
- Pelvic exam
- Clinical breast exam
- Other tests (sexually transmitted diseases, cholesterol, glucose, and more)

Clinical Breast Exam

Based on your age and personal history, your exam may include a clinical breast exam to assess for potentially cancerous conditions. This is an opportunity to discuss changes you may have noticed, breast self-awareness, risk factors and additional screening such as, mammography if applicable.

	American Cancer Society (ACS) ^{R7}	American College of Obstetricians and Gynecologists (ACOG) ^{R9}	National Cancer Coalition Network (NCCN) ^{R3}	U.S. Preventive Services Task Force (USPSTF) ^{R8}
Screening Mammogram	<ul style="list-style-type: none"> • Every year ages 45-54 • Every 1 or 2 years ≥ age 55 <p>Women should have the opportunity to begin annual screening between ages 40 and 44.</p>	<p>Every year beginning at age 40</p> <p>Per practice advisory of May 16, 2016^{R10}</p> <ul style="list-style-type: none"> • Discuss harms and benefits starting at age 40 • Work with patients to determine best screening interval (every 1 or 2 years) 	<p>Every year beginning at age 40</p>	<p>Every 2 years ages 50-74</p> <p>Decision to start screening prior to age 50 should be individualized. Women who place higher value on potential benefits than harms may choose to begin biennial screening between ages 40 and 49.</p>
CBE	Not recommended	<ul style="list-style-type: none"> • Every 1-3 years ages 20-39 • Every year ≥ age 40 	<ul style="list-style-type: none"> • Every 2-3 years ages 25-39 • Every year ≥ age 40 	Not enough evidence to make a recommendation



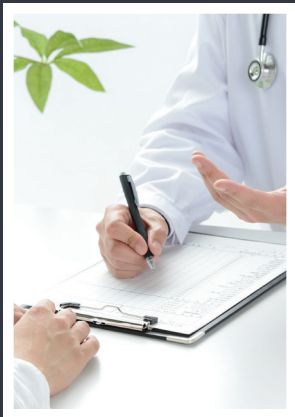
Pap Test

Depending on your age and history a Pap test may be performed. The Pap test is a routine screening to help detect abnormal cell changes on your cervix that may lead to cervical cancer. The cervix is the opening of the uterus. These cell changes can almost always be treated. Routine screenings and early detection save lives.



HPV Test

An HPV test looks for human papillomavirus (HPV), a very common virus that infects both men and women.



What to Expect at Your Visit

Medical History & Exam

Staff will review your medical history with you and answer your questions. Your height, weight, blood pressure, lungs, thyroid, etc. may be checked. These screenings are important for your overall health.

If you are...

You should get a...

21 to 29 years old	Pap test every 3 years
30 to 65 years old	Pap test every 3 years or "co-testing" every 5 years
Older than 65	You may not need Pap tests anymore. Ask your doctor or nurse for more information.

Some women may need to get tested more often, like women who've had changes to their cervix before, have a weak immune system, or if their mother took a medicine called DES during pregnancy.

Why should I get tested?

Getting regular tests will help find changes early enough so that they can be treated and cervical cancer can be prevented.



I got the HPV vaccine, do I still need to get tested?

Yes. The vaccine prevents most types of HPV linked to cervical cancer, but not all.



Shouldn't I get a tested every year?

No. It can take many years for cervical cancer to grow - more than 10 years. So getting tested every year doesn't lower your risk of cervical cancer and can even lead to having tests or procedures that can harm you more than help you.