

WHAT HAPPENS DURING A GYNECOLOGICAL CONSULTATION?

A gynecologist is a woman's specialist who can carry out different types of examinations.

CERVIX EXAMINATION

The patient needs to be lying down. Even if these examinations may be uncomfortable, they are the only way of detecting some anomalies.

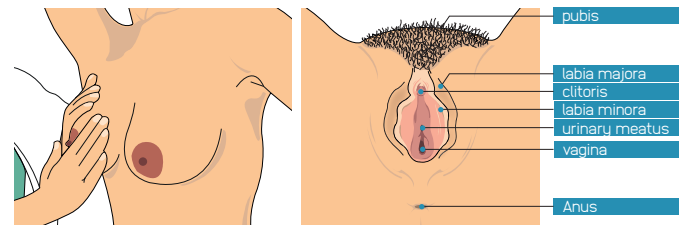
VAGINAL EXAMINATION

If you feel any pain or discomfort, feel free to tell the specialist. You are allowed to keep your top at the start of the examination.

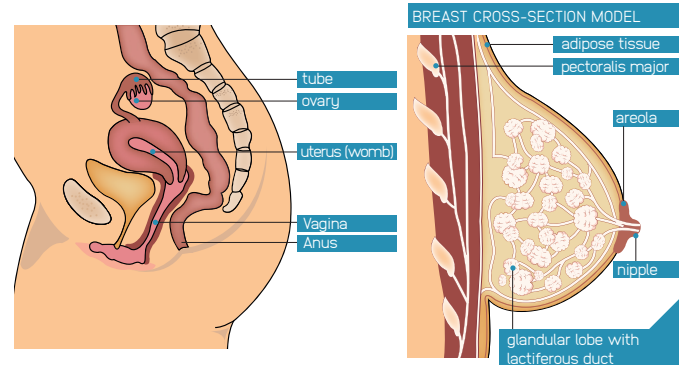
BREAST PALPATION

THESE BODY PARTS DESERVE A PARTICULAR ATTENTION...

OUTSIDE



INSIDE



WHO CAN CARRY OUT YOUR GYNECOLOGICAL FOLLOW-UP?

- ▶ A family doctor who practices gynecology
- ▶ A hospital gynecologist
- ▶ A midwife
- ▶ Family planning (even without a medical paper)

WHY SHOULD I HAVE A GYNECOLOGICAL FOLLOW-UP?



WHY SHOULD I CONSULT A GYNECOLOGIST IF I AM NOT SICK?

Consulting regularly, even if everything seems to be alright, is the only way of preventing some diseases (primarily breast cancer and cervical cancer) at any given age and sexual life.

► Cervical cancer:

The group of virus called «human papillomavirus» or «HPV» is responsible for precancerous or cancerous

lesions in the cervix.

Only a pap test can detect it. In France, **it is recommended to have a pap test every 3 years, from 25 until 65 years old.**

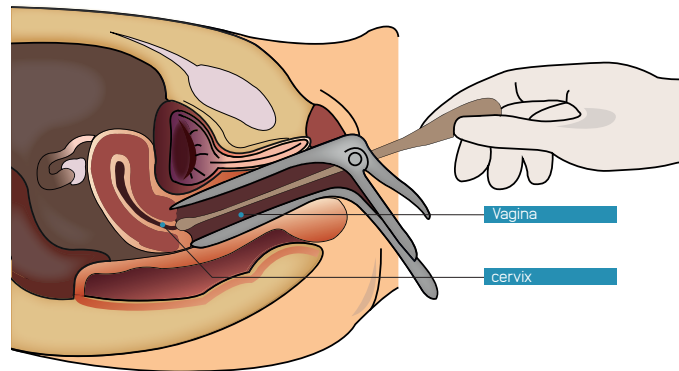
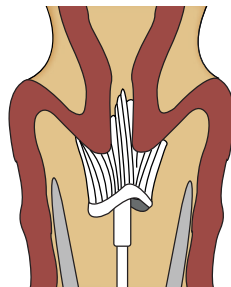
There is a vaccine against HPV for young women aged 11 and above

(ASK YOUR DOCTOR FOR MORE INFORMATION).

► Pap test: a simple examination

The gynecologist inserts a speculum (a plastic retractor) and a small brush or long cotton bud in the vagina in order to take off a few cells from the cervix inside the vagina. The sample is sent to a laboratory for analysis. This examination may be unpleasant, especially if

you are tense, but it is the only way of detecting a risk of cancer. If this is the case, it is possible to act quickly and cure it or monitor it.



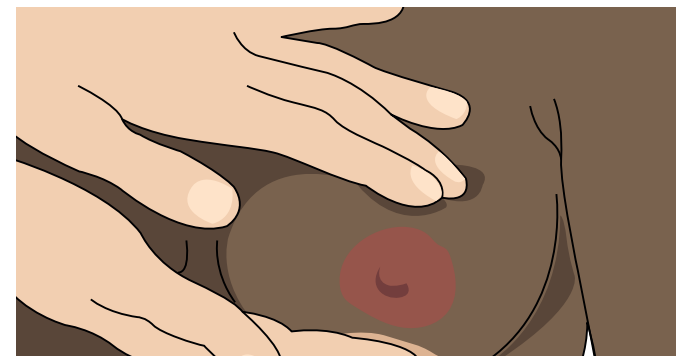
Before a consultation, you can take a shower, but don't wash inside the vagina.

► Breast examination:

This examination is simple and painless. It is very important because it can detect a ball or a lump requiring complementary tests (echography and/or mammography) for a precise diagnosis: cyst, fibroma, cancer...

Even if the doctor doesn't suggest this test during the consultation, you can ask for it. You should tell the doctor if there has been any history of cancer in your family.

If you take hormonal contraception (pill, implant, spiral/IUD), an annual observation of the breast is necessary.



After 50 years old, a **mammography every 2 years is necessary to detect breast cancer. It is completely free with a medical cover (medical paper)**

Sexually Transmitted Infections (STIs) screening:

It is possible to have a STI without any symptom, so it is important to screen for them regularly, in order to cure them and avoid their transmission as well as serious complications such as infertility. Be careful, only a condom can protect you from STIs.

OUTSIDE THE FOLLOW-UP, YOU SHOULD CONSULT WHENEVER YOU HAVE A PROBLEM OR A QUESTION.

- **SYMPTOMS IN THE BREAST?** A lump? Some pain?
- **SYMPTOMS AROUND THE GENITALS?** Something is leaking? Itching? Smells bad? Stinging? Some pain?
- **NO PERIOD?** They are painful? Abundant? Irregular?
- **YOU NEED BIRTH CONTROL?** There are different methods. Take your time to choose the best one for you. You can switch if you want to. Your gynecologist can recommend you the most suitable method for you.
- **WANTING TO STOP A PREGNANCY**
- **YOU WANT TO BE PREGNANT? YOU OR YOUR PARTNER IS INFERTILE?** You can come with your partner.
- **PREGNANCY FOLLOW-UP**
- **DURING THE MENOPAUSE,** your gynecologist can help you improve your well-being and your sexual life: hot flash, tiredness, articular pain, vaginal dryness, loss of sexual desire...