
Making A Well Woman Examination Your Priority



Preventive services provide an excellent opportunity for well woman care: regular screening, evaluation of health needs, counselling and immunisations are all included. They are key to detecting diseases early in order to lead to better health outcomes.

Whilst a standard physical exam serves to address your overall health and concerns, it is important women realise the benefits from having an annual well woman examination.

A well woman exam is a type of preventive care visit, specifically purposed to address a woman's needs and can be considered to be her personal health roadmap; a thorough examination from head to toe can help women remain healthy and determine if there anything missing from care.



A well woman exam will assess elements of a woman's reproductive health. Moreover, the exam is considered to be more than just a checkup; it offers the opportunity for women to develop rapport with their specialist, so should a future problem occur, women will feel more comfortable and trusting to open up to their provider.

In addition to screening for breast, colon, and cervical cancers, a pelvic or internal exam is performed to check for abnormalities, signs of irritation or concern in the vulva, vagina, cervix, fallopian tubes, ovaries and rectum.

Additionally, a doctor will undergo a routine physical exam including taking weight, pulse and blood pressure and test for sexually transmitted diseases.

A well woman examination goes beyond screening for physical abnormalities; much of a person's health is impacted by aspects outside of the body's physical functioning. This check-up promotes an honest dialogue regarding mental health, and may include questions about diet, life stressors and exercise habits. The goal is to spend time understanding how to best support the patient in becoming their best, well-rounded, whole version of themselves.

Overall, a well woman exam can make a huge difference to the way women stay healthy. Women encounter new health experiences with each decade, so it is crucial that a woman feels secure with their specialist, so they can become not only a confidant, but a supportive resource to connect to other helpful resources.

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Published on : Fri, 7 Apr 2023