

GYN Health: A Resource Guide

The who's who and what's what of women's health

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Gynecologic Care

Preventive Medicine & Annual Exams

By scheduling an annual GYN exam and an annual mammogram (age dependent), women take a proactive stand against the disease. Not only does an annual exam help maintain a healthy lifestyle, it also provides comfort and reassurance and establishes a basis to compare future test results.

Urogynecology

The evaluation of genitourinary conditions (genital and urinary organs) such as stress urinary incontinence, cystocele, vaginal prolapse, and pelvic reconstructive surgery.

Gynecologic Oncology

The diagnosis, management and treatment of gynecologic malignancies, including vaginal, cervical, uterine and ovarian cancers. These specialists are highly trained in diagnosing, treating and even educating women on the prevention of gynecologic cancers.

Common Conditions and Symptoms	Diagnosis & Treatment
<p>Endometriosis</p> <ul style="list-style-type: none"> • Chronic (long-term) pelvic pain, especially just before and during the menstrual period • Acute pain <ul style="list-style-type: none"> ◦ During sex ◦ During bowel movements ◦ During urination • Heavy menstrual bleeding is another symptom of endometriosis 	<p>Diagnosis: Pelvic exam, ultrasound, laparoscopy</p> <p>Treatment: Endometriosis can be treated conservatively using hormone therapy. This is not a permanent fix, however.</p> <p>Surgery can be recommended in more severe cases. Surgical options can include laparoscopic removal of endometriosis (to preserve uterus and ovaries) or hysterectomy.</p>
<p>Uterine Fibroids</p> <ul style="list-style-type: none"> • Changes in menstruation <ul style="list-style-type: none"> ◦ Longer, more frequent, or heavy menstrual periods ◦ Menstrual pain (cramps) ◦ Vaginal bleeding at times other than menstruation ◦ Anemia (from blood loss) • Pain <ul style="list-style-type: none"> ◦ In the abdomen or lower back (often dull, heavy and aching, but may be sharp) ◦ During sex • Pressure • Difficulty urinating or frequent urination <ul style="list-style-type: none"> ◦ Constipation, rectal pain, or difficult bowel movements ◦ Abdominal cramps • Enlarged uterus and abdomen • Miscarriages • Infertility 	<p>Diagnosis: Ultrasound, MRI, hysteroscopy</p> <p>Treatment: Uterine fibroids can go away on their own with time, and often show no symptoms. Medications that target hormone levels can reduce the size of a uterine fibroid, which can lessen symptoms.</p> <p>Surgery may be needed in cases where pain or menstrual bleeding is significant. Surgical options can include uterine ablation, myomectomy, and hysterectomy.</p>
<p>Pelvic Floor Disorders</p> <ul style="list-style-type: none"> • Urinary incontinence • Bowel incontinence • Chronic pain 	<p>Diagnosis: Urinalysis, pelvic ultrasound, urodynamic testing</p> <p>Treatment: In some cases, re-training the pelvic floor and strengthening muscles can be enough to solve the problem. Medication may be recommended to help with urge incontinence.</p> <p>Surgery may be recommended if other treatments are not effective. Surgical options can include sling procedures, bladder neck suspension, prolapse surgery.</p>
<p>Ovarian Cysts</p> <ul style="list-style-type: none"> • Pelvic pain <ul style="list-style-type: none"> ◦ Dull ache in lower back or thighs ◦ Just before or after your period begins ◦ During intercourse • Pain during bowel movements or pressure on your bowels • Nausea, vomiting or breast tenderness • Fullness or heaviness in your abdomen • Frequent urination or difficulty emptying the bladder 	<p>Diagnosis: Pelvic ultrasound</p> <p>Treatment: Sometimes a cyst can go away on its own. Birth control pills may be recommended to reduce the chance of new cysts developing.</p> <p>Surgery may be needed for large cysts that are growing, causing pain, or persisting for a long period of time. Surgical options can include removal of the cyst, or removal of the full ovary.</p>

Medical Procedures

Whether undergoing a surgical or laparoscopic procedure, you can rest assured that the latest state-of-the-art equipment and technologies are utilized to insure the highest quality of care. Our experienced medical staff performs the following gynecological procedures:

Colposcopy

Colposcopy is a procedure typically performed after an abnormal pap smear test.

Endometrial Ablation

Endometrial ablation is an alternative procedure to a hysterectomy. This procedure is for women who suffer from heavy or prolonged periods.

Hysteroscopy

Hysteroscopy is a gynecologic procedure that uses a tool called a hysteroscope to look inside the uterus. This procedure can help evaluate abnormal bleeding, infertility, fibroid tumors, polyps and displaced IUDs.

Operative Hysteroscopy

Operative Hysteroscopy is the use of a hysteroscope to remove uterine adhesion called synechiae, polyps or fibroids.

Laparoscopy

A laparoscopy is a procedure used by physicians to explore the abdomen and reproductive organs. It may be used in cases of infertility, tubal sterilization, ectopic pregnancies, and pelvic pain. It also can be used to diagnose endometriosis, fibroids and ovarian cysts.

Hysterectomy

The uterus may be completely removed, partially removed, or may be removed with the tubes and ovaries. A supracervical hysterectomy is removal of just the upper portion of the uterus, leaving the cervix intact. A total hysterectomy is removal of the uterus, the tissue on both sides of the cervix (parametrium), and the upper part of the vagina. A hysterectomy may be done through an abdominal incision (abdominal hysterectomy) or through vaginal incision (vaginal hysterectomy).

Laparoscopy Assisted Vaginal Hysterectomy

Laparoscopy Assisted Vaginal Hysterectomy uses a laparoscope to visualize the pelvic organs and to assist in the hysterectomy procedure.

Essure

The Essure procedure, is a minimally invasive method of permanent birth control. Unlike tubal ligation, Essure requires no incisions, burning, or tying, and the entire procedure takes 35 minutes.

Loop Electrosurgical Excision Procedure (LEEP)

LEEP is an outpatient procedure used to remove pre-cancerous cells in the cervix.

Myomectomy

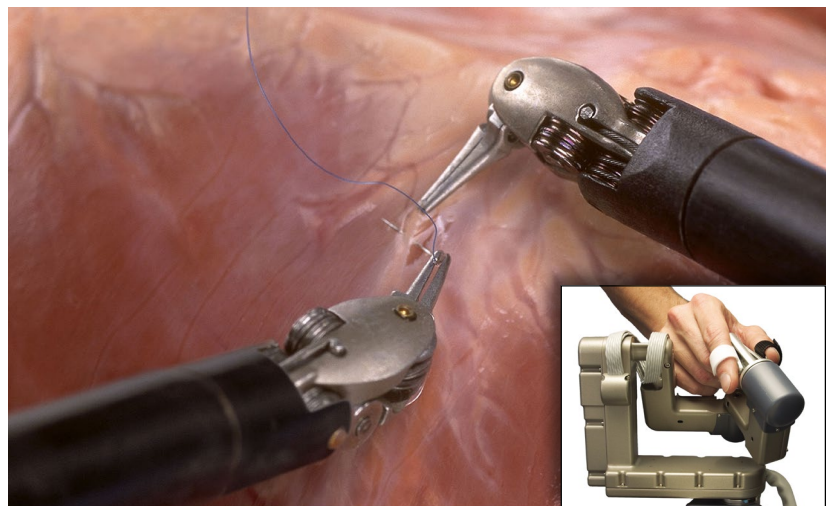
Myomectomy is the surgical removal of fibroids from the uterine muscle without hysterectomy.

Tubal Ligation

Tubal ligation, also known as “tube tying,” is a form of sterilization.

Robotic Surgery

State-of-the-art da Vinci® technology provides a minimally invasive approach to surgery for uterine fibroids, endometriosis, excessive menstrual bleeding, pelvic prolapse and gynecologic cancer. The da Vinci system provides your surgeon with a 3D view inside the body using instruments that offer enhanced vision, precision and control.



Preventive Care for Women’s Health

Each decade of a woman’s life is a “ten-year transition” with opportunities for renewal, transformation and the pursuit of vibrant health – mind, body and spirit. Every day, be physically active, nutritionally smart and in-the-know about preventive screenings and vaccines.

Screening	20s	30s	40s	50s	60s	70s & Beyond
Physician skin exam	Every 3 years		Once per year			
Skin self-exam	Every month					
Total cholesterol, LDL,HDL, triglycerides	Baseline	Every 5 years for average risk, more frequently for those with higher risk				
Blood pressure	At least every 2 years					
Echocardiogram			Baseline	As needed		
Clinical breast exam	Every 3 years		Every year			
Mammogram			Baseline	Every 1 to 2 years		
GYN internal exam with Pap smear and pelvic exam	Every 1 to 3 years				Talk with your healthcare provider	
HPV Vaccine	Up to age 26					
Bone density			Talk with your healthcare provider			
Tetanus	Every 10 years					
Flu vaccine	Every year					
Meningococcal vaccine	Discuss with healthcare provider if attending college					
Pertussis booster (Tdap)		Once in adulthood to prevent whooping cough				
Pneumonia vaccine					One time	