

## COMMONLY ASKED GYNECOLOGICAL QUESTIONS

### **1. When should I get my first pap-smear?**

The first pap-smear should be done at age 21. It does not matter if you are sexually active or not.

### **2. What are fibroids?**

Fibroids are very common benign solid tumors of the uterus. They are so common that most studies show a prevalence of 20% - 50% of the population. They are most common in the African American and Hispanic population.

### **3. What should I do if I have fibroids?**

If the fibroids are asymptomatic (no symptoms like bleeding, pain or pressure) there is no need for treatment. Your gynecologist will go thru all your treatment options available if the fibroids are symptomatic.

### **4. What is vaginitis?**

Vaginitis is an infection of the vagina in which the most common symptom is vaginal discharge with or without itching. The most common causes of vulvovaginitis (vaginitis) are bacterial, fungal (yeast), parasitic (trichomonas), and viral (herpes). The treatment depends on the cause which can be easily diagnosed at your doctor's office.

### **5. What is considered abnormal uterine bleeding?**

The menstrual cycle normal range is between 24-35 days. The way you date your cycle is the first day of bleeding until the next period. The bleeding range is 2-6 days. If you have bleeding more than 6 days and very heavy your gynecologist will discuss the cause and options for treatment.

### **6. When should I get my first mammogram?**

If you are not at high risk for breast cancer, the first mammogram should be at age 40.

### **7. What are the different kinds of birth control available?**

There are different kinds of methods; hormonal and non-hormonal.

- Birth control pill or oral contraception – the most common of the hormonal
- Depo-provera – it is a hormone injection
- Nexplanon – a rod inserted in the arm (hormonal)
- Vaginal ring – (hormonal)
- IUD Mirena, IUD Skyla (contain hormones)
- IUD Paragard (non-hormonal)
- Diaphragm (non-hormonal)
- Condoms (non-hormonal)

### **8. I started taking birth control pill, and I am spotting, is that normal?**

When you start oral contraception is not unusual to have some spotting the first 2 months. If the bleeding continues for more than 2 -3 months you need to talk to your gynecologist.