Updating the Check-up: The Well Woman Exam

Ruth Lesnewski, MD
Reproductive Health Access Project
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Goals of the Check-up

Health promotion
Early detection
How do we know what we know?

- Expert advice
- Personal experiences
- Guidelines
- Original Research
- Recommending bodies
- Other?
What does the USPSTF say?

Grade ABCDI
A – high certainty, net benefit substantial
B – high/mod certainty, net benefit mod to substantial
C – mod-high certainty, no net benefit or harm > benefits
D – recommend against
I – insufficient evidence
Lucia

17-year-old
High school senior
First priority: complete history

Sexually active x 2 years
Uses condoms “sometimes”
Eats lots of chips & pizza
On track team
Physical exam: which elements are needed?
What does the USPSTF say?
During the pelvic exam, you'll lie on your back on the table with the sheet covering you. The doctor will ask you to put your feet in the stirrups at the end of the table. This position makes it easier for the doctor to do the exam.
Does Lucia need a Pap smear?

Thin-prep or slide?
With or without HPV test?
Does Lucia need STI tests?

“First Void”
What about primary prevention?

Birth control
Emergency contraception
Immunizations
Summary: what Lucia needs

BMI
BP
Urine GC/chlamydia
HIV test
RPR
Immunizations
Contraception counseling
Katie

32-year-old
“Check me for everything!”
Complete history: our first priority
How often does Katie need a Pap smear?

- **ACOG, ACS:**
  - Annual screening under age 30
  - Every 3 years after age 30

- **ACS:**
  - Every 2 years if liquid-based test

- **USPSTF:**
  - At least every 3 years
Bimanual exam
Breast self-exam?
Smoking cessation
“Oh, and I need this form filled out.”
Sarita

- 53-year-old woman
- Feels fine
- Wants a “complete” check-up, including a Dexa scan
Sarita’s complete history reveals...

Limited fruits/vegetables in diet
Little exercise
Parents died of pneumonia & Alzheimer’s disease
Osteoporosis Screening
Lipid Screening
Breast Cancer Screening

Yes, I did have my mammogram today... Why do you ask?
Colon Cancer Screening

- Fecal occult blood testing
- Flexible sigmoidoscopy
- Colonoscopy
- Digital rectal exam?
- Virtual colonoscopy?
Celia

77-year-old grandmother
New to your practice
Here for “yearly Pap”
When should we stop cervical cancer screening?

- **ACS**
  - Age 70 in non-high-risk women

- **USPSTF**
  - Age 65 – “if they have had adequate recent screening with normal Pap smears and are not otherwise at high risk for cervical cancer”

- **ACOG**
  - Cannot establish due to limited studies of older women
D recommendations:

- Scoliosis
- Hep B, Hep C, Gonorrhea, Syphilis in low risk
- HSV
- Ovarian Cancer
- Cervical Cancer Screening after Benign Hysterectomy
- Bacteriuria
- Bladder Cancer
- CHD screening, low risk (≤5-10% 10 yr risk)
- Carotid artery stenosis
- Beta-carotene supplementation
- AAA for women
Well Visit: Updates

- Pelvic exam
  - Bimanual exam no longer recommended
  - No longer required for prescribing contraception

- Cervical cancer screening & follow-up
  - Start 3 years after first sexual intercourse or age 21
  - Annual test no longer recommended for women 30+

- Breast self-exams
  - No longer necessary to teach self-exam

- Cholesterol screening in women

RECOMMENDED TESTS for ages 21+

ANNUAL DECREP-GRAM
A simple X-ray which tells your doctor just how fast everything is deteriorating.

BIANNUAL DECREP-OSCOPY
What's brewing deep, deep inside? Anything "interesting"? Let's have a look-see.

ONCE-EVERY-FIVE-YEARS FULL-BODY 'CREP SCAN
Put an end to idle musing about what's decrepit and what's not.