



Comprehensive Newborn Assessment Course

Women's Health Clinic

I. Objectives

- Students will be able to verbalize why understanding what a women's health clinic is important
- Students will be able to verbalize what women health clinic is
- Students will be able to verbalize what does women health clinic typically offer
- Students will be able to verbalize what niche services can a women's health clinic offer

II. Why is this Important?

- Women's health is an important issue for females everywhere whether you are in the local Surprise, AZ area or across the country in NY. If you're a female who wants to maintain glowing health (and happiness) for many years, you should regularly receive well woman checks. These types of examinations can often detect potential medical concerns that need to be addressed right away.
- It's important for women to get wellness exams on a regular basis. It's also crucial for women to be attentive to any potential signs of anything that may be out of the ordinary. Some key symptoms all women should look out for include bleeding that occurs in between menstrual periods, breast lumps which can sometimes be found by a Phoenix plastic surgeon, breast shape changes, abnormal vaginal discharge, uncomfortable sexual intercourse, vaginal burning or itching and frequent urination. If you have any of those symptoms, you should never ignore them. You should seek medical attention without delay to find out exactly what's going on. It's vital for women to get medical care at the first sign of anything atypical. It's also critical, however, for women to make a point to receive routine wellness exams. Wellness exams can often pinpoint possible health problems before they become more obvious. If you want to stay on top of your health at all times, yearly wellness exams are absolutely critical, no excuses.
- Women's health should be a big focus in any female's life. That's why it's important for women to understand the advantages of getting well woman checks regularly. These checks can in some cases even save lives. If you want to find out if you have any type of medical condition, a wellness exam can give you the information you need to take action. Cervical cancer screenings are a big part of these wellness checks
- A number of illnesses that affect women can actually be prevented when proper well woman care is a priority
- Women who prioritize well woman care are also less likely to develop sexually transmitted illnesses and experience unwanted pregnancy

III. What is Women's Health?

- Women's health refers to the branch of medicine that focuses on the treatment and diagnosis of diseases and conditions that affect a woman's physical and emotional well-being

IV. What does Women's Health include?

- Women's health includes a wide range of specialties and focus areas, such as: Birth control, sexually transmitted infections (STIs), and gynecology. Breast cancer, ovarian cancer, and other female cancers. Mammography.

V. What is a Women's Health Clinic?

- A women's health clinic is focused on providing care to women in order to empower and strengthen a woman's overall health
- A women's health clinic helps women achieve physical and emotional wellbeing during all stages of life by promoting a positive image of women and providing you a new perspective on your body
- A women's health clinics offer a variety of health-related services and health education, delivered by a female doctor or nurse
- A health-service clinic for preventive monitoring, health education, and advice for women

VI. Types of Women's Health Clinic

- Gynecology Clinics
 - Referrals to this clinic can be made either from local health clinic and/or from private general practitioner
- Antenatal Clinics
 - Antenatal care is essential for protecting the health of women and their unborn children. Through this form of preventive health care, women can learn from skilled health personnel about healthy behaviors during pregnancy, better understand warning signs during pregnancy and childbirth, and receive social, emotional and psychological support at this critical time in their lives
- Postnatal Clinic
 - Postnatal care for mothers into their sixth week of post-delivery.
 - They provide advice on episiotomy and/or Cesarean wound care, breastfeeding, contraception and Pap smear screening
- Contraception (Family Planning)

The contraceptive (family planning) methods available in our polyclinics include:

- Oral contraceptive pills
- Contraceptive injections
- Intrauterine devices (IUDs)

VII. Common Types of Visits at Women's Health Clinics

A. Clinical Breast Exam

- While it's important for every woman to give themselves a self-exam monthly, having this done in a clinical setting is just as important. Clinical breast exams are

imperative for women over the age of 40. Unfortunately, not enough women are getting breast exams when they should be.

- A clinical breast exam makes sure you don't miss anything unusual during your self-exam. It also ensures you don't have any signs of breast cancer or any other issues. If you don't know how to conduct a self-exam on yourself, ask your doctor for instructions.

B. Overall Physical Health

- Women between the ages of 13 to 15 should visit a doctor every year for a physical exam. A physical exam will help determine the body mass index, obtain vital signs and give a general assessment of your overall health. Some health clinics may require clinical tests and a pelvic examination. If something is wrong and you're not aware of it, a visit to a women's health clinic could save your life. It's the equivalent to getting your vehicle inspected each year.

C. Pregnancy-Related Visits

- Most women don't have an assigned obstetrician. In fact, an estimated 65% of pregnant women receive care from multiple doctors. While there's nothing wrong with visiting multiple clinics, you could come across risks such as inaccurate medical data. Maintaining a relationship with a single provider can give you the help and support that you need. Alternatively, for unwanted pregnancies, you may choose to seek out abortion clinics in Melbourne to learn of your available options.

D. Irregular Menstruation

- If you have concerns about your menstruation cycle, then you need to visit a women's health clinic as soon as possible. If you ignore a problem, it could lead to reproductive problems later in life.

E. Change in Vaginal Discharge

- Like menstruation, vaginal discharge is something else you should keep an eye on. You should be on the lookout for a strange odor or unusual discharge from your vagina, as both of these can be indicators that you have an infection. If it's left untreated, the problem can worsen, leading to other health problems. It's important to visit a women's health clinic as soon as possible.

F. Painful Cramps or Sex

- Everyone has varying pain tolerances, but if you have particularly painful cramps or if sex is painful, then you should visit a women's health clinic. It's not normal to take pain relief every month or every time you have sex. This pain could be a sign of an existing problem that a doctor could identify and treat

VIII. Conclusion

- Women who prioritize well woman care are also less likely to develop sexually transmitted illnesses and experience unwanted pregnancy
- A women's health clinic helps women achieve physical and emotional wellbeing during all stages of life by promoting a positive image of women and providing you a new perspective on your body

IX. References

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