FEM Centre Annual Well Woman Exam

FEM Centre provides an annual well woman’s exam as well as hormone balancing. The annual well woman exam is performed as a screening to assess for overall well-being, and to aid in the detection of breast, cervical, and ovarian cancers.

The Clinical Breast Exam is an important part of the routine annual exam. Your provider performs these to assess any subtle changes of the breast tissue. A woman should have clinical breast exams every three years beginning at the age of twenty, and annually after age forty. Breast exams are best performed soon after your menstrual period ends because your breast will not be as tender or swollen during this time.

The Pap Smear is the primary cancer-screening tool for cervical cancer and pre-cancerous changes in the cervix. Many of these changes are related to the presence Human Papilloma Virus (HPV). HPV is very common and in most women the immune system can fight the virus before a problem occurs. However, HPV is the cause of almost all cervical cancers. Certain high-risk types of HPV can cause cell changes that may develop into cervical cancer if not detected and treated early. At the FEM Centre, HPV testing is routinely performed on all women thirty years and older and on younger women with abnormal Pap smear results.

FEM Centre offers sonograms and TVUs (trans-vaginal ultrasounds) with annual well woman exams. These screening tests are provided to evaluate the status of the uterus (fibroids, polyps, and endometrial lining) and ovaries (cyst, tumors, and cancer). A Pap smear cannot provide ovarian cancer status unless it is in an advanced state. A blood test is sometimes used for ovarian cancer screening. However, in a “YOU Docs” article published in the February 21, 2011 Dallas Morning News, Dr. Mehmet Oz stated, “Even though the CA-125 test...is more accurate than once thought, both false negative and false positive results can occur. The TVU is the most promising routine screening exam.” The TVU allows your provider to visualize the ovaries and determine if there are any unusual abnormalities at the time of your exam. Most insurance companies pay for this service.

If you have any questions about our Well Woman exams, please ask the medical assistant or your provider for more information.