



Women's Health

What should I expect at my annual physical?

- Most doctors will have you take a blood test to look at your cholesterol and iron levels
- Your doctor will weigh you
- You will have your blood pressure checked
- You will have a manual breast examination
- You will have a pap test
- You will discuss any issues or concerns you have

What will the Pap test be like?

- Your doctor will ask you to lie on an exam table with a sheet covering your body
- Your doctor will help you put your feet on holders called stirrups
- The doctor will use an instrument called a speculum to look into your vagina
- The doctor uses a small brush to take a few cells from your cervix
- The test only takes a few seconds

What will the breast examination be like?

- Your doctor may have you lay down or sit up
- Using her three middle fingers, your doctor will make small circles on your breast
- Your doctor may do this several times and put more pressure on her fingers each time

These tests make me feel embarrassed.

It is important to remember that all women have these tests done by their doctor. Try relaxing and thinking of something else

