

Are you among the women who skip their check-ups because going to the gynaecologist is an unpleasant experience?

At HC Marbella, we suggest that you let go of this myth because regular gynaecology check-ups are very important for one's health and they can even be lifesaving.

A timely check-up can prevent long gynaecologic illnesses such as cancer, as well the complications they imply. The good news is that regular check-ups do precisely that: they detect possible changes in the reproductive system and prevent potential diseases from developing. Therefore, you are better off facing your fear, since a gynaecologist is, in the end, just another specialised doctor.



Soy Lucía,
tengo 40 y tuve mi chequeo
#JustoATiempo.

How often should check-ups take place?

There is no fixed answer, as it depends of each woman: her age, her risk factors, and her family medical history. At HC Marbella we will suggest what is most appropriate for your specific case, but to be safe and avoid risks, the ideal would be to visit a gynaecologist once every year.

What does a gynaecology exam consist of?

The first step is to get to know you. During the appointment, we will ask you a series of questions to check your personal and family medical history. Afterwards, we will proceed to the physical examination and additional tests which include:

- Physical examination of the breasts, vulva, vagina, and uterine cervix.
- Cervical screening to detect premalignant changes in the cells of the cervix, which can eventually lead to cancer.
- Transvaginal pelvic ultrasound scan to examine the internal genital organs: the uterus and the ovaries.

Afterwards, our gynaecologists will explain what they found. Therefore, they will tell you the next steps to follow, which can be:

- A new appointment to pick up the results.
- Further diagnostic tests, depending on the discoveries made during the physical examination and the ultrasound, such as:
 - Mammogram/breast ultrasound: If you do not have a history of breast cancer, you should start undergoing mammograms between the ages of 40 and 45. If on the other hand, you have a family history of breast cancer, you should start them at the age of 35.
 - Bone densitometry: Women in post menopause should also undergo bone density scanning, especially in the first two years without menstruation, to measure bone mineral density.

For your convenience, we can take all the necessary tests the same day at HC Marbella and therefore avoid your having to make any unnecessary trips.

What you need to know:

- Regular check-up examinations don't hurt, don't take long, and can protect you from much worse situations.
- If you notice any change in menstruation or vaginal discharge, any irregularities in the genitals or a lump in the breast, go see your gynaecologist right away, without waiting for the next check-up.
- The best time for a gynaecological exam is in the days following the menstrual period. The exam cannot take place during menstruation since samples cannot be collected.

