

Your Teen's First Gynecology Visit



DESERT WEST
OBSTETRICS & GYNECOLOGY, LTD.

The American College of Obstetricians and Gynecologists recommends that girls first see a gynecologist (a doctor who specializes in women's health) between the ages of 13 and 15 or when they become sexually active...whichever comes first. While all teenage girls should see a gynecologist, it is especially important if your daughter has been sexually active, is planning to be, or you are concerned that she may not want to discuss this with you. It is also important that teenage girls having problems with their period see a gynecologist. Early diagnosis and treatment can prevent complications later on.

Why a Gynecologist?

The facts speak for themselves:

- One in four girls between the ages of 14 and 19 has a sexually transmitted disease
- Three in ten will become pregnant before age 20
- Millions of teens battle eating disorders such as anorexia, bulimia or binge eating
- Almost half of teens use unhealthy weight control behaviors

Establishing regular visits with a gynecologist serves at least three main purposes:

Information. She can get accurate information and confidential answers to any questions she may have concerning her changing body, menstruation and sexuality.
Prevention. She can learn about adolescent body changes, pregnancy prevention,

sexually transmitted diseases, and healthy lifestyles.

Treatment. The physician can address pelvic pain, irregular periods and other issues.

What to Expect

During the initial visit, most gynecologists will perform a general physical exam and external genital exam. They will also talk to the teen about her development, menstruation and sexual activity and provide an opportunity to have her questions answered in a private setting.

Teens experiencing abnormal vaginal bleeding, painful periods, unusual vaginal secretions, or other problems associated with reproductive health may also require a pelvic exam.

Finding a Gynecologist

Here at Desert West Obstetrics & Gynecology almost half of our patients are referred to us by a friend! So you might start by asking your friends who they trust or by searching through your family's health insurance network. Our team at Desert West Obstetrics & Gynecology will assist you in finding the right fit for your daughter with one of our excellent physicians or nurse practitioners. Desert West has four locations and convenient hours to serve you and your teen.

Locations

Main Office

5601 W Eugie Ave., Suite 100
Glendale, Arizona 85304

Anthem

41810 North Venture Drive
Building E, Suite 156
Anthem, Arizona 85086

Estrella

9305 W. Thomas Rd., Suite 550
Phoenix, Arizona 85037

Arrowhead

7787 W. Deer Valley Rd., Suite 296
Peoria, AZ 85382

