

TEN QUESTIONS TO ASK YOUR OBGYN

A visit to your gynecologist is not something you or most women look forward to; however, regular visits are essential for detecting potential problems before they become a bigger concern. Some women make a “mental checklist” of items, yet, once their doctor enters the room, they forget what they wanted to ask or feel embarrassed to bring up the subject.

Prior to your visit to your OBGYN, it is beneficial to sit down and **make a list of questions to ask your gynecologist**, along with any concerns you have about your body. Make sure to bring your list along with you during your visit. Even if you feel some of your questions might seem silly, remember, your OBGYN is a professional. There is nothing you cannot ask, even if it might seem a bit awkward or uncomfortable.

Not sure what to ask? Here are ten common questions to help get your list started.

1

How often do I need to get STI (sexually transmitted infection) testing?

Unless you abstain from all sexual activity, you need to be tested on a regular basis, based on the frequency of sexual encounters, even if you are married.

2

What birth control options are available?

There are several birth control options, from pills to shots and intrauterine devices. Not only can they help avoid unintended pregnancies, they provide hormonal birth control options for those that suffer from prolonged, heavy, or painful periods.

3

Why are my periods always heavy?

Every woman is different, so it can be difficult to know what is considered a normal period. Heavy bleeding lasting more than a week requiring doubling up tampons/pads might indicate menorrhagia or mean your body is getting ready to enter menopause.

4

Is it safe to use douches?

Since your body already has a natural way to flush out the vagina, you should not be using douches, as these wash away the “good” bacteria, leaving the “bad” bacteria, which can lead to infections.

5

Why am I feeling pressure in my pelvis and vagina?

Sometimes, either from giving birth or overstraining muscles, a prolapse can occur. This is where the bladder drops and presses against the vagina wall. Mild to moderate prolapses can often be corrected with pelvic exercises and without surgery. It is important to see your doctor immediately.

6

What is normal regarding vaginal discharge?

The body does produce fluids that are discharged through the vagina. However, the color of the fluid is important and it should be milky or clear. If you notice there is an increase in the frequency of discharge, the color changes, or there is an odor, this could indicate an infection or other problems.

7

Why am I leaking urine when sneezing, laughing, or coughing?

While leaking a small amount of urine is common in many women, it is not considered normal. You could have a weak pelvic floor, and exercises using a pelvic floor exercise device can help strengthen the muscles to resolve this issue. Just remember to consult with your doctor before beginning Kegel exercises.

8

Should I be doing pelvic (Kegel) exercises?

Regardless of your age, yes, you should be doing pelvic exercises. They are important to keep your pelvic muscles strong, and they are a vital part of a woman's core muscles.

9

During sex, why is it always or sometimes painful?

Occasional or frequent painful sex is not normal. There can be several causes for this, like insufficient lubrication, a thinning of the vaginal walls, endometriosis, or hormonal changes.

10

How do I perform a self-breast exam correctly?

Pap smear tests have gone from being performed annually to once every three to five years, depending on your age. This is why it is important to learn how to perform self-exams from your OBGYN—because waiting a year, or even three or five, is too long in between pap tests.

If you have concerns or issues that cannot wait until your next wellness checkup, do not wait; call your doctor immediately.

COMPANY BIO

PeriCoach is an easy, FDA-approved, device and smartphone application to guide you through performance of pelvic muscle exercise. With our product, it only requires five minutes a day to see noticeable results in as little as eight weeks. Our solution combines pelvic floor training along with our unique device that you insert and squeeze against.

The exercises are tracked through our app on your smartphone to monitor your progress.

To **learn more about pelvic exercises and our Kegel exercisers**, please feel free to contact PeriCoach at 844-205-0767 today!

