

Well Woman Check-up Well Man Check-up



An annual Well Woman or Well Man check-up lowers your risk of serious health conditions



During your well-woman or well-man check-up, your doctor checks on your current health and shares important information with you about preventing future medical problems. It's also an opportunity for you to ask any questions you may have about your body.

Having a yearly well-woman or well-man check-up is the best gift you can give yourself each year. It is the foundation of your health care and a great time for you to connect with your care doctor about your current and long-term health.

A well-woman or well-man check-up is separate from any other visit for sickness or injury. A well-woman or well-man check-up focuses on preventive care, which may include: -

Services, like vaccines or medications; that improve your health by preventing diseases and other health problems, physical examinations, screening tests, and medical tests; to check for diseases or health related problems early when they may be easier to treat.

Education and counselling to help you make informed health decisions

Well Woman Check-up Overview

Well Woman Check-up's depending on the type of check-up usually include three things: a pelvic exam, a breast exam and a pap smear. These exams are essential as they can catch early signs of cancer or other health problems before they get out of hand.



What happens during a well-woman check-up?

Your well-woman check-up is a chance to focus on your overall health and wellness. There are 3 main goals for the well woman check-up:

- Documenting your health habits and history
- Getting a physical exam and or clinical exam (dependent upon Doctor advice)
- Setting health goals

What to Expect

Health habits and history

Before your physical exam, the doctor or nurse will ask you to answer some questions about your overall health. These questions will cover topics like your:

- Medical history and family health history
- Mental health history, including depression
- Sexual activity and sexual partners
- Eating and physical activity habits
- Use of alcohol, tobacco, and other drugs
- Use of any medicines, vitamins, minerals, or herbs
- Home life and relationships

Physical exam

If you're comfortable with it, the doctor or nurse will examine your body, which will include:

- Measuring your height and weight
- Calculating your body mass index (BMI) to see if you're at a healthy weight
- Checking your blood pressure
- Taking your temperature
- Breast exam (feeling your breasts and under your arms for lumps or other changes)
- Pelvic exam (looking at your vagina and feeling around your pelvis)

Clinical exam

Screening tests (x-ray / scan), and or medical tests as appropriate to check for diseases or health related problems early when they may be easier to treat.

Consultation

Following all examinations and test results (this may be on a different date to the actual well woman check-up), a consultation with a doctor to discuss and advise on your well-being.

Well Man Check-up Overview

Well Man Check-up's depending on the type of check-up usually include three things: a testicle exam, a breast exam and a rectum exam. These exams are essential as they can catch early signs of cancer or other health problems before they get out of hand.



What happens during a well-man check-up?

Your well-man check-up is a chance to focus on your overall health and wellness. There are 3 main goals for the well man check-up:

- Documenting your health habits and history
- Getting a physical exam and or clinical exam (dependent upon Doctor advice)
- Setting health goals

What to Expect

Health habits and history

Before your physical exam, the doctor or nurse will ask you to answer some questions about your overall health. These questions will cover topics like your:

- Medical history and family health history
- Mental health history, including depression
- Sexual activity and sexual partners
- Eating and physical activity habits
- Use of alcohol, tobacco, and other drugs
- Use of any medicines, vitamins, minerals, or herbs
- Home life and relationships

Physical exam

If you're comfortable with it, the doctor or nurse will examine your body, which will include:

- Measuring your height and weight
- Calculating your body mass index (BMI) to see if you're at a healthy weight
- Checking your blood pressure

Taking your temperature

Do a clinical breast exam (feeling your breasts and under your arms for lumps or other changes)

Do a clinical testicular / prostate exam (looking at and feeling around your testicles and rectum)

Clinical exam

Screening tests (x-ray / scan), and or medical tests as appropriate to check for diseases and health related problems early when they may be easier to treat.

Consultation

Following all examinations and test results (this may be on a different date to the actual well man check-up), a consultation with a doctor to discuss and advise on your well-being.

If you're not comfortable being alone with the doctor or nurse during the physical exam, ask to have another health professional from the practice (like another nurse) or a friend in the room, too.



A GP is a fully trained doctor who is also a specialist in their own right. They are primarily trained in preventative and public health but also diagnosis and treatment in family medicine from birth to old age and death. Their primary aim is to keep you well.

Dr Bahadir Barbin GP

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