



Lancashire Gynaecologist

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What age should a woman start
to visit a Gynaecologist?

Visiting a gynaecologist is an essential aspect of a woman's healthcare journey. However, many women are unsure about when they should begin these visits. This article aims to provide comprehensive guidance on the appropriate age for a woman's first gynaecological appointment, the importance of these visits, what to expect during the appointment, and how to choose the right gynaecologist.



Understanding gynaecological health

Gynaecology is the branch of medicine that focuses on women's reproductive health. A gynaecologist specialises in diagnosing and treating issues related to the female reproductive system, including menstruation, contraception, pregnancy, and menopause. Regular visits to a gynaecologist are crucial for maintaining overall health and addressing any concerns early on.

When to start: the general recommendation

We recommend that a woman schedule their first gynaecological visit between the ages of 18-21. This initial appointment is typically not a pelvic exam but rather an opportunity to discuss various health topics, including menstruation, body changes, and sexual health.

Key milestones for visits

Age 18-21

Purpose: By this age, it's essential to have regular check-ups, especially if sexually active.

Focus: This is the time to discuss contraceptive options, sexually transmitted infections (STIs), and any concerns regarding menstrual irregularities.

Mid-20s to Early 30s

Purpose: Women should continue with annual visits.

Focus: Discussions might include family planning, fertility concerns, and preventive care such as cervical smears.

Age 30-65

Purpose: Regular screenings, including cervical smear tests become increasingly important as women age.

Focus: Health management may include menopause, hormonal changes, and chronic conditions.

Post-65

Purpose: Continued health monitoring remains vital, with attention to any emerging health issues.

Focus: Emphasis on maintaining a healthy lifestyle and managing age-related conditions.





The Importance of regular gynaecological visits

Regular visits to a gynecologist are crucial for several reasons:

Preventive Care

Screenings: Regular screenings, such as cervical smears and pelvic exams, help detect abnormalities early, significantly reducing the risk of cervical cancer and other reproductive health issues.

Vaccinations: Discussing and receiving vaccinations, such as the HPV vaccine, protects against certain cancers and STIs.

Health Education

Understanding Body Changes: Gynaecologists can provide valuable information about bodily changes, menstrual health, and reproductive options.

Sexual Health: Discussions around safe sex practices, STIs, and contraceptive methods empower women to make informed choices about their sexual health.

Addressing Concerns

Menstrual Irregularities: Any unusual symptoms should be discussed, allowing for proper evaluation and treatment.

Fertility and Family Planning: Women considering pregnancy or dealing with infertility can benefit from professional guidance.

Cosmetic Gynaecology: Additionally, as the field of gynaecology has expanded, cosmetic gynaecology has emerged, offering women options for surgical and non-surgical procedures aimed at enhancing the appearance and function of the vaginal area, which can also contribute to self-confidence and overall wellbeing.

What to expect during your visit

A gynaecological visit may vary depending on the individual's age and health concerns, but here are some common elements:

Medical History Review: The gynaecologist will ask about your medical history, menstrual cycle, sexual activity, and any health concerns.

Physical Exam: Depending on your age and health, this may include a pelvic exam, and possibly a cervical smear.

Discussion: This is an opportunity to ask questions about your health, body changes, or any concerns you might have.

Advice and Recommendations: Based on the findings, your gynaecologist may suggest lifestyle changes, additional tests, or treatments.



Choosing the right gynaecologist

Finding a gynaecologist you feel comfortable with is crucial for effective healthcare. Here are some tips for selecting the right provider:

Consider Recommendations: Ask friends, family, or your primary care physician for recommendations.

Check Credentials: Ensure the gynaecologist is certified and has relevant experience.

Conclusion

Starting to visit a gynecologist at a younger age sets the foundation for a lifetime of reproductive health awareness and proactive care. These visits are not merely about medical examinations; they are opportunities for education, empowerment, and early detection of potential health issues.

As women progress through different life stages, maintaining a relationship with a trusted gynaecologist ensures that they receive the necessary support and guidance for their unique health needs. Remember, regular check-ups are a key component of overall health and well-being, so prioritise your gynaecological health today.

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The Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment. The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman. So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



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