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New Title Tag: Gynecologists | Doxy Health Women's Health Center

New Meta Description: Planning your first gynecology visit? At Doxy Health Women's Health Center, we provide women's healthcare. Here are 10 reasons why to visit a gynecologist.

## Heading 1: Top 10 Reasons to See Your Gynecologist

**Heading 2:** Many women can be intimidated to visit a gynecologist. However, like any medical appointment, it is necessary for one's health. Gynecologists are here to help prevent, diagnose, and treat ailments dealing with female health. No matter what you are dealing with, gynecologists can help with aspects of female health that you might not have realized- such as bladder or breast health. At Doxy Health Women's Health Center, we strive to offer a comfortable environment for women. If you're planning to see a gynecologist for the first time, here is what they can help with.

### Heading 3:

- **Menstrual Health-** If you're concerned about your menstrual cycle, a gynecologist is a doctor to see. If you notice that your periods have stopped, become irregular, or have changed in blood flow, talk with your doctor immediately.
- **Pap Smear-** It is a test where the gynecologist collects cells from your cervix- the lower, narrow end of your uterus that's at the top of your vagina. This is used to detect cervical cancer, which is important to detect early cervical cancer.
- **Pelvic Exam-** A woman 21 years or older should get a pelvic exam. This includes your doctor detecting any abnormalities or changes around the pelvis.
- **Breast Health-** A gynecologist can also check up on breast health. This includes annual breast exams, which are taken to detect breast cancer. Your gynecologist will provide guidance on when you should start getting mammograms and how often to have them.
- **Sexual Health-** If you notice any pain or discharge from sex, talk with a gynecologist. It's important to talk with them about your sex life, and how you can have safe sex.
- **Birth Control/Family Planning-** Whether you're trying not to have a kid, or trying to have one, a gynecologist can help with both. They can help decide which type of contraception works for you. They can also discuss with you if infertility testing is needed.
- **Bladder Health-** You can talk with your gynecologist if you're experiencing frequent UTIs, blood in your urine, or if you're having difficulty maintaining control.
- **STD/Vaginal Health-** If you notice unusual vaginal discharge, it could be a sign of infection. A gynecologist can help you manage, treat, and avoid these infections in the future. Routine STD screening is recommended for all women who are sexually active.

- **Pregnancy-** If you are pregnant, or have just given birth, talk with a gynecologist. You can learn how to grow a healthy baby, prepare for labor, and what to do after you have given birth. A gynecologist can also refer you to a reputable obstetrician, aka doctors who deliver babies.
- **Overall Health-** If you are having problems with one part of your body, it can affect your entire body and health. Talking with a gynecologist can be the first step for you toward better health.

**Heading 3: See a Gynecologist at Doyle [REDACTED]**

If you want to see a gynecologist, contact [REDACTED] today! We strive to provide a safe and welcoming environment for everyone who walks through our doors. Our all-female, OB/GYN practice provides expert obstetric & gynecologic care in the [REDACTED] areas of Pennsylvania. Don't hesitate to contact us if you have any questions or concerns! We are excited to work with you!