# 21: REASONS TO SEE A GYNECOLOGIST BEFORE YOU TURN 21

Although most teens don't need to have a Pap test until they are 21 years old, there are at least 21 reasons to see a gynecologist before then.

## HEALTH

- 1. Learn about healthy lifestyles and how to feel good about yourself.
- 2. Discuss good habits for healthy bones.
- 3. Learn if you have a urinary tract infection (UTI) and the treatment options.
- 4. Get treatment for vaginal itching, discharge, or other symptoms.

### PERIODS

- 5. Learn if your periods are normal.
- 6. Get relief if your periods are painful.
- 7. Find out why your periods are too heavy.
- 8. Discuss the timing of your periods and why bleeding may occur in between.
- **9.** Learn ways to deal with premenstrual syndrome (PMS).

#### SEXUALITY & RELATIONSHIPS

- 10. Learn how to have healthy romantic relationships.
- **11.** Learn what it means to be in a consensual relationship.
- **12.** Ask questions about what it means to be lesbian, gay, bisexual, transgender, or queer (LGBTQ).
- 13. Learn about safe sex.
- 14. Talk about how your reproductive system works.

# PREGNANCY

- **15.** Discuss birth control options.
- **16.** Discuss the ideal time to start a family.
- 17. Get tested for pregnancy.
- **18.** Weigh your options if you get pregnant.

#### SEXUALLY TRANSMITTED INFECTIONS

- Learn how to lower your risk of sexually transmitted infections (STIs), including human immunodeficiency virus (HIV).
- **20.** Get tested for STIs and HIV if you are sexually active.
- **21.** Get the human papillomavirus (HPV) vaccine.

**PFSI019**: This information is designed as an educational aid to patients and sets forth current information and opinions related to women's health. It is not intended as a statement of the standard of care, nor does it comprise all proper treatments or methods of care. It is not a substitute for a treating clinician's independent professional judgment. For ACOG's complete disclaimer, visit www.acog.org/WomensHealth-Disclaimer.

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