

# CELEBRATION OF WELLNESS

 Celebration  
Obstetrics & Gynecology

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## What Happens at an Ob-Gyn Checkup and Why? One Doctor Explains.

By Dr. Carrie A. Terrell



These days, seeing your ob-gyn involves much more than a Pap test, pelvic exam, or breast exam. Those exams may not even be needed at each checkup. The visit is really about assessing your overall physical health and mental well-being.

**First, we may review your personal and family history** for conditions or symptoms that could affect your health. These questions help us decide what type of health care may be needed for you at the visit.

**We may review your mental health and well-being.** My hope is to understand any sources of stress in your life and your ability to manage and cope with stress.

**We address any specific health concerns or questions you have.** If you have any bothersome symptoms - say, you're having unusual vaginal discharge, it hurts when you urinate, or your period is troubling you - we talk about that right away.

**We talk about pregnancy planning or birth control.** Together we talk about your goals for having children or preventing pregnancy.

**We talk about menopause and healthy aging.** As women age, we talk about the time leading up to menopause (perimenopause), menopause itself, and the years after. We discuss what symptoms you

may have and how to cope with them. We can suggest medication or other options that may help with symptoms.



**We may recommend a physical exam, but not always.** Depending on your age, health history, and any current symptoms, we may recommend a physical exam.

**We can give you the vaccinations you need.** We'll discuss which vaccinations are recommended for you. Some vaccines are recommended if you're pregnant, and others are suggested for everyone. If you have questions about vaccines, we'll give you accurate information.

**We keep the conversation open, honest, and respectful.** At Celebration Obstetrics & Gynecology, we recognize that every patient has a distinct health history. Our primary objective is to help women maintain optimal physical wellness under our medical guidance. Call us at (877) 800-0239 to schedule your Well-Woman exam.

**To read the full article, please visit our website at [celebrationobgyn.com/health-and-wellness-news](http://celebrationobgyn.com/health-and-wellness-news).**



## CHW Aesthetics

Unveil a rejuvenated version of yourself with Botox injections by Dr. Aledyandra Cespo-Nieves! We invite you to come meet Dr. Crespo, a skilled expert in Botox Injections who has a passion for helping women look and feel their best. *"As a full-time working mom, I completely understand how difficult it is to take the time to care for ourselves. However, to be an example by investing, and caring for ourselves is important to our family and friends. Take the first step towards a more radiant and youthful appearance today. I am excited to meet you and help you!"*



If you're looking for a positive and relaxing experience, join us at our office to discover the transformative benefits of Botox Injections, designed to enhance your natural beauty and boost your confidence. Let us partner with you on your journey to a more radiant and confident you. **Call us at 407-566-2255 or email us at [aesthetics@chealthwell.com](mailto:aesthetics@chealthwell.com) to schedule your treatment!**

## Great News!

We're excited to announce that starting April 1st, we're joining forces with Partners Direct Health! This means more comprehensive care options and streamlined services for our patients.



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