



EXPERTS AGREE: PELVIC EXAMS NECESSARY FOR WOMEN AGED 21 AND OLDER

Dr. Robert S. Wool and Dr. Jacqueline S. Kates of Women's Health Associates call regular pelvic exams an important tool in cancer diagnoses

For Immediate Release

SPRINGFIELD, WESTFIELD, Mass. – [Women's Health Associates](#), a specialized women's health care practice providing obstetrical and gynecological care in Springfield and Westfield, Mass., today announced routine pelvic examinations are recommended for all women aged 21 and older. Recent updates from the American Congress of Obstetricians and Gynecologists (ACOG) — as well as the American Cancer Society (ACS), the American Society for Colposcopy and Cervical Pathology (ASCCP), the American Society for Clinical Pathology (ASCP), and the U.S. Preventive Services Task Force (USPSTF) — say that **at the age of 21, all women, regardless of sexual activity, should have annual pelvic exams.** Dr. Robert S. Wool and Dr. Jacqueline S. Kates of Women's Health Associates agree that regular pelvic exams play an important role in women's health including early cancer detection.

[In its August, 2012 report](#) the ACOG (formerly known as the American College of Obstetricians and Gynecologists) wrote, "The annual health assessment ('annual examination') is a fundamental part of medical care and is valuable in promoting prevention practices, recognizing risk factors for disease, identifying medical problems, and establishing the clinician–patient relationship." Dr. Wool would like to see more women educated about the importance of the exam.

"A pelvic examination serves many purposes," said Dr. Wool. "Too many people think it is only important if women are sexually active. In fact, a pelvic exam is one of our best tools for early detection of cervical, ovarian and other cancers."

Dr. Kates agrees. "We check for signs of illness in the internal reproductive organs, feeling for masses, growths or other abnormalities. We promote healthy pregnancies and births, and we work with women as they age, when the risk for uterine, ovarian and breast cancers increase."

Historically known as the "silent killer" because of its lack of symptoms, ovarian cancer actually does present with specific symptoms, including persistent bloating, pelvic or abdominal pain, urinary urgency or frequency, and difficulty eating or feeling full quickly. Drs. Wool and Kates urge women who experience these symptoms over a period of weeks to contact them immediately for an examination. They can be reached at <http://whaob-gyn.com> or by calling Women's Health Associates in Springfield at (413) 736-9978 or Westfield at (413) 562-8306.

About Women's Health Associates

Dr. Robert Wool and his experienced staff have built a compassionate and caring practice that is dedicated to the "Art of Medicine" in the modern world. They know that the latest technology cannot replace the understanding and intuition of a conscientious, empathetic practitioner. WHA is small enough to remember their patients by name and give them personal attention, but large enough to offer the most advanced medical technology backed with years of experience. WHA services include gynecological, prenatal and obstetrical care, opportunities for endometrial ablation, hormone replacement therapy and sterilization. They offer state-of-the-art bone health and testing, obstetric and gynecologic ultrasound, laser therapy for line and age spot removal, hair removal, treatment for acne and tattoo removal. More information about Dr. Wool and the two WHA offices in Springfield and Westfield, Mass. can be found at WHAOB-GYN.com.