



GYN/Health Info

While gynecological preventative care and treatment is important for every woman's wellbeing, good overall health involves the entire body. At Women's Health Specialists, we strive to educate our patients on how to care for themselves and be knowledgeable about their bodies through every stage of life.

Click on the links below to find out more.

Pelvic Support Problems - <https://www.acog.org/Patients/FAQs/Pelvic-Support-Problems>

Vaginitis - <https://www.acog.org/Patients/FAQs/Vaginitis>

Urinary Tract Infections (UTIs)-
<https://www.acog.org/Patients/FAQs/Urinary-Tract-Infections-UTIs>

Premenstrual Syndrome (PMS) -
<https://www.acog.org/Patients/FAQs/Premenstrual-Syndrome-PMS>

Pelvic Inflammatory Disease -
<https://www.acog.org/Patients/FAQs/Pelvic-Inflammatory-Disease-PID>

Urinary Incontinence - <https://www.acog.org/Patients/FAQs/Urinary-Incontinence>

Disorder of the Vulva: Common Causes of Vulvar Pain, Burning, and Itching-
<https://www.acog.org/Patients/FAQs/Disorders-of-the-Vulva-Common-Causes-of-Vulvar-Pain-Burning-and-Itching>

Polycystic Ovary Syndrome (PCOS) -
<https://www.acog.org/Patients/FAQs/Polycystic-Ovary-Syndrome-PCOS>

Vulvodynia - <https://www.acog.org/Patients/FAQs/Vulvodynia>

Staying Active: Physical Activity and Exercise-

<https://www.acog.org/Patients/FAQs/Staying-Active-Physical-Activity-and-Exercise>

Weight Control: Eating Right and Keeping Fit-

<https://www.acog.org/Patients/FAQs/Weight-Control-Eating-Right-and-Keeping-Fit>

It's Time to Quit Smoking- <https://www.acog.org/Patients/FAQs/Its-Time-to-Quit-Smoking>

Alcohol and Women- <https://www.acog.org/Patients/FAQs/Alcohol-and-Women>

Domestic Violence- <https://www.acog.org/Patients/FAQs/Domestic-Violence>

Cholesterol and Women's Cardiovascular Health-

<https://www.acog.org/Patients/FAQs/Cholesterol-and-Womens-Cardiovascular-Health>

Depression- <https://www.acog.org/Patients/FAQs/Depression>

Problems of the Digestive System-

<https://www.acog.org/Patients/FAQs/Problems-of-the-Digestive-System>

Heart Health for Women- <https://www.acog.org/Patients/FAQs/Heart-Health-for-Women>

Managing High Blood Pressure-

<https://www.acog.org/Patients/FAQs/Managing-High-Blood-Pressure>

Thyroid Disease- <https://www.acog.org/Patients/FAQs/Thyroid-Disease>

Healthy Eating- <https://www.acog.org/Patients/FAQs/Healthy-Eating>

Accidental Bowel Leakage- <https://www.acog.org/Patients/FAQs/Accidental-Bowel-Leakage>

Diabetes and Women- <https://www.acog.org/Patients/FAQs/Diabetes-and-Women>

Preventing Deep Vein Thrombosis-

<https://www.acog.org/Patients/FAQs/Preventing-Deep-Vein-Thrombosis>

Vulvovaginal Health- <https://www.acog.org/Patients/FAQs/Vulvovaginal-Health>

For Teens

Your Changing Body: Puberty in Girls (Especially for Teens) -

<https://www.acog.org/Patients/FAQs/Your-Changing-Body-Puberty-in-Girls-Especially-for-Teens>

Your First Period (Especially for Teens) -

<https://www.acog.org/Patients/FAQs/Your-First-Period-Especially-for-Teens>

Your First Gynecologic Visit (Especially for Teens) -

<https://www.acog.org/Patients/FAQs/Your-First-Gynecologic-Visit-Especially-for-Teens>

21 Reasons to See a Gynecologist Before Age 21 -

<https://www.acog.org/Patients/FAQs/21-Reasons-to-see-a-Gynecologist-Before-Age-21-Infographic>

Birth Control (Especially for Teens) -

<https://www.acog.org/Patients/FAQs/Birth-Control-Especially-for-Teens>

You and Your Sexuality (Especially for Teens) -

<https://www.acog.org/Patients/FAQs/You-and-Your-Sexuality-Especially-for-Teens>

Having a Baby (Especially for Teens) -

<https://www.acog.org/Patients/FAQs/Having-a-Baby-Especially-for-Teens>

Media and Body Image - <https://www.acog.org/Patients/FAQs/Media-and-Body-Image>