

Complete Physical Exams for Women

Your annual female examinations are very important. However, this check-up only examines and evaluates 30% of your medical needs.

A *complete physical* is important because it includes a review of your entire medical history and a complete head-to-toe examination. It includes a thorough analysis of your lab work from a general medical viewpoint, not just the viewpoint from the female organs.

Therefore, your yearly Pap smear exam is not adequate to cover your entire medical evaluation. A head-to-toe *complete physical* should be done by your Primary Care Physician. This thorough examination will reduce the risk of missing problems with other parts of your body, such as thyroid, ear, nose, throat, heart, lungs, liver, abdomen, blood vessels and cholesterol, etc.