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WOMEN'S HEALTH

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*Providing patient-centered, quality
women's healthcare since 1969*



FEBRUARY 2014

A Message to Fellow Providers, Referrers, and Patients

As January is coming to an end, we wanted to remind everyone that it was cervical cancer awareness month this month. FPA Women's Health remains committed to educating young women on the importance of early screenings and prevention of cervical, and other reproductive cancers. By keeping up with annual wellness exams and getting a pap test every three years starting at age 21, medical professionals will be able to monitor any abnormal cell changes in your cervix. Click [here](#) to learn more about annual exams and pap smears.

For this month's newsletter we have chosen to include three informative articles regarding skin examinations, the importance of STD/STI screenings, and healthy eating habits you can adapt to your lifestyle. As always, I hope you find this newsletter both interesting and informative.

Irving M. Feldkamp IV, MD

President

"I Have a Potentially Cancerous Mole on My Vulva"

Read her story to see why self-examinations are so important and how you can start checking your body for suspicious moles. We offer [vulvar biopsies](#) at our FPA Women's Health locations.

By: Michelle Ruiz, *Cosmopolitan*

Not long ago, I was singing Nashville soundtrack songs in the shower (per usual) and getting ready to shave when I spotted a spot. In a hard-to-see down-below area, somewhere in between my bikini line and frankly, my vulva, there was a small mole. After bending over and getting nice and personal with myself, I saw it had the irregular borders we're told could be skin cancer.



I knew immediately that I would either have to let this mole go unchecked, which would obviously be stupid, or take it upon myself to present my Lotus Flower to my dermatologist (jazz hands optional.) Because dermatologists don't usually inspect vulvas (or penises or vaginas, for that matter) for skin cancer, citing privacy reasons. A few have confirmed this with me. My perfectly lovely derm normally just gives a super quick peek under my bra and underwear during my full body mole check. Whip out your hand mirrors, guys, because finding melanoma on our privates is pretty much up to us.

READ THE FULL STORY [HERE.](#)

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"My Name is Amber"

It is estimated half of all Americans will experience a sexual transmitted infection, or STI, at some point in their lives. Schedule an appointment today to get yourself [tested](#).

By: Amber, *The Naked Truth*



I'm seventeen, and I have this STD called syphilis. I know what you're thinking-I'm just some stupid teenage girl who had stupid unprotected sex. That's not how it is, really. About 2 months ago, I had sex for the first time. It was with Sean, my boyfriend, someone who I had known for a long time, and someone who I trusted. Before it happened, we talked about everything. We were ready and knew that we'd be together for a lot more time to come. I was on the pill, but Sean and I even talked about the chances of pregnancy. What we didn't discuss though, was the risk of sexually transmitted diseases.

I knew Sean had dated other girls in the past. He told me he'd had sex before, and I was okay with that. I didn't notice anything on his body that was unusual or that looked suspicious, so I wasn't worried. Turns out I should have been, because a few days later, I had a couple of small, hard sores. They didn't hurt, but when they didn't go away, I wondered if they came from having sex. I knew that you could get diseases that way, but I thought it was really uncommon and only people who were really irresponsible about sex got them.

READ THE FULL STORY [HERE](#).

10 Eating Habits of the Highly Successful and Fit

Read some tips and advice on how fit people generally eat day-to-day. Adapting some of these ideas to your schedule will help you slim down, and leave you feeling great.

By: *Chalene Johnson, Women's Health*

Successfully fit people are successful not because of good luck, birth order, or family heritage but because they have adopted the right habits. They do things

differently than the rest.

To be a successful person, you must adopt the habits of success...

They Drink Water

Not soda. Not iced tea. Just plain old water.

This is the biggie. Drinking enough water is a vital part of any conditioning program because it keeps your body functioning in homeostasis and aids every aspect of bodily function. Highly successful fit people drink at least six to eight 12-ounce glasses of water a day, plus more as needed during exercise. Note: It's possible to drink too much water, which dilutes the body's electrolytes (potassium, sodium, chloride, magnesium). Don't drink more than a gallon a day unless you're also replenishing your electrolytes.



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