

## What is Normal? Understanding Routine Gynecologic Findings

Katie Bernardoni, MD  
IHA Canton Obstetrics & Gynecology

Christine Poisson, MD  
IHA Associates in Gynecology & Obstetrics

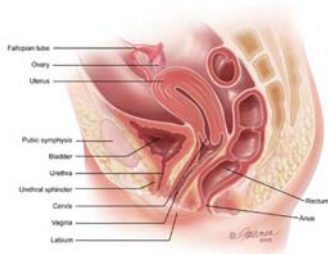


## Topics

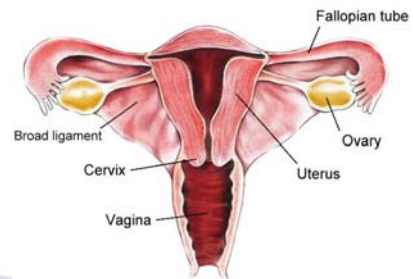
- Normal Anatomy
- Vulvar findings
- Vaginal Findings
- Pap smear Screening
- Menstrual cycle
- Puberty
- Ovarian Cysts
- Peri-menopause
- Menopause



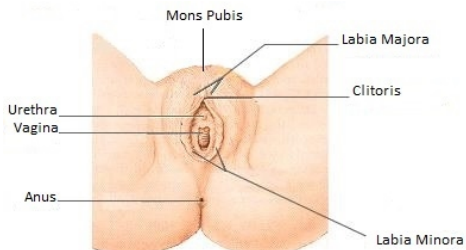
## Normal Anatomy



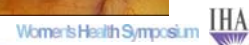
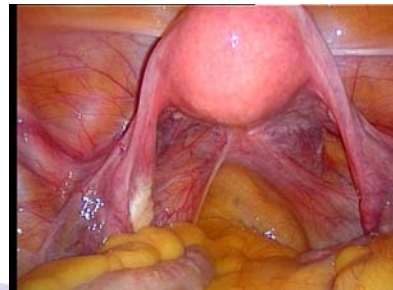
## Normal Anatomy

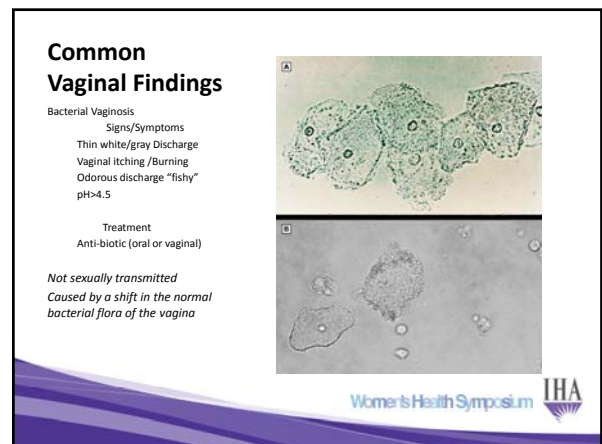
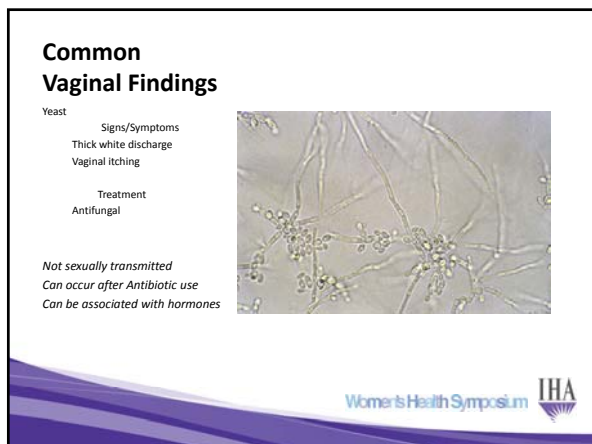
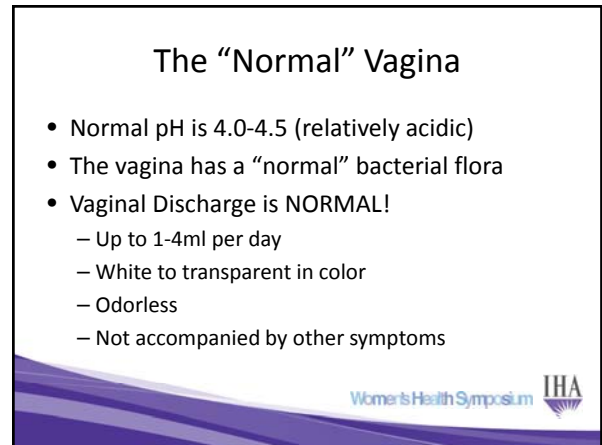
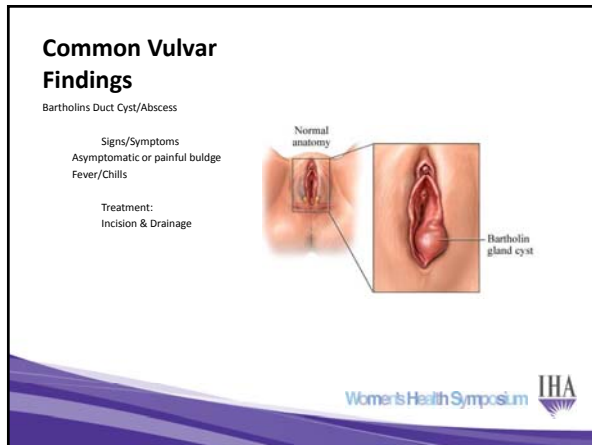
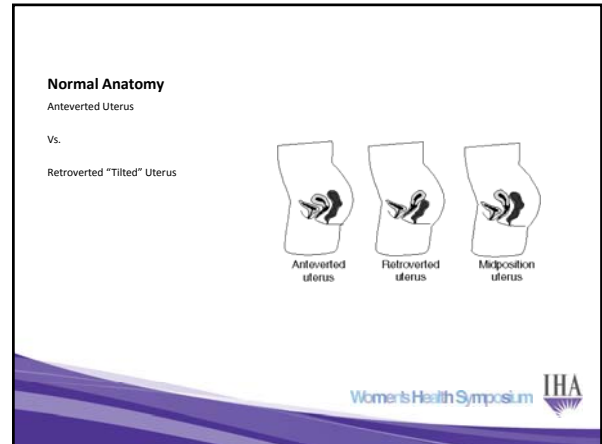
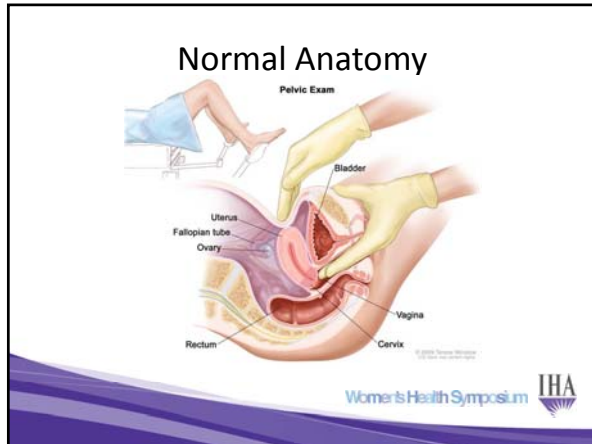


## Normal Anatomy




## Normal Anatomy






### Cervical Cancer Screening

- Cervical Cancer screening with Pap smears has decreased the incidence and mortality of cervical cancer




### Cervical Cancer Screening

- HPV (Human Papilloma Virus) is central to the cause of cervical cancer
- Infection with “high –risk” strains and persistence of HPV infection are the most important determinants in the progression to cervical cancer




### Cervical Cancer Screening

- HPV infection
  - There are 30-40 strains that affect the genital tract
  - HPV16 & HPV 18 are responsible for 70% of cervical cancer and 50% of cervical cancer precursors
  - Most young women clear HPV In 8-24months
  - HPV infection decreased in women >30yo but the rate of persitent HPV infection increases



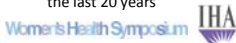
### Cervical Cancer Screening

- Ages 21-29
  - Cytology alone every 3 years
- 30-65
  - Co-testing: cytology/HPV q 5 years or cytology q 3 years




### Cervical Cancer Screening

- Women >65
  - No need to continue Pap's if :
    - two negative consecutive co-tests or three negative Pap tests within the past 10 years, with the most recent test within the previous five years
    - no history of CIN2/3 in the last 20 years
- Women who have had a hysterectomy (with removal of cervix)
  - No need to continue Pap's if :
    - two negative consecutive co-tests or three negative Pap tests within the past 10 years, with the most recent test within the previous five years
    - no history of CIN2/3 in the last 20 years



### Normal Puberty

- Average age of onset
  - 10.5 years old (range 8-12)
- Precocious puberty:
  - Development of breast buds prior to age 8
- Delayed puberty:
  - Lack of breast buds by age 12
  - Presence of breast buds but lack of menses by age 15



## Normal Puberty

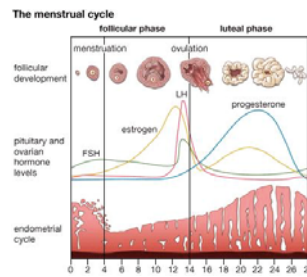
- Sequence of events
  - 1. Development of breast buds
  - 2. Development of pubic hair (this will happen 1<sup>st</sup> in ~15%)
  - 3. Onset of menses
    - This is on average 2-2.5 years from the onset of puberty

## Normal Puberty

- The timing of puberty is influenced by several factors
  - Genetics
  - Amount of body fat
    - A critical body weight is necessary for puberty to ensue
  - Possibly environmental factors

## Menstrual Cycle

- "Menstruation" or "Menses"
- Part of puberty
  - 12.5 years old (average)
- Potential for pregnancy
- FSH & LH
  - Brain -> ovary
- Estrogen & Progesterone
  - Ovary -> uterus/body



## Menstrual Cycle

- Frequency
  - Average adult cycle 28 days
  - Day 1 of bleeding = Day 1 of cycle
    - Normal range 21-35 days
  - Times of variation
    - » First 5-7 years after menarche
    - » Last 10 years before menopause
- Not all bleeding = your period !



## Menstrual Cycle

- Duration
  - Average 3-5 days
  - Anywhere between 2-7 days is still normal
- Flow
  - Varies depending on cycle
  - How much is too much?
    - Soaking a maxi pad in < 1hr or tampon < 2hrs
    - Passing large clots
    - Symptoms of anemia


## Normal Symptoms

- Breast tenderness
- Mood changes
- Changes in appetite
- Bloating
- Cramping
- Acne



### When to speak to your doctor



- Bleeding between periods
- Erratic or unpredictable cycles
- Heavy bleeding
- Cycles shorter than 21days or longer than 35 days
- Severe pain with cycles
- If premenstrual symptoms are affecting your quality of life



Women's Health Symposium IHA

### Ovarian Cysts


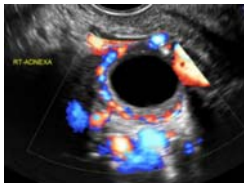
- YES, CYSTS CAN BE NORMAL!

Women's Health Symposium IHA

### Ovarian Cysts

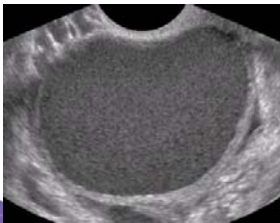
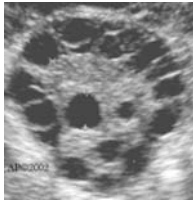
- Follicular cysts
- Corpus luteum cyst

Women's Health Symposium IHA

### Ovarian Cysts


- Endometrioma
- PCOS (polycystic ovarian syndrome)

Women's Health Symposium IHA

### Peri-Menopause

- Transition time between reproductive years and menopause
- On average begins 3-5 years prior to actual menopause
- Symptoms
  - Cycle irregularity
  - Vaginal dryness
  - Changes in mood
  - Hot flashes/Night sweats
  - Sleep disturbances



Women's Health Symposium IHA

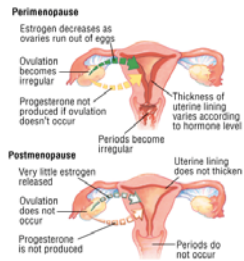
### Menopause

- No bleeding x1 whole year
  - Retrospective diagnosis!
- Average age of onset is 51.4 years old
  - <40years old is premature
- Natural vs other causes
  - Surgical
  - Medical
    - Medications, Chemotherapy etc

Women's Health Symposium IHA

## Symptoms

- Symptoms caused by hormonal changes
- May be present several years before final menstrual cycle
- No reliable way to predict when final menstrual cycle will occur



Women's Health Symposium IHA

## Symptoms

- Treatments do exist!
  - Hot flashes/Night Sweats
    - Hormone replacement
    - Nonhormonal options: SSRIs/SNRIs, Gabapentin
    - Natural options: Soy products, Black cohosh, Weight loss & Exercise
  - Vaginal dryness
    - Vaginal moisturizers, lubricants, vaginal estrogen



Women's Health Symposium IHA

## Menopause

- Postmenopausal bleeding is always considered **ABNORMAL** until proven otherwise
- Please speak with your doctor if this occurs!

Women's Health Symposium IHA

## QUESTIONS?

*Thank you for coming!*

Women's Health Symposium IHA