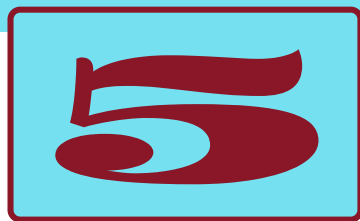


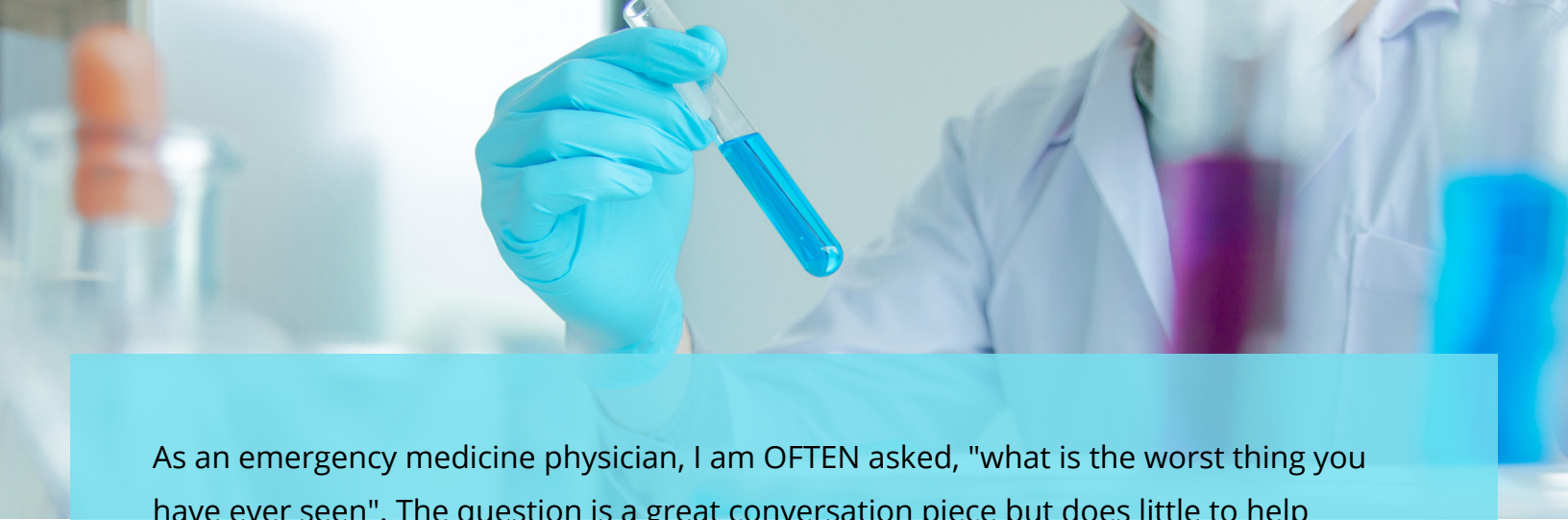


**DR. GEOFF OF DR SAVING LIVES
PRESENTS**



MUST EXAMINATIONS FOR WOMEN

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As an emergency medicine physician, I am OFTEN asked, "what is the worst thing you have ever seen". The question is a great conversation piece but does little to help anyone. The question I am asked by close friends is "what medical tests or screenings do I need to get done?" I am not a primary care doctor but the following is what I tell my mother, wife, daughter, sisters, family members and friends. I also reminded and challenged them to take care of us starting now because we need them around.

Exam #1:

Pelvic Exam and Pap Smear

A pelvic exam is performed to do a pap smear, to prepare for some types of birth control, or to evaluate a problem. The pelvic exam may have three main parts — inspection, speculum exam, and bimanual exam. The Pap Smear is a screening test for cancer of the cervix, and for changes in the cells of the cervix that could lead to cancer.



Exam #2:

Breast Exam AND mammogram

Breast examinations can detect a lump in your breast and other changes that might require more testing. Breast exams are one of the most important early breast cancer screenings. Mammography uses low-dose x-rays to examine your breasts. Annual mammograms, also called screening mammograms, have been shown to significantly reduce the number of women age 40 and older who die from breast cancer.





E xam #3:

Screening Colonoscopy

- A colonoscopy is an excellent screening exam. 90% of all colorectal cancers are curable if detected early.

Everyone over the age of 50 should have one done. Studies show that if you are black or have risk factors for colorectal cancer, your first screening should be at 45.

During a colonoscopy, a long, flexible tube is inserted into the rectum after the patient is sedated. A tiny video camera at the tip of the tube allows for the gastroenterologist to view the entire colon for abnormalities and obtain specimens if needed.

Discuss the details with your doctor but a colonoscopy needs to be repeated every 5 years.



Eexam #4:

Blood pressure check

A blood pressure reading less than 120 (systolic) over less than 80 (diastolic) is considered normal. Readings above 120/80 may indicate pre-hypertension. Most people cannot tell if their blood pressure is high because there are usually no symptoms. High blood pressure increases the risk of:

1. Heart failure
2. Heart attack
3. Stroke
4. Kidney failure

If you have high blood pressure, blood pressure measurements can help determine if your medicine and diet changes are working. Low blood pressure may be a sign of a variety of illnesses, including heart failure, infection, gland disorders, and dehydration.



Exam #5:

Fasting Cholesterol Profile

A complete cholesterol test also called a lipid panel or lipid profile is a blood test that can measure the amount of cholesterol and triglycerides in your blood. A cholesterol test can help determine your risk of the buildup of plaque in your arteries that can lead to narrowed or blocked arteries throughout your body. A cholesterol test is an important tool. High cholesterol levels often are a significant risk factor for coronary artery disease.

These are recommendations that I give to my family. The information is not intended to be used as medical recommendations. Please discuss with your primary care doctor or a physician in the state where you reside.

If you have any questions or would like more information:

Check out my website: www.drsavinglives.com or feel free to contact me by email at info@drsavinglives.com

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DR. GEOFF'S 5 RECOMMENDED TEST FOR WOMAN:

1 Pelvic Exam and Pap Smear

Date to be completed_____

2 Breast Exam AND mammogram

Date to be completed_____

3 Screening Colonoscopy

Date to be completed_____

4 Blood pressure check

Date to be completed_____

5 Fasting Cholesterol Profile

Date to be completed_____

6 Weight - step on a scale

Date to be completed_____