

Bellevue Medical Partners, PLLC

Screening Guidelines, What is changing?

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"Part of the service we offer to you is helping to have discussions about how to individualize your care in the way that makes the most sense for you."

This month, The American College of Physicians published recommendations stating that screening pelvic examination in asymptomatic, nonpregnant, adult women is no longer needed. Pelvic examination is a speculum and bimanual examination that examines the vagina, cervix, adnexa, uterus, ovaries, and bladder. This is different from PAP smear screening. PAP smear is a cervical screening measure and is truly a separate issue with clear and largely agreed-upon guidelines. Additionally, it is important to remember that a screening test, by definition, is done for asymptomatic conditions. When there are symptoms present, these exams are for diagnostic purposes, and these guidelines do not apply.

This new recommendation regarding pelvic exam screening is based on large population data indicating that routine pelvic exams have not shown statistically significant reduction in ovarian cancer morbidity or mortality rates. Possible harms from screening were identified as fear, anxiety, embarrassment,

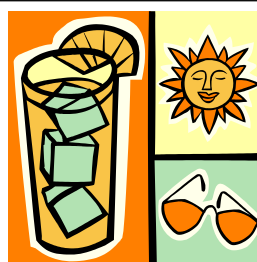
discomfort, and UTI or UTI-like symptoms. Their conclusion is that routine pelvic exams in asymptomatic non-pregnant adult women exposes women to unnecessary potential harm without any proven benefit.

Debate about screening measures is not uncommon in the medical community. There has been much debate about breast self-exams, prostate cancer screening, and mammogram screening, just to name a few. While population screening guidelines can be very effective to identify low-cost ways to manage population-sized screening, individual factors and preferences always come into play. Part of the service we offer to you is helping to have

discussions about how to individualize your care in the way that makes the most sense for you.

With regard to pelvic exams, we plan to have discussions with any woman regarding your individual situation and preference. Our experience is that while population-wide benefit may not be present, you as an individual may have factors that lead us to recommend continued screening exams. We plan to offer women ongoing screening with pelvic exams in this clinic, and each physician can offer discussion regarding the pros/cons to your situation specifically.

If you have any questions, feel free to talk to Dr Williams, Dr Kaner, or Dr Mills at your next visit.



**Don't
forget your
sunscreen**

Did you know that Washington State has the 4th highest incidence of skin cancer of any state in the country?

Out-ranking Washington are other states you may not expect: Wyoming, Delaware, and Utah. Even on overcast days, don't forget to apply sunscreen if you are outdoors. People who have lighter skin and/or freckles are at higher risk and should be particularly cautious. Be sure to apply a broad-spectrum sunscreen, meaning one that provides protection against UVA and UVB rays.

Reapplication every two hours ensures good coverage and also replaces any sunscreen that may have been removed by sweating and/or swimming.

I think it's a urinary tract infection (UTI)

Statistics on Smoking from the CDC:

Worldwide, tobacco use causes more than 5 million deaths per year, and current trends show that tobacco use will cause more than 8 million deaths annually by 2030.

Cigarette smoking is responsible for more than 480,000 deaths per year in the United States, including an estimated 41,000 deaths resulting from secondhand smoke exposure. This is about one in five deaths annually, or 1,300 deaths every day.

Are you ready to stop smoking? If so, let us know. We are here to help you! The most important first step is your readiness to make a change.

Urinary tract infections are common in women, and many women are familiar with the symptoms of burning, frequency, and urgency that come with these types of infections. As we age, it is important to remember that there are other problems that can lead to these same exact symptoms. For example, atrophic vaginitis is a post-menopausal

condition where the vaginal tissue, in the absence of estrogen, becomes thinner and thinner. This can cause many of the same symptoms as a urinary tract infection. It is important to differentiate when symptoms may be related to infection or when there are other factors at play because antibiotics are not without side effects and risks. If you are concerned that have a urinary infection, you can leave

us a urine sample in the office during normal office hours and we can do initial testing immediately. Confirmatory testing usually takes 48 hours and is indicating if initial testing shows the possibility of infection.

UTI is uncommon in men, so if you are a man and have symptoms you believe are infection, you need to be seen by Dr Williams, Dr Kaner, or Dr Mills.

Important Clinic Announcements

The Big R (Retirement?) Not Yet! However, Dr Williams is working towards a more reasonable balance of work and being a grandpa. We want to see him happy and to have him continue to work with us for a long time. As a result, beginning in July, he will be taking a bit more time off, including some ½ days. While he is cutting back, Drs. Kaner and Mills are here to make sure you enjoy the same level of comprehensive service. We welcome your feedback as we go through these transitions.

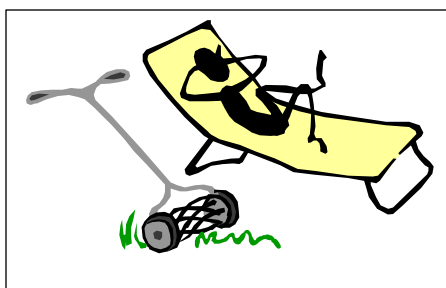
We are sad to announce that our MA, Monique, has left the clinic to pursue another opportunity. While we wish her well, it creates another transition. Shandy and the rest of the staff will make sure this has minimal impact on your experience while we search for someone who will be just the right fit.

Contact us:

Phone: 425-637-1022

Fax: 425-637-2011

When paging the on call doctor, be sure to listen to the entire message so you can choose the correct option. Please reserve e-mail communication for non-urgent matters.



Vacation Dates

The physicians have the following upcoming vacation dates. Remember that when one physician is away, the other two physicians will be available to meet your needs.

Dr Kaner: 8/6-8/10 and 8/27-8/31

Dr Williams 8/12-8/25

Dr Mills 7/28-8/1