

# Women's Health

*Health Services is committed to assisting women at UNH  
learn how to be and stay well physically and emotionally.*

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UNH Health Services  
[www.unh.edu/health-services](http://www.unh.edu/health-services)  
Facebook/Twitter: UNHHealth

# Annual Gynecological Exams

The Women's Health Department at Health Services is comprised of physicians, nurse practitioners, registered nurses and licensed practical nurses.

All visits with our clinical staff are confidential.

*All services are by appointment by calling (603) 862-1806.*

# Female Reproductive System

*Improving women's well-being cannot be accomplished without improving women's knowledge of their own reproductive system.*

*United Nations Development Fund for Women*

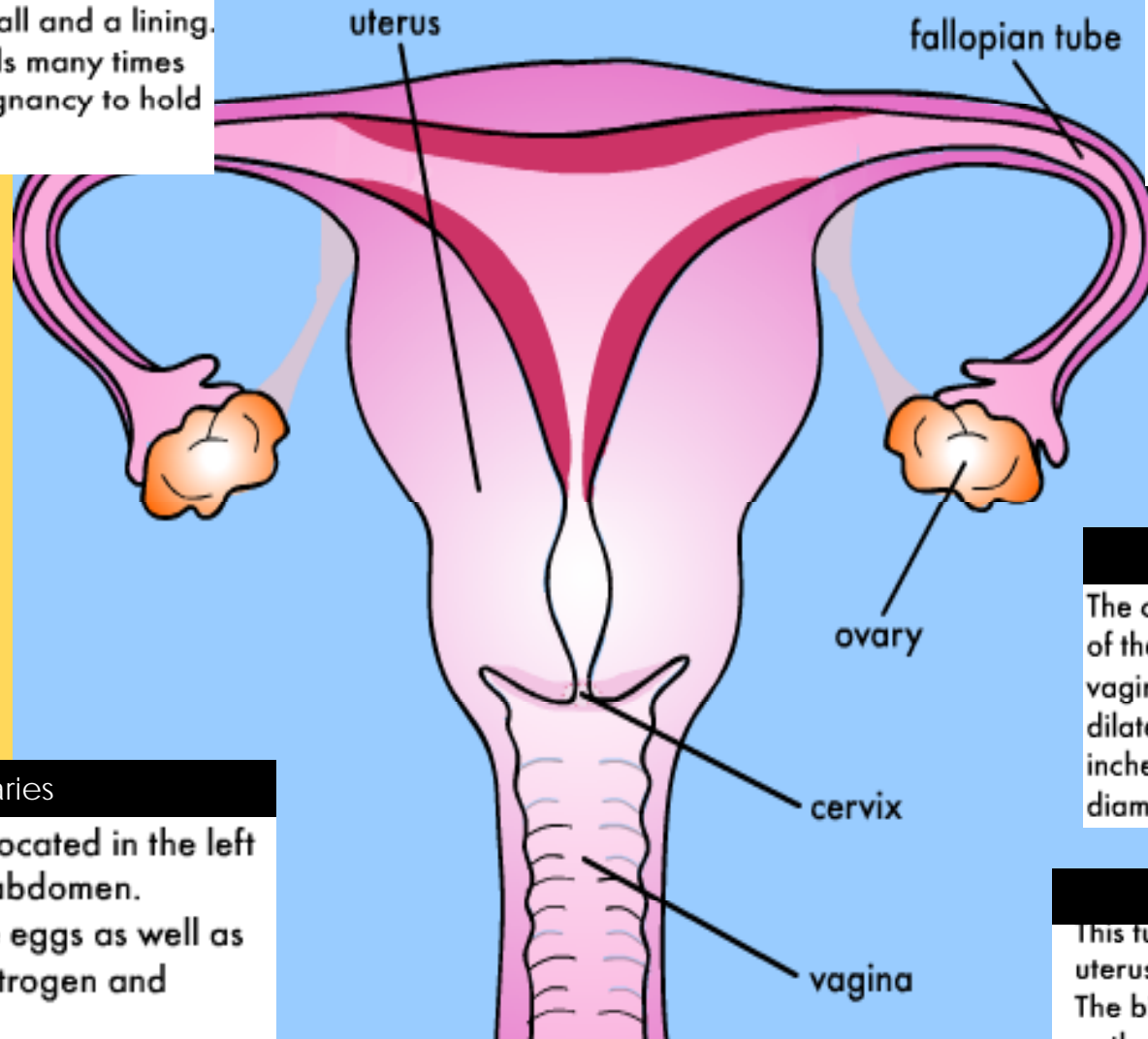
# Female Reproductive System

## Uterus

Also called the womb, the uterus is a hollow, pear-shaped organ with a muscular wall and a lining. The uterus expands many times in size during pregnancy to hold the growing fetus.

## Fallopian Tubes

These thin, soft tubes extend from the uterus to the ovaries. During ovulation, an ovary releases an egg into the fallopian tube next to it.



## Ovaries

The ovaries are located in the left and right lower abdomen. Ovaries produce eggs as well as hormones like estrogen and progesterone.

## Cervix

The cervix is the lower portion of the uterus that opens into the vagina. During labor, the cervix dilates (expands) to about 4 inches (10 centimeters) in diameter.

## Vagina

This tube-like organ connects the uterus to the outside of the body. The birth of a baby follows its path.

# Gynecologists

## What is a gynecologist?

A gynecologist is a physician who specializes in the health of the female reproductive system, including the diagnosis and treatment of disorders and diseases, such as cervical cancer and sexually transmitted infections (STIs).

Health Services has one gynecologist and several nurse practitioners who focus on women's health, including gynecology.

# Gynecological Exam

**What is the difference between an annual exam and gynecological visit?**

An annual exam is the same thing as a gynecological exam. Here at Health Services, we call the visit an ***annual gynecological exam or women's health annual exam***. *You can also have a gynecological visit without it being your annual exam.*

Most visits will take 30-minutes with a health clinician.

# Gynecological Exam

## What should I expect to happen during an annual gynecological exam?

- Review of health history (health of your family and yourself)
- Examination of your breasts to check for lumps
- Vaginal/pelvic exam to check for swelling and growth of organs
- Rectal exam to feel organs for growths and swelling from a different angle
- Pap smear for cervical cancer screening test

# Gynecological Exam

## When should I have my first annual gynecological exam?

A pelvic exam is recommended yearly beginning at age 18 or when you become sexually active, whichever comes first.

A Pap smear (cervical cancer screening) is recommended three years after you begin having sex or at age 21. This applies to all women, regardless of sexual orientation.

# Pelvic/Vaginal Exam

A pelvic exam is recommended yearly beginning at age 18 or when you become sexually active, whichever comes first.

The purpose of the exam is for a health clinician to examine your female reproductive organs for any problems.

**Women should also see a health clinician for an exam if they experience:**

- Very painful periods with intense cramps
- Vaginal bleeding that last more than 10 days
- Pain in their genital or pelvic area
- Vaginal discharge or wetness on your underwear that causes itching, burns or smells different
- Missed periods; especially if you are having sex

# Pelvic/Vaginal Exam

## What happens during a pelvic/vaginal exam?

- The health clinician will examine the vagina with a small instrument called a speculum. This enables viewing of the vagina, vaginal wall and cervix (opening into the uterus).
- Wearing gloves, your health clinician will put one or two fingers in your vagina and press on your abdomen with the other hand.
- The health clinician feel your internal organs (the uterus, fallopian tubes, and ovaries) to make sure they're free of fibroids, cysts, and tumors, and she'll check the size, shape, and position of your uterus.
- The health clinician will then insert a gloved finger into your anus to feel your organs from a different angle, still checking for swelling, growth or other abnormalities.

*Just like the other procedures, this should only be uncomfortable for a few moments. If you feel pain or tenderness let your health clinician know right then because this could indicate an infection.*

# Pap Smears

## What is a pap smear?

- A Pap smear is a cervical cancer screening test.
- Women are advised to get their first annual Pap smear three years after they begin having sex or at age 21. This applies to all women regardless of sexual orientation.

## What happens during a Pap smear?

A Pap smear is very similar to a throat culture used to check for strep throat. A long q-tip will be inserted into your vagina and used to swab the cervix to check for cancer. The exam is uncomfortable but not painful for most women.



# Abnormal Pap Smears

## What is an abnormal pap smear?

When the pap smear results show changes in the cervix.

## What happens if you have an abnormal pap smear?

A health clinician may will discuss appropriate follow-up based on the pap smear results and your age. You may then make an informed decision for your follow-up care.

A health clinician may recommend:

- A colposcopy with biopsy. A colposcopy is a way for your health clinician to closely examine your cervix to identify the source of the abnormal cells.
- Have a repeat Pap at 6 and 12 months, and high risk HPV testing at 12 months.

Because of the natural history of HPV, Health Services has decided to follow the least invasive approach of giving the cervix time to repair itself before doing a colposcopy. Consequently, we are no longer routinely recommending colposcopy for adolescents with LGSIL.

# Breast Exams

A breast exam will be performed during your annual gynecological exam to check for lumps or changes in your breasts.

## What happens during a breast exam?

The health clinician will...

- Check your breasts for any lumps or discharge from your nipples.
- Ask you if you've noticed anything unusual or experienced any pain.
- Show you how to perform a self-breast examination (BSE) that you can do on your own to get to know how your breasts normally look and feel, so you can tell your clinician about any changes.

# Annual Exams

Health Services provides annual gynecological exams and Pap smears.

If a student has paid her health fee, gynecological exams are available at no cost.

The cost for a Pap smear is \$15 and will be billed to your insurance through the Business Office in Health Services, unless you request otherwise.



Appointments:

(603) 862-1806

Information:

[www.unh.edu/health-services](http://www.unh.edu/health-services)

# Contraceptive Choices

The Women's Health Department at Health Services is comprised of physicians, nurse practitioners, registered nurses and licensed practical nurses.

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# Contraceptive Choices

- There are several methods of contraception and making the choice to use contraceptive methods can often be overwhelming.
- The staff at Health Services is available to educate you on the options available so that you can make an informed decision.
- There is no fee to meet with a clinical provider to discuss your options. A gynecological exam is not required to initiate hormonal contraception. However, Health Services does have a Birth Control Options video that reviews all options available. Students are requested to review this video prior to starting any contraceptive method. A Health Services staff member can provide information on how to view this video on Blackboard.

Appointments: (603) 862-1806

Information: [www.unh.edu/health-services](http://www.unh.edu/health-services)

# Contraceptive Choices

Does the Health Services Pharmacy sell birth control pills and other contraceptive methods?

*Yes!*

We can fill a new prescription or transfer in any remaining refills from an already existing prescription (if it is a prescription we carry).

If you need a new or refill prescription written, you will need to make an appointment with a Health Services clinician. We may need to receive records of your most recent PAP Smear test results and gynecological exam, if you have had one.

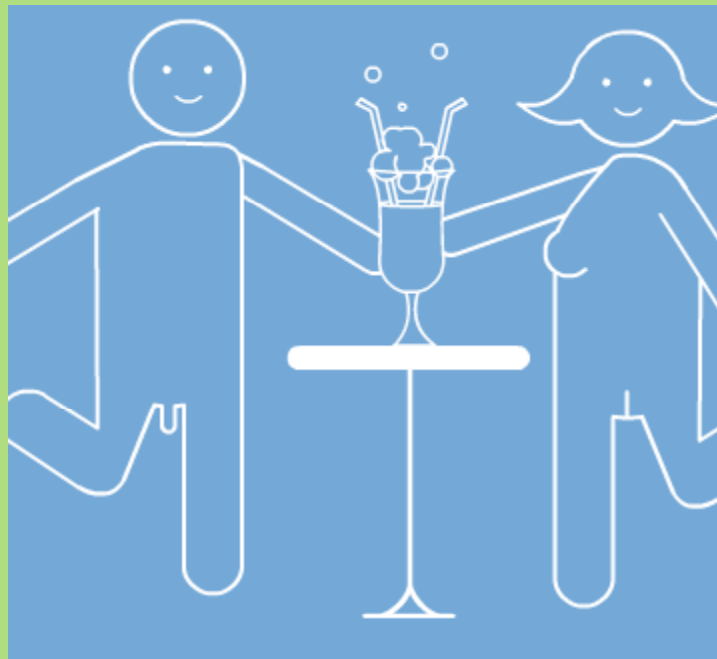
If you don't have this information, Health Services provides PAP Smears and annual gynecological exams in our Women's Health department by calling (603) 862-1806.

# Contraceptive Choices

## *Behavioral Methods – Postponement (aka) Abstinence*

Planned Parenthood defines postponement / abstinence as having not anal, vaginal or oral sex play with another person. Not having vaginal intercourse prevents semen from joining with an egg.

Postponement / abstinence is 100% effective - unless semen gets into the vagina.



Source: [www.teenwire.com](http://www.teenwire.com)

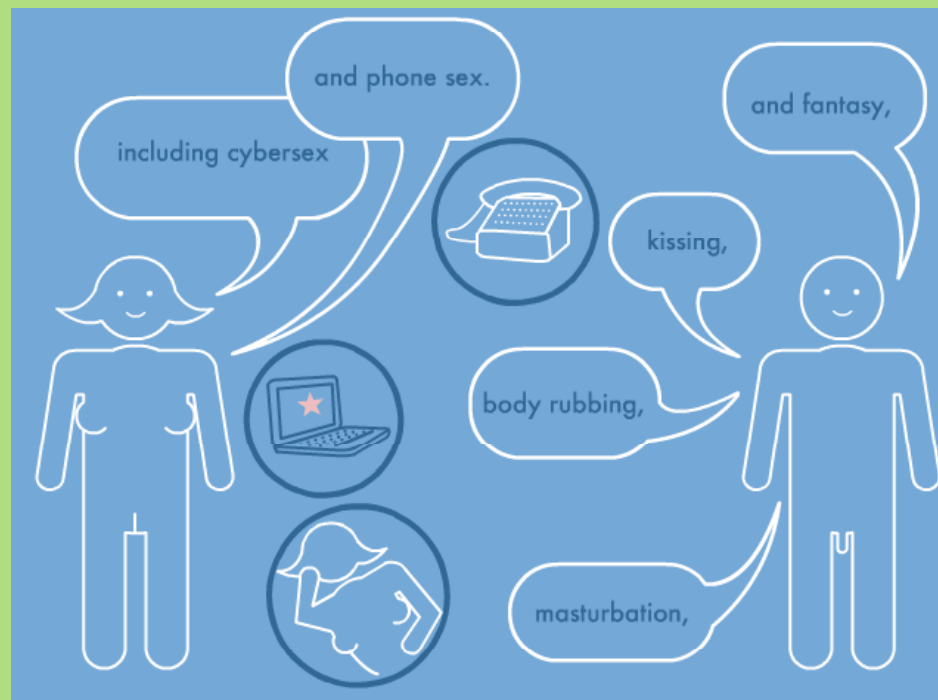
**Choosing to not have sex is the safest form of sex, next to masturbation.**

# Contraceptive Choices

## *Behavioral Methods – Outercourse*

Outercourse is any sex play that does not involve vaginal or anal penetration.

Outercourse is 100% effective – unless semen gets into the vagina.



Source: [www.teenwire.com](http://www.teenwire.com)

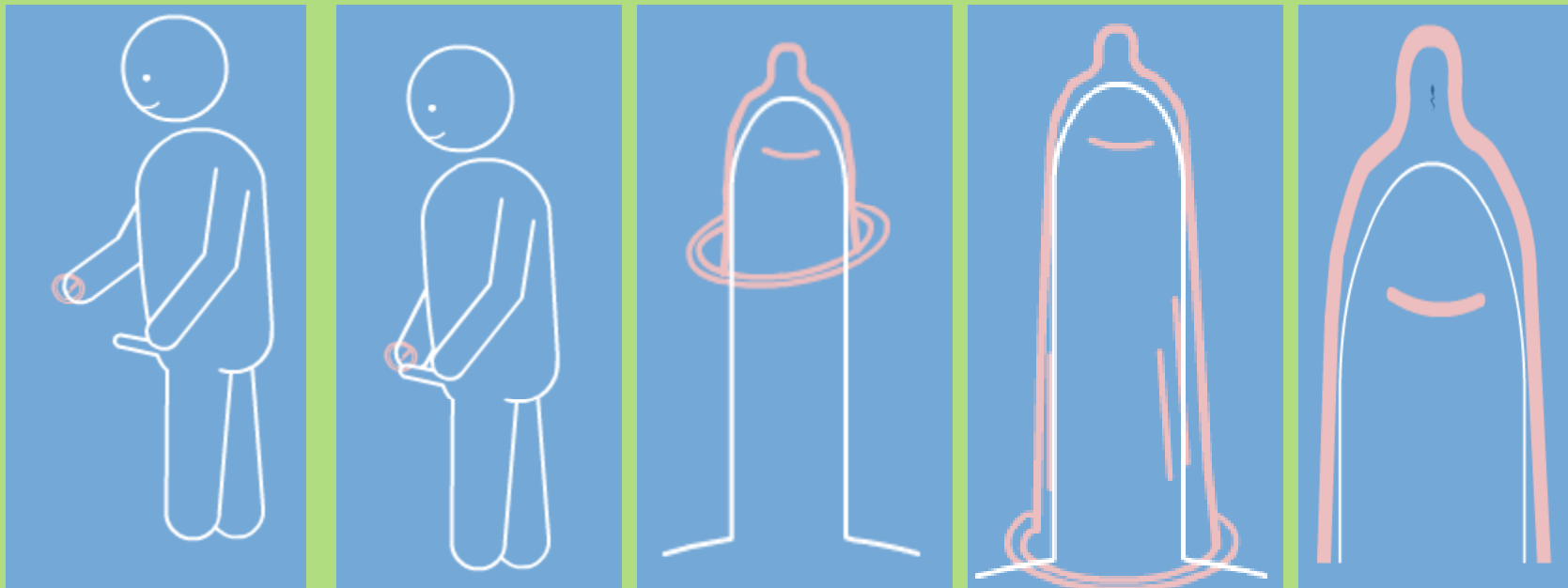
**Choosing to not have anal, oral or vaginal sex is the safest form of sex, next to masturbation.**

# Contraceptive Choices

## *Barrier Methods – Male Condoms*

A male condom is a sheath made of latex or plastic. It covers the penis to keep sperm from joining with an egg.

A latex condom is 98% effective, if used consistently and correctly.



Source: [www.teenwire.com](http://www.teenwire.com)

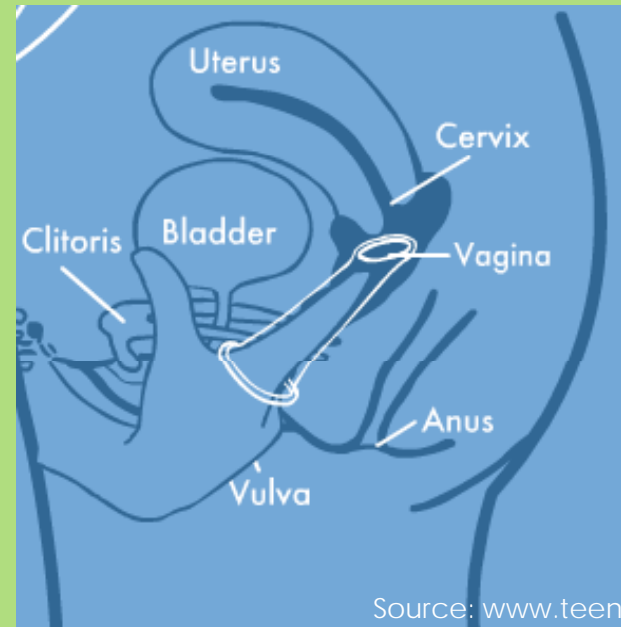
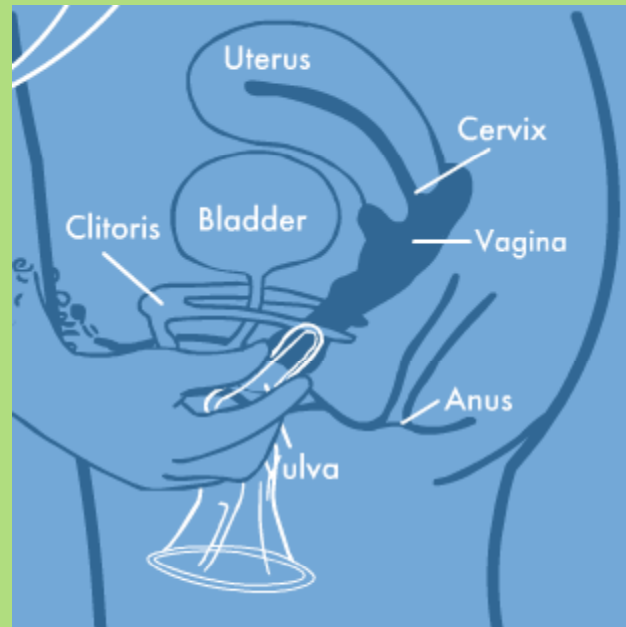
**Condoms also protect against Sexually Transmitted Infections (STIs)**  
**Free condoms and lubrication available in Health Services**

# Contraceptive Choices

## *Barrier Methods – Female Condoms*

A female condom is a polyurethane sheath with a flexible ring at each end that is inserted deeply into the vagina. It collects semen to keep sperm from joining with an egg.

A female condom is 95% effective, if used consistently and correctly.



Source: [www.teenwire.com](http://www.teenwire.com)

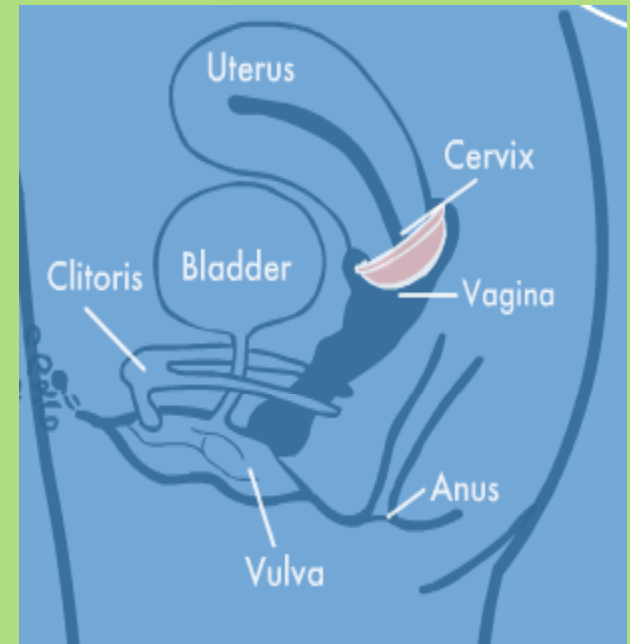
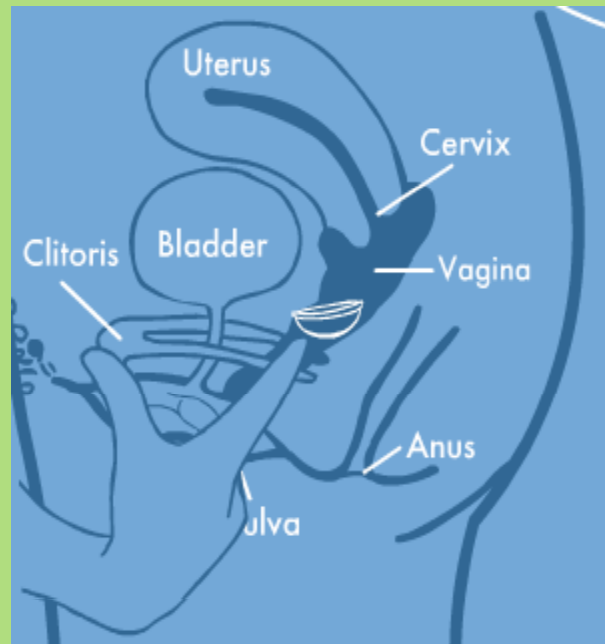
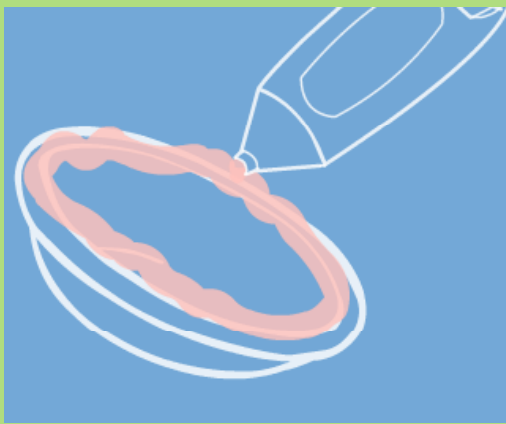
**Condoms also protect against Sexually Transmitted Infections (STIs)  
Free female condoms available in Health Services, Room 249**

# Contraceptive Choices

## *Barrier Methods – Diaphragms, Caps and Shields*

Diaphragms, caps and shields are used with spermicide and placed in the vagina against the cervix. They keep sperm from joining with an egg.

Diaphragms, caps and shields are 71-94% effective, if used consistently and correctly.



Source: [www.teenwire.com](http://www.teenwire.com)

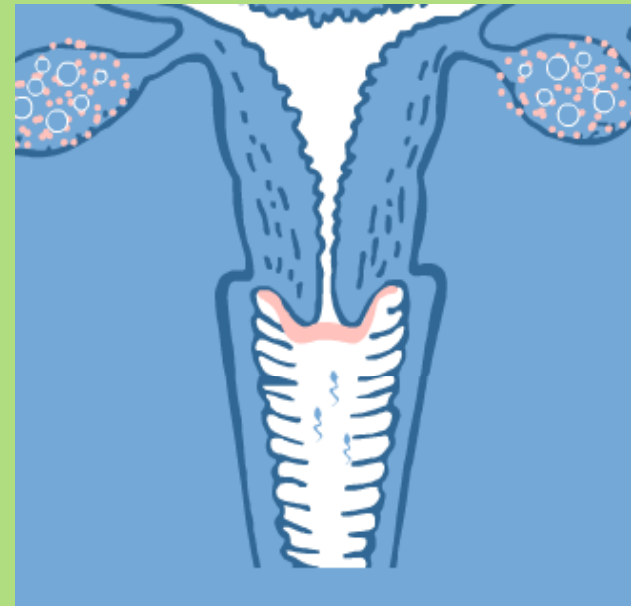
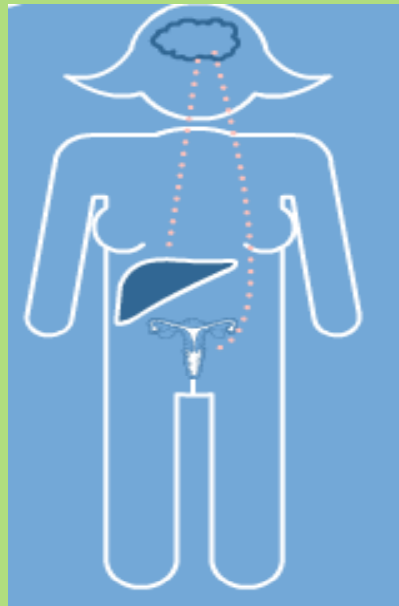
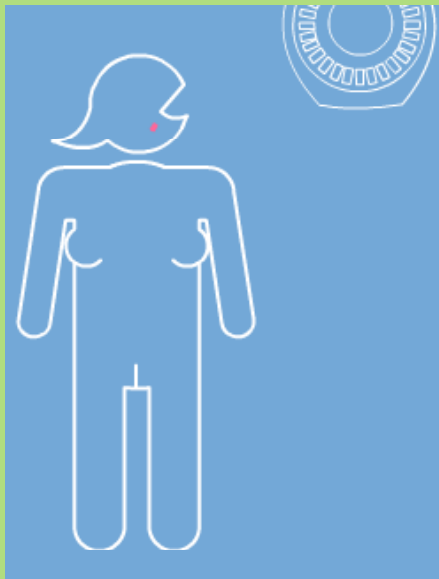
**The Health Services Pharmacy carries All-Flex Diaphragm for \$23.50. These contraceptive methods do not protect against Sexually Transmitted Infections (STIs)**

# Contraceptive Choices

## *Hormonal Methods – The Pill*

The Pill is a prescription form of birth control. It contains hormones that prevent the release of eggs and prevent sperm from joining with an egg. A health clinician can prescribe the right pill for you.

The Pill is 99.7% effective, when used correctly and consistently.



Source: [www.teenwire.com](http://www.teenwire.com)

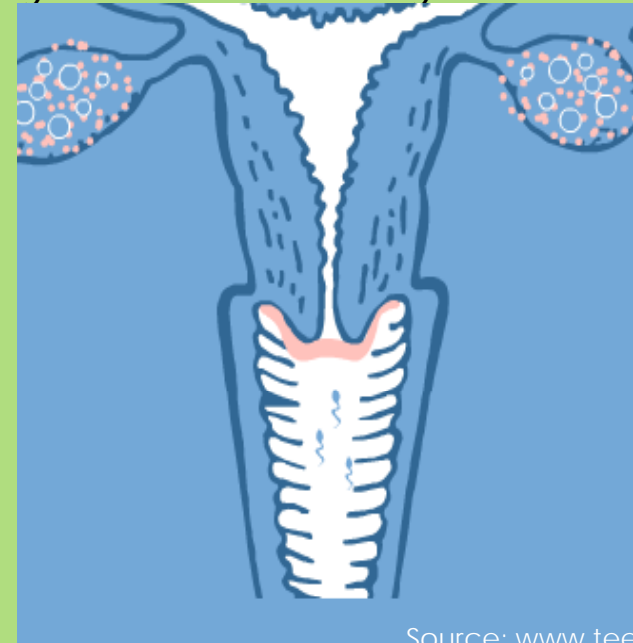
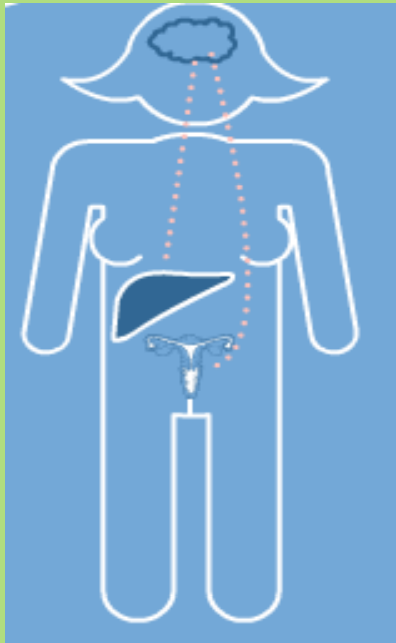
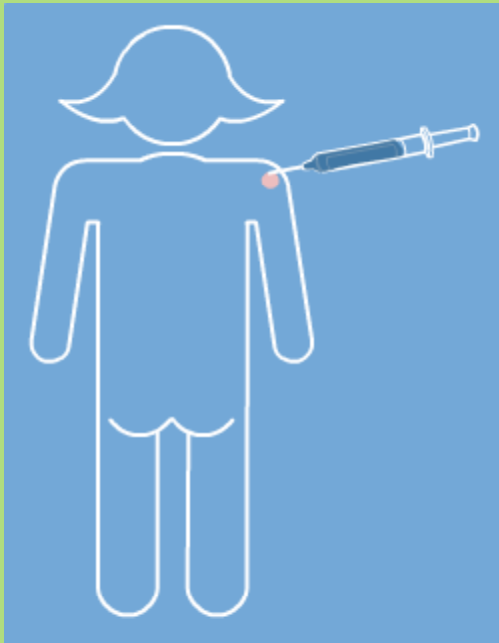
**The Health Services Pharmacy carries several birth control pills at reduced cost.  
The Pill does not protect against sexually transmitted infections (STIs).**

# Contraceptive Choices

## *Hormonal Methods    Depo-Provera Injection*

Depo-Provera is a prescription form of birth control. It is an injection of progestin that is injected into a woman's arm or buttocks. Depo-Provera prevents the release of eggs and prevents sperm from joining with eggs for 12 weeks.

The Shot is 99.7% effective, when used correctly and consistently.



Source: [www.teenwire.com](http://www.teenwire.com)

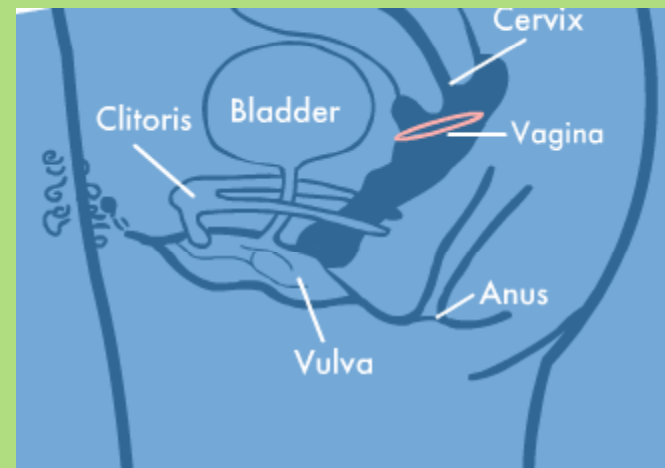
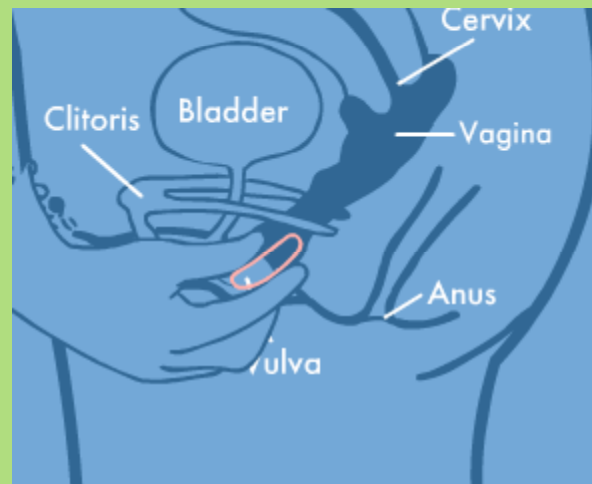
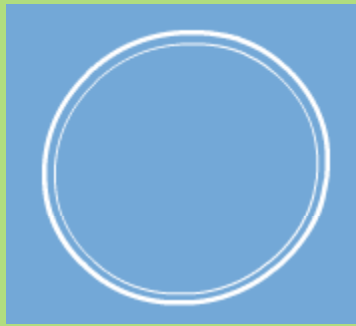
**The Health Services Pharmacy provides the Depo Provera shot for \$55.  
The shot does not protect against sexually transmitted infections (STIs).**

# Contraceptive Choices

## *Hormonal Methods – The Nuva Ring*

The Nuva Ring is a small, flexible ring that is placed inside of the vagina. It releases hormones to prevent the release of an egg and prevent sperm from joining with an egg. The Nuva Ring will last one month before it needs to be replaced with a new ring.

The Nuva Ring is 99.7% effective, when used correctly and consistently.



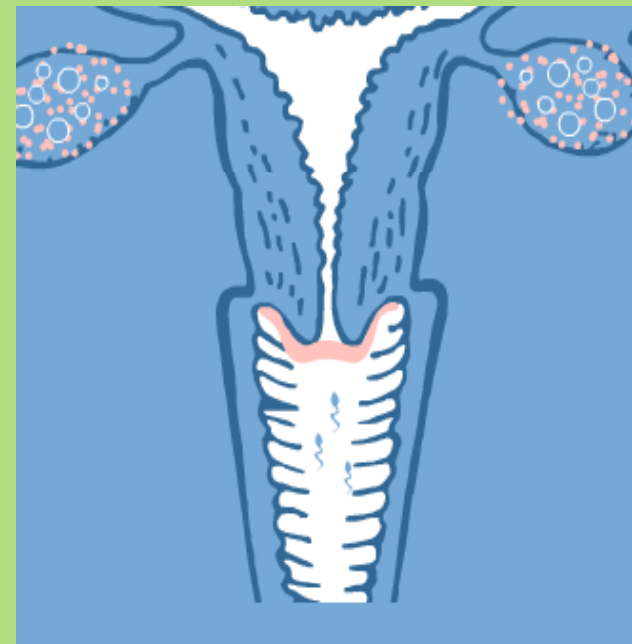
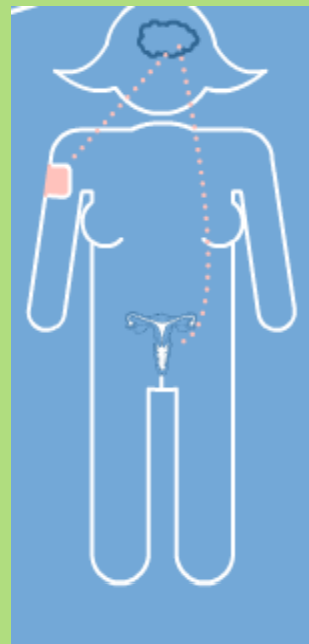
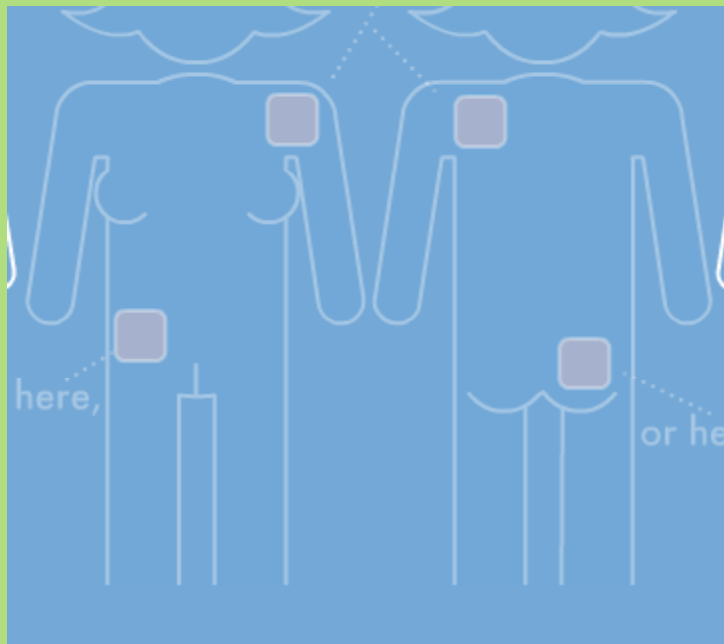
The Health Services Pharmacy carries the Nuva Ring at a discounted price of \$57. The Nuva Ring does not protect against sexually transmitted infections (STIs).

# Contraceptive Choices

## *Hormonal Methods – The Patch (Ortho Evra)*

The Patch is a prescription form of birth control. It releases hormones that prevent the release of eggs and prevent sperm from joining with eggs.

The Patch is 99.7% effective, when used correctly and consistently.



Source: [www.teenwire.com](http://www.teenwire.com)

**The Patch does not protect against sexually transmitted infections (STIs).**

# Emergency Contraception

*His condom broke... You forgot to take your pill... He didn't pull out in time...  
He forced you to have sex... You were both intoxicated...*

Emergency contraception (EC), also known as the "Morning After Pill" is intended as emergency contraception for when you are unable to protect yourself against pregnancy during vaginal intercourse.

## How does EC work?

EC creates a short strong burst of hormones which interfere with the normal hormone patterns of the menstrual cycle. They may prevent release of an egg from the ovary, disturb the lining of the uterus to prevent implantation in the uterus or interfere with the transportation of the egg or sperm through the fallopian tube.

## How to take EC?

EC can be taken up to 5 days after unprotected intercourse. However, statistics show that EC works better at preventing pregnancy if it is taken within the first 24 hours. Don't Wait!

**Emergency Contraception is available at the Health Services Pharmacy for \$25**

# Pregnancy Testing and Options

Health Services offers free\* pregnancy testing.

If the test returns positive, we can offer support and guidance about the options available to you.

*All visits and tests are confidential.*

**Appointments:  
(603) 862-3823**



\*in most cases pregnancy testing is free unless a more advanced pregnancy test is required.

# Sexually Transmitted Infection (STI) Testing

Health Services provides STI testing.

Cost varies depending on what STIs you get tested for. In most cases, we can bill your insurance provider.

*All visits are confidential.*

**Appointments:**  
**(603) 862-3823**

**Information:**  
**[www.unh.edu/health-services](http://www.unh.edu/health-services)**



# HPV Vaccine – Gardasil

*Human Papilloma Virus (HPV) is a very common sexually transmitted infection (STI). HPV can be spread through any kind of sexual activity that involves genital contact – not just intercourse.*

Nearly 80% of the sexually active population will acquire HPV at some point in their lives. The majority of those infections (about 90 percent) will go away on their own, without causing problems, within a year or two. There are over 100 types of HPV, and more than 30 of those are sexually transmitted by vaginal, oral, or anal intercourse.

There are "low risk" types of HPV, which are linked to genital warts, and "high risk" types of HPV, which may cause abnormal pap smears and can lead to cervical cancer.

Health Services provides the HPV vaccine, Gardasil which protects against 4 types of HPV. Two of the types of HPV it protects against cause 70% of cervical cancer. The other two types of HPV it protects against cause the majority of genital warts. Gardasil is recommended for young women ages 9-26.

**Health Services has the HPV vaccine, Gardasil, available for female students.  
The series of three doses that is given over 6 months.  
Gardasil costs \$453 (\$151/dose).**

# General Health

The clinical staff at Health Services is also here to see women who have health concerns **unrelated** to reproductive health.

Most visits are covered by the health fee.

Call (603) 862-2856 to speak to a nurse

Call (603) 862-1806 to make an appointment