

Frequently Asked Questions

When should I have my first pap smear or send my daughter for one?

At the onset of sexual activity or by age 18.

What are some new forms of birth control?

- Ortho Evra Patch
- Nuvaring
- Intra-uterine Device

What are my treatment options for menopause?

Hormones such as estrogen and progesterone, bioidentical hormone replacement, naturally compounded hormones. Menopausal women can also buy soy products over the counter.

What is the average expected weight gain in pregnancy?

25-35 pounds

What are the symptoms of menopause?

Typically a menopausal woman will experience hot flashes and night sweats, vaginal dryness, insomnia, moodiness, change in blood hormone levels.

How long should I discontinue birth control before trying to conceive?

Stop birth control 2-3 months prior to trying to conceive and start prenatal vitamins.

When can I expect ultrasounds during normal pregnancy?

- At first OB visit, about 6-8 weeks and at 18 weeks to check for abnormalities and gender.

What can I take for allergies during pregnancy?

Sudafed, Robitussin, Claritin, and over the counter saline nasal spray. If there is no relief, a prescription may be necessary.

Are there treatment options for PMS and mood swings?

We recommend the following: decrease stress, take Vitamin B, decrease caffeine intake, exercise, increase rest, watch carbohydrate intake. If symptoms persist, there are medications we can prescribe.

What are the symptoms of postpartum depression?

Feeling overwhelmed and fatigued, experiencing excessive guilt, worry, tearfulness, insomnia, anxiety and fear. If symptoms last longer than 5 days, the patient should call for an appointment.

What are possible causes of an abnormal pap smear?

- Vaginal or cervical infection or inflammation
- New cell growth
- Human papilloma virus (HPV)