

WOMEN'S
HEALTH GUIDE

EASTERN KENTUCKY
Advanced Women's Care Center
AT PIKEVILLE MEDICAL CENTER

PMC Clinic Bldg., 7th Floor
911 Bypass Road, Building A, Pikeville, KY 41501
606-430-2207
www.pmcky.org/obstetrics-gynecology



OB-GYN SERVICES

EASTERN KENTUCKY

Advanced Women's Care Center

AT PIKEVILLE MEDICAL CENTER



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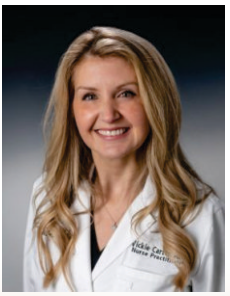

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"The Eastern Kentucky Advanced Women's Care Center at Pikeville Medical Center (PMC) is led by multiple OB/GYN physicians who make up the largest on-call, board-certified OB/GYN team in the region. This experienced team of physicians is supported by a dedicated and compassionate team focused on all aspects of women's health including well screenings, family planning, menopausal care, pregnancy and postpartum care, as well as minimally invasive gynecologic surgeries and more.

For mothers-to-be who are navigating the journey of pregnancy, the Eastern Kentucky Advanced Women's Care Center guides patients through this incredible chapter of life, delivering an average of 1,000 babies each year. Pregnancy and childbirth can be overwhelming, and the team at PMC strives to provide the support patients need every step of the way.

PMC's skilled obstetricians manage the various stages of labor, delivery and postpartum care, working closely with mothers to ensure safe and comfortable birthing experiences and employing medical interventions when necessary.

The decision of where a woman chooses to give birth when selecting an OB-GYN physician to care for them during their pregnancy. Having access to a Neonatal Intensive Care Unit, or NICU is critical in the event the baby requires medical attention at birth. For this reason, PMC offers the region's only Level II Advanced Care Neonatal Intensive Care Unit (NICU). PMC's experienced neonatologists specialize in caring for infants born prematurely or with medical conditions that require immediate attention. The NICU at PMC can care for babies born as early as 28 weeks and weighing as little as 2.6 pounds, keeping more families together in the event these life-saving services are needed.

The comprehensive care provided by PMC obstetricians, neonatologists and their dedicated support staff ensures that pregnancies are monitored with precision, deliveries are safe and newborns receive the support they need for a healthy start in life."



OB-GYN Services at PMC

- **Annual exams:** yearly visit including pelvic exam, breast exam, medication management, etc.
- **Pap smear:** diagnostic exam that is performed every 3 years or sooner if clinically indicated.
- **Endometriosis diagnosis and treatment:** often-painful condition in which tissue that is similar to the inner lining of the uterus grows outside the uterus. It often affects the ovaries, fallopian tubes and the tissue lining the pelvis.
- **Infertility treatment:** medication management, procedures and referrals.
- **Prenatal and postpartum care**
- **Hysterectomies:** laparoscopic, robotic or abdominal procedure
- **Family planning**
- **Menstruation/Menopause**
- **Lactation Consulting**

BREAST RADIOLOGY



Did you know

women 40+ can schedule a screening mammogram without an order?

Scan the code, visit:
https://mychart.pmcky.org/MyChart/Authentication/Login?

or call:
606-430-2230



Cherah Pryce, DO
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BREAST CANCER



Raising awareness about breast cancer is crucial for early detection and support. Here are some helpful tips:

Know Your Risk Factors: Understand personal and family history, age and lifestyle factors that can increase risk.

Regular Screenings: Schedule mammograms as recommended by healthcare providers. Starting at age 40, many women should have annual screenings.

Self-Exams: Perform monthly breast self-exams to familiarize yourself with your body and notice any changes.

Healthy Lifestyle: Maintain a balanced diet, exercise regularly, limit alcohol consumption and avoid smoking.

Educate Yourself: Stay informed about breast cancer, including signs, symptom and treatment options.

Support Others: Share information and support friends and family members affected by breast cancer.

Use Social Media: Spread awareness through social platforms by sharing facts, stories and resources.

Participate in Events: Join local walks, runs or fundraisers to support breast cancer research and education.

Advocate: Support policies that promote breast cancer research and access to care.

Talk Openly: Encourage conversations about breast health and remove the stigma around discussing cancer.

By spreading awareness and taking proactive steps, we can all contribute to the fight against breast cancer.

Detecting breast cancer early can significantly improve treatment outcomes. Here are key methods for detection:

Breast Self-Exams:

- Frequency: Perform monthly.
- Technique: Use your fingers to feel for lumps or changes in texture. Look for any changes in size, shape or appearance of the breast or nipple.

Clinical Breast Exams:

- Frequency: Get an exam by a healthcare provider every 1-3 years in your 20s and 30s and annually after age 40.
- What to Expect: A professional will check your breasts for lumps and other abnormalities.

Mammograms:

- Frequency: Recommended annually for women starting at age 40 or earlier based on personal risk factors.
- Purpose: X-ray imaging that can detect tumors that are too small to be felt.

Ultrasound:

- Often used as a follow-up to mammograms, especially for women with dense breast tissue to further investigate abnormalities.

MRI:

- May be recommended for women at high risk for breast cancer or to further evaluate suspicious areas found in other imaging tests.

Genetic Testing:

- If you have a family history of breast cancer, consider discussing genetic testing (like BRCA1 and BRCA2) with your doctor.

Be Aware of Symptoms:

- Look for signs such as lumps, swelling, changes in the shape or texture of the breast, discharge from the nipple or any persistent pain.

If you notice any changes or have concerns, consult a healthcare provider promptly. Early detection is key!



CERVICAL CANCER

Raising awareness about cervical cancer is essential for prevention and early detection. Here are some key tips:

Understand Risk Factors: Know the factors that can increase the risk, including HPV infection, smoking, a weakened immune system and long-term use of birth control pills.

Get Vaccinated: The HPV vaccine can significantly reduce the risk of cervical cancer. It's recommended for preteens, but adults up to age 26 may still benefit.

Regular Screenings:

- Pap Smear: Recommended starting at age 21, every three years until age 29.
- HPV Testing: For women aged 30 and older, Pap tests combined with HPV testing every five years is recommended.

Know the Symptoms: Be aware of symptoms like unusual bleeding, pelvic pain or changes in vaginal discharge and report any concerns to your healthcare provider.

Maintain a Healthy Lifestyle: Eat a balanced diet, exercise regularly, avoid smoking and manage stress to help boost your immune system.

Educate Yourself: Learn about cervical cancer, including its causes, prevention and treatment options. Share this knowledge with friends and family.

Discuss Sexual Health: Openly communicate with partners about HPV and safe sex practices. Using condoms can help reduce the risk of HPV transmission.

Participate in Awareness Campaigns: Join local events or social media campaigns to spread awareness about cervical cancer prevention and screenings.

Advocate for Access to Care: Support policies that ensure access to cervical cancer screenings and vaccinations for all women.

Support Others: Share experiences and resources with those affected by cervical cancer, helping to create a supportive community.

By following these tips and spreading the word, we can contribute to the prevention and early detection of cervical cancer.

Detecting cervical cancer early is crucial for effective treatment. Here are the primary methods for detection:

Pap Smear (Pap Test):

- Purpose: Screens for precancerous changes and cancer in the cervix.
- Frequency: Women should start at age 21, with tests every three years until age 29. From ages 30 to 65, options include a Pap test every 3 years or a Pap plus HPV test every 5 years.

HPV Testing:

- Purpose: Checks for the presence of human papillomavirus (HPV), which can cause cervical cancer.
- Frequency: Often done alongside a Pap test for women aged 30 and older.

Regular Pelvic Exams:

- Healthcare providers can check for unusual changes in the cervix or other reproductive organs. While not a screening tool for cervical cancer, pelvic exams can help detect other issues.

Know the Symptoms:

- Early cervical cancer often has no symptoms, but advanced stages may show signs like unusual bleeding (between periods, after sex or post-menopause), pelvic pain and changes in vaginal discharge. If you experience these symptoms, consult a healthcare provider.

Follow-Up on Abnormal Results:

- If your Pap or HPV test shows abnormal results, follow your healthcare provider's recommendations for further testing, such as a colposcopy or biopsy.

Colposcopy:

- If screening tests are abnormal, this procedure allows for a closer examination of the cervix. A biopsy may be taken for further analysis.

Biopsy:

- If cervical cancer is suspected, a biopsy involves taking a sample of cervical tissue for lab testing to confirm the diagnosis.

Regular screenings and being aware of your body are key to early detection. If you have concerns or a family history of cervical cancer, discuss them with your healthcare provider for personalized recommendations.

COLON CANCER

Staying informed and proactive can significantly impact prevention and early detection. Encourage friends and family to take these steps too!

Know Your Risk Factors

- Age: Risk increases after age 45.
- Family History: If you have a family history of colon cancer or polyps, you may be at higher risk.
- Genetics: Certain genetic conditions, like Lynch syndrome, increase risk.
- Lifestyle Factors: Sedentary lifestyle, obesity, smoking and heavy alcohol use can contribute.

Screening Recommendations

- Regular Screenings: Women should start screening at age 45, or earlier if at higher risk. Common methods include colonoscopy, stool tests or flexible sigmoidoscopy.
- Follow Guidelines: Consult with your healthcare provider about the best screening schedule for you.

Watch for Symptoms

- Changes in Bowel Habits: Noticeable changes such as diarrhea or constipation lasting more than a few days.
- Blood in Stool: Any presence of blood should prompt immediate medical attention.
- Unexplained Weight Loss: This can be a red flag for various health issues, including cancer.
- Abdominal Pain: Persistent or severe pain should not be ignored.

Healthy Lifestyle Choices

- Diet: Incorporate plenty of fruits, vegetables, whole grains, and lean proteins. Limit red and processed meats.
- Exercise: Aim for at least 150 minutes of moderate exercise per week.
- Weight Management: Maintain a healthy weight to reduce cancer risk.
- Limit Alcohol and Avoid Tobacco: These substances can increase your risk of colon cancer.



Educate Yourself and Others

- Stay Informed: Keep up with the latest information on colon cancer and prevention.
- Discuss with Family: Share information and encourage family members to get screened, especially if there's a family history.

Support and Resources

- Join Awareness Campaigns: Participate in events like Colon Cancer Awareness Month in March.
- Seek Support: If you or someone you know is affected by colon cancer, look for support groups or resources for guidance.

Advocate for Your Health

- Communicate with Your Doctor: Be proactive about discussing your health and any concerns you have.
- Ask Questions: Don't hesitate to seek clarification on screening methods and procedures.

Colon cancer screening is essential for early detection and prevention. Here's an overview of the key points regarding screening:

Why Screening is Important

- Early Detection: Screening can find precancerous polyps and cancer early when treatment is most effective.
- Reduce Mortality: Regular screenings have been shown to decrease the risk of dying from colon cancer.

Who Should Get Screened

- General Guidelines: Begin screening at age 45 for average-risk individuals.
- Higher Risk Groups: If you have a family history of colon cancer, certain genetic syndromes or inflammatory bowel diseases, consult your doctor about starting your screening earlier.

Screening Methods

- Colonoscopy: A flexible tube with a camera is inserted into the rectum to examine the entire colon. Recommend every 10 years if results are normal.
- Stool Tests:
  - > *FIT (Fecal Immunochemical Test):* Tests for hidden blood in the stool, usually done annually.
  - > *FOBT (Fecal Occult Blood Test):* Similar to FIT, but may require dietary restrictions before the test.
  - > *sDNA (Stool DNA Test):* Looks for certain DNA markers, recommended every 3 years.
- Flexible Sigmoidoscopy: Examines only the lower part of the colon, usually done every 5 years.
- CT Colonography (Virtual Colonoscopy): A specialized CT scan of the colon, recommended every 5 years.

When to Discuss Screening with Your Doctor

- If you have symptoms (e.g., changes in bowel habits, unexplained weight loss).
- If you have a family history or other risk factors that may require earlier or more frequent screening.

Preparing for a Colonoscopy

- Dietary Restrictions: You may need to follow a special diet and avoid solid foods for a day or two before the procedure.
- Bowel Preparation: Clear out the colon with prescribed laxatives or enemas to ensure a clear view during the procedure.

Post-Screening Care

- Follow Up: Discuss the results with your doctor. If polyps are found, you may need more frequent screenings.
- Symptoms to Watch For: Report any unusual symptoms like severe abdominal pain or bleeding after the procedure.

Insurance and Costs

- Most insurance plans cover screening tests, but it is important to check your specific coverage details.

Regular screenings can save lives by detecting problems early, so stay informed and discuss your screening options with your healthcare provider!

MENOPAUSE



Am I going throught menopause?

Menopause is when periods have stopped for good. Menopause is diagnosed after at least 12 months without a menstrual cycle, bleeding or spotting.

Symptoms:

- Irregular Periods
- Vaginal dryness
- Hot flashes
- Night Sweats
- Sleeping Problems
- Mood changes
- Brain fog



Menopause is natural with no treatment needed. Treatments may be given to ease symptoms.

Please speak to your doctor.

OSTEOPOROSIS



Osteoporosis is a condition that weakens bones, making them more susceptible to fractures. Women are at a higher risk for osteoporosis, especially as they age. Here are some key risk factors and considerations:

Age

- Risk increases significantly after age 50, particularly post-menopause due to hormonal changes.

Hormonal Factors

- Estrogen Levels: Decreased estrogen levels during menopause can accelerate bone loss.
- Menstrual Irregularities: Conditions causing irregular periods or amenorrhea can impact bone density.

Family History

- A family history of osteoporosis or fractures can increase your risk.

Body Frame Size

- Women with smaller body frames may have less bone mass to draw from as they age.

Dietary Factors

- Calcium and Vitamin D Intake: Inadequate calcium and vitamin D can impair bone health.
- Diet: High caffeine, excessive alcohol or low protein intake can negatively affect bone density.

Lifestyle Choices

- Sedentary Lifestyle: Lack of weight-bearing exercise can weaken bones.
- Smoking: Tobacco use is linked to decreased bone density.

Medical Conditions

- Conditions like rheumatoid arthritis, hyperthyroidism or eating disorders can contribute to bone loss.

Medications

- Long-term use of corticosteroids and certain other medications can affect bone density.

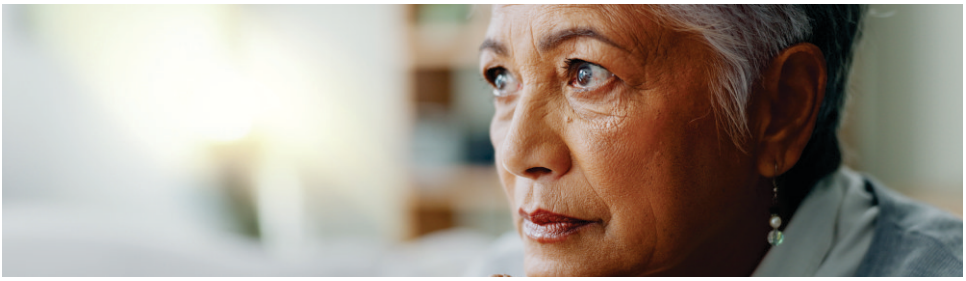
Ethnicity

- Caucasian and Asian women are at higher risk compared to women of other ethnicities.

Prevention and Management Tips:

- Regular Exercise: Engage in weight-bearing and muscle-strengthening exercises.
- Balanced Diet: Ensure adequate intake of calcium (1,200 mg/day) and vitamin D (600–800 IU/day).
- Limit Alcohol and Caffeine: Reduce intake to lower the risk.
- Avoid Smoking: Quitting can significantly improve bone health.
- Regular Screenings: Discuss bone density tests with your healthcare provider, especially if you have risk factors.

By being aware of these risk factors and taking proactive steps, women can better manage their bone health and reduce the risk of osteoporosis.



CARDIOVASCULAR DISEASE



Cardiovascular disease (CVD) is a significant health concern for women, and it's essential to understand the specific risks they face. Here are some key points regarding cardiovascular risks in women:

Risk Factors

- Age: Risk increases after menopause due to hormonal changes.
- Family History: A family history of heart disease can heighten risk.
- High Blood Pressure: Hypertension is a major risk factor.
- Cholesterol Levels: High LDL (bad cholesterol) and low HDL (good cholesterol) can increase risk.
- Diabetes: Women with diabetes face a higher risk of heart disease than men with diabetes.

Unique Risks for Women

- Pregnancy-Related Conditions: Conditions like gestational diabetes, preeclampsia and hypertension during pregnancy can increase long-term cardiovascular risk.
- Autoimmune Diseases: Conditions such as lupus and rheumatoid arthritis can increase the risk of heart disease.
- Menopause: The drop in estrogen levels during menopause can lead to changes in cholesterol and increase the risk of heart disease.

Symptoms

- Different Symptoms: Women may experience different symptoms of a heart attack compared to men, such as shortness of breath, fatigue, nausea and back or jaw pain.

RECOGNIZING THESE SIGNS IS CRUCIAL FOR TIMELY TREATMENT

Lifestyle Factors

- Diet: A poor diet high in saturated fats, sugars and processed foods can increase cardiovascular risk.
- Physical Inactivity: Lack of regular exercise can contribute to weight gain, hypertension and high cholesterol.
- Smoking: Tobacco use is a significant risk factor for heart disease.
- Alcohol Consumption: Excessive alcohol intake can raise blood pressure and contribute to heart disease.

Prevention Strategies

- Regular Check-Ups: Regular screenings for blood pressure, cholesterol and diabetes are essential for early detection and management.
- Heart-Healthy Diet: Emphasize fruits, vegetables, whole grains, lean proteins and healthy fats (like those from fish, nuts and olive oil).
- Regular Exercise: Aim for at least 150 minutes of moderate aerobic activity each week, along with strength training.
- Weight Management: Maintain a healthy weight to reduce the risk of heart disease.

Mental Health

- Stress Management: Chronic stress and depression can contribute to heart disease. Consider practices such as mindfulness, yoga or therapy to manage stress levels.

Medication Management

- Medications: If you have conditions like high blood pressure or high cholesterol, adhere to prescribed medications and consult with your healthcare provider about any concerns.

Educate Yourself and Others

- Awareness: Stay informed about heart health and advocate for your health. Share information with friends and family to help raise awareness.

Understanding these risks and taking proactive steps can significantly reduce the likelihood of developing cardiovascular disease. Regular communication with healthcare providers is crucial for managing risk factors effectively!

MENTAL HEALTH



Taking care of mental health is crucial for overall well-being. Here are some practical tips specifically for women:

Practice Self-Care

- Make time for activities that bring you joy, whether it's reading, cooking or gardening.

Establish a Routine

- Creating a daily routine can provide structure and a sense of stability, which is especially helpful during stressful times.

Stay Active

- Regular exercise can boost mood and reduce anxiety. Aim for at least 30 minutes of physical activity most days.

Prioritize Sleep

- Aim for 7-9 hours of quality sleep each night. Establish a calming bedtime routine to improve sleep quality.

Mindfulness and Meditation

- Incorporate mindfulness practices or meditation into your daily routine to reduce stress and enhance self-awareness.

Connect with Others

- Maintain relationships with friends and family. Talking about your feelings can help alleviate stress and provide support.

Seek Professional Help

- Don't hesitate to consult a therapist or counselor if you're feeling overwhelmed. Professional support can be invaluable.

Limit Social Media Use

- Be mindful of your social media consumption. Consider taking breaks to avoid comparison and negative feelings.

Set Boundaries:

- Learn to say no and set healthy boundaries to protect your time and energy.

Nourish Your Body

- Eat a balanced diet rich in fruits, vegetables, whole grains and lean proteins. Nutrition plays a significant role in mental health.

Practice Gratitude

- Keep a gratitude journal to focus on positive aspects of your life, which can improve your overall mood.

Engage in Hobbies

- Pursue activities or hobbies that you are passionate about to foster a sense of fulfillment and creativity.

Educate Yourself

- Learn about mental health topics to understand and identify your feelings better.

Volunteer or Help Others

- Engaging in acts of kindness or community service can provide a sense of purpose and improve your mood.

Recognize Warning Signs

- Be aware of signs of mental health issues, such as persistent sadness, anxiety or changes in appetite or sleep patterns. Seek help if needed.

Hotlines and Helplines

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line: Text "HELLO" to 741741

SAMHSA's National Helpline: 1-800-662-HELP (4357) for mental health and substance abuse resources.

By prioritizing mental health and incorporating these strategies into your daily life, you can foster resilience and improve your overall well-being. Remember, it's okay to ask for help and take care of yourself!

POSTPARTEM DEPRESSION



It's okay to not feel okay! Nearly 50%-75% of people experience postpartum depression or “baby blues”. Feelings of postpartum depression can begin as early as within the first week after delivery.

You may be experiencing postpartum depression if you:

- Crying frequently, excessively or for no reason
- Feeling overwhelmed, excessively on edge
- Loss of appetite
- Difficulty sleeping, loss of energy and motivation
- Mood changes
- Loss of interest in your baby, thoughts of hurting your baby
- Thoughts of suicide, harming yourself or wishing you were dead.

If you are experiencing any of these symptoms, reach out to your OB-GYN immediately or go to the nearest ED.

Resources for Help:

Pikeville Medical Center: 606-430-3500 or 606-430-2207

Mountain Comprehensive Care Center 24-hour Crisis Line: 1-800-422-1060

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Crisis Text Line: Text "HELLO" to 741741

SAMHSA's National Helpline: 1-800-662-HELP (4357) for mental health and substance abuse resources

SKIN CANCER



Raising awareness about skin cancer is vital for prevention and early detection. Here are some essential tips for women:

Know the Types of Skin Cancer

- Melanoma: The most serious form; look for unusual moles or changes in existing moles.
- Basal Cell Carcinoma: Often appears as a small, shiny bump or a sore that doesn't heal.
- Squamous Cell Carcinoma: May present as a red, scaly patch or wart-like growth.

Perform Regular Skin Self-Exams

Check your skin monthly for any new moles, changes in existing moles or unusual spots. Use the ABCDE rule:

- Asymmetry: One half is different from the other.
- Border: Irregular or scalloped edges.
- Color: Varied colors or uneven pigmentation.
- Diameter: Larger than 1/4 inch (about the size of a pencil eraser).
- Evolving: Changes in size, shape or color.

Use Sunscreen Daily

- Apply a broad-spectrum sunscreen with at least SPF 30, even on cloudy days. Reapply every two hours, or more often if swimming or sweating.

Seek Shade

- Limit sun exposure, especially during peak hours (10am - 4 pm).
- Look for shade when outdoors.

Wear Protective Clothing

- Use wide-brimmed hats, sunglasses and long-sleeved shirts to protect your skin from UV rays.

Avoid Tanning Beds

- Tanning beds can increase the risk of skin cancer. Opt for sunless tanning products instead.

Stay Informed

- Keep up with the latest information on skin cancer risks and prevention methods. Share this knowledge with friends and family.

Regular Dermatologist Visits

- Schedule annual skin checks with a dermatologist, especially if you have a family history of skin cancer or other risk factors.

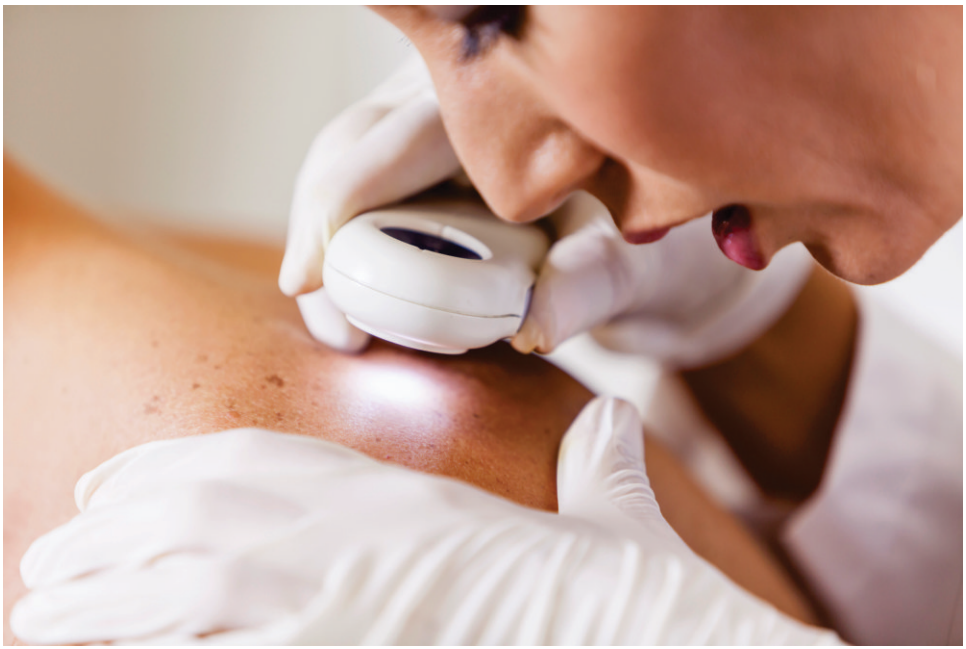
Be Cautious with Medications

- Some medications can increase sensitivity to sunlight. Talk to your doctor about any potential side effects.

Educate and Advocate

- Share information about skin cancer prevention in your community. Participate in awareness campaigns and support events.

By staying vigilant and proactive, women can significantly reduce their risk of skin cancer and encourage others to do the same.

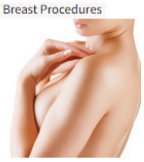


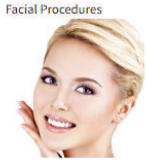
PIKEVILLE MEDICAL CENTER

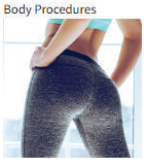
Plastics & Aesthetics

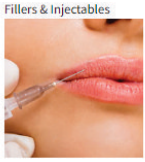
COSTMETIC SURGERY • AESTHETIC INJECTIBLES & SKIN HEALTH

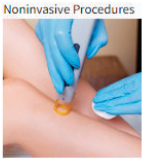
















Dimitrios Danikas, MD, FACS
Plastic & Reconstructive Surgeon



Anil Duggal, MD, FRCSC, FACS
Hand & Plastic Surgeon



Danita Thompson, PA-C
Physician Assistant

Our Services:

Abdominoplasty- Mini/Regular/Extended
Body Contouring after Weight Loss
Botox For Migraines
Botox/Dysport & Fillers
Brachioplasty
Brazilian Butt Lift
Breast Reconstruction, Reduction Augmentation & Lift
Brow Lift (Blepharoplasty)
Chemical Peels
Chin Implants
Clitoral Hood Repair
Dermabrasion
Ear Lobe Repair
Evaluation/Excision of Cysts
Evaluation/Treatment of Acne & Acne Scarring
Evaluation/Treatment of Hair Loss
Evaluation/Treatment of Skin Rashes
Face Lifts
Fat Transfer
Gynecomastia Treatment
Keloid Scar Treatment
Kybella
Latisse – Bimatoprost (Latisse)
Liposuction
Lower Body Lift
Microneedling
Monsplasty/Labioplasty
Otoplasty
Platelet-Rich Plasma (PRP) Treatment for Hair Loss
Rhinoplasty
Scar Revision
Sclerotherapy for Spider Veins
Skin Cancer Biopsies, Treatment & Excision
Skin Excisions
Skin Rejuvenation w/Personalized Skincare Regimens (ZO Skin Health & SkinMedica)
Spider Vein Treatment
Upper Body Lift

911 Bypass Road, Building C, Pikeville, KY 41501
(Directly across from the hospital)
606-430-2210



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