

Fun Facts About Mother's Day

Did you know:

- More calls are made on Mother's Day than any other...
- It's the busiest day of the year for restaurants...
- The most popular gift for Mother's Day is the greeting card...
- 72% of Americans opt for a floral present...
- Grandma's, mothers-in-law and Godmothers are also celebrated...



We appreciate flowers as much as the next person, but we also love a MedSpa treatment. Take a look at our [MedSpa menu](#), May specials and Mother's Day gift cards for ALL the special women in your life!

Make a Wellness Exam an Annual Event



A wellness exam, or well woman visit, provides you with an important opportunity to maintain a healthy lifestyle and minimize health risks. Your VitalityMDs providers, along with the American College of Obstetricians and Gynecologists and the U.S. Office of Disease Prevention and Health Promotion, recommend these annually for women when they become sexually active, or when they turn 21 years of age. **Wellness exams** include a full checkup, review of medical history and focus on preventive care services, screening tests and education.

What You can Expect

Medical History: You'll be asked to complete an update on your health and family medical history. Bring a list of all medications and supplements. Your provider will review your medical history and speak with you regarding any current health issues.

Physical Exam: Vital signs, lungs, blood pressure and abdomen will be checked as well as your reflexes. Blood work or a urine sample may be performed.

Breast Exam: Your provider will look and feel for lumps, bumps, or other irregularities to help detect early signs of breast cancer. You'll also be encouraged to conduct monthly self-exams for changes in the breast.

Pelvic Exam: To evaluate your reproductive organs, this exam involves a manual check of your vulva, vagina, cervix, ovaries, uterus, rectum, and pelvis for any abnormalities.

Pap Smear: Recommended every other year, this is performed to detect early signs of cervical cancer. During this test, a speculum is placed and a small brush is used to collect a tissue sample from the cervix. Results generally take 2-3 weeks.

Education and Discussion: Among the topics discussed with reproductive-aged women is the development of a reproductive life plan. This ensures that medical testing and treatments provided are aligned with her current and future plans. For women going through peri-menopause or menopause, discussion can focus on symptom relief.

VitalityMDs provides care for women across the lifespan and is dedicated to disease prevention, early detection and wellness. To schedule a visit with your provider, call **480-425-8700**.

Addressing Menopause Symptoms with Pellets

The levels of estrogen, progesterone, and testosterone will drop with age. **Hormone replacement therapy** addresses the common side effects of low levels of these hormones including night sweats, hot flashes, vaginal dryness, weight gain and fatigue.

Among the most popular form of bioidentical hormones replacement are pellets. These small, compounded hormone pellets are inserted subcutaneously into the body in a quick in-office procedure. They are gradually absorbed, dispersing hormones throughout the body and can last from 3-6 months. Schedule with your provider to find out if pellets are right for you by calling **480-425-8700**.



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