



Women's Health

Carl Willeford, Jr., MSN, FNP-C, will be glad to conduct an annual wellness exam each year. The costs of annual wellness exams are covered completely by most insurance companies because they help to identify potential issues and conditions before they can become major health concerns. If you have a concern whether your insurance provider will pay for your annual wellness exam, contact them by phone or online.

Besides the standard annual wellness exam protocol, women may need additional examinations which includes several items. A woman's annual exam might include:

- Breast exam. Feeling for abnormal lumps may detect breast cancer or benign breast conditions. The doctor will also check the lymph nodes in the underarm area and look for visual abnormalities of the breasts and nipples.
- Pelvic exam: The pelvic exam allows examination of the vulva, vagina, cervix, uterus and ovaries. Routine checks for sexually transmitted infections are often done. A Pap test and HPV test can screen for cervical cancer and help assess risk.