

When Should A Girl First See A Gynaecologist?

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The exact time to see a gynaecologist for the first time is when you have blossomed from a little girl to a young girl, as you need to know everything about your reproductive system, why you get periods, what is normal and what is abnormal, when should you get alarmed and what are the myths related to periods.

If your periods are regular, it is enough proof that all is well with your reproductive system. But unless you

understand what is normal, you will never know if there is any problem, disease or dysfunction of the system and you would never realize what are heavy or scanty periods, early or late periods, or even painful periods - which ones are normal and which are pathological.

Your hormones are swinging and you have grown from being a little girl to a young girl - about to be married. It is important for you to understand how pregnancy occurs, how to prevent it, how to avoid unsafe sex and unwanted

pregnancies. You may also need to know how to stay healthy and prevent long-term complications of any of these problems, if they occur. This is when you need to see your gynecologist once again!

Your gynaecologist is your friend. She will guide you, offer you all the help you need and will advise you about whatever you need to know but is shy to ask. This is the age when a lot can go wrong and it can be prevented by some simple and useful tips, vaccinations and loads of correct information and advice.

Prevention Is Better Than Cure

Talk to your mother and she will guide you. There are some mothers who will encourage you to see the gynaecologist, but there are many who may tell their daughters that they need to meet the doctor, only if they have a problem. This is a notion, most gynaecologists don't agree with, because it's always better to believe in preventive healthcare. Good information can go a long way in safe and healthy practices, which can help prevent problems. So why wait for a problem to occur?

For example, there are many mothers who believe that pain is part of menstruation and allow their daughters to suffer their monthly pain, which makes young girls develop a negative attitude towards menstruation. The truth is, though pain is physiological, if



it interferes with daily routine, it could be due to some disease within the ovaries or uterus. Therefore, if an issue is detected on time, it could prevent a lot of long-term damage to the reproductive organs.

What To Expect On Your First Visit

Your first visit to the gynaecologist may make you anxious and apprehensive, but you really don't need to be anxious at all! However, you should preferably go with your mother or a guardian the first time, so that you feel comfortable. The doctor will note your history and will examine you, mainly externally. But if you are sexually active, she may carry out an internal examination.

You need to relax and not be tensed, because when you relax, it is easier for the doctor to examine you and make a quick assessment. It should also be remembered that an internal examination is never carried out on a young girl who has not yet indulged in any sexual activity.

During your visit, the doctor may suggest a few investigations to check your haemoglobin, thyroid and vitamin B 12 and vitamin D levels. She will also guide you on your vaccinations which are absolutely necessary to prevent sexually transmitted infections. Such infections, if contracted, can ultimately cause you a lot of harm, including cancer which can be transmitted to your baby, when you are pregnant.

Gynaecologist Visit: A Mother's Guide

- ◆ Your daughter is 16 and has not had her period yet
- ◆ She needs to discuss or gain awareness about fertility and pregnancy
- ◆ She experiences severe menstrual cramps or pelvic pain
- ◆ The absence of her period for more than a month
- ◆ Heavy bleeding which seems unusual
- ◆ Presence of vaginal itching, swelling redness or any related issues
- ◆ She thinks that she is pregnant
- ◆ Frequent urination or a burning sensation while urinating
- ◆ She has noticed a change in the regularity of her periods
- ◆ She has suffered an injury or has had non-consensual sex
- ◆ Pregnancy related check-ups and scans as per the doctor's advice



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