

## **Dr Louise Wigen - Celebrating women's health**

Our opening hours at the medical practice have been extended from 08h30 to 16h30 Mon-Fri, since we have emerged from the pandemic and life has returned to our new normal. There are no further security checks on arrival at Mutualpark.

This month we celebrate women & women's health, so here are some reminders about breast checks and PAP smears. For my male patients, the following is relevant for your partners, sisters, mothers and daughters.

One is never too young to start examining your own breasts. This is best done immediately after your monthly menses. The technique is simple and involves two parts.

- Firstly, with one arm above your head, look in the mirror for asymmetry, inverted nipple or skin rash. Repeat this on the other side.
- Secondly, you should feel your breasts. This is easiest to remember to do whilst in the shower. Elevate the left arm and feel the left breast with the right hand, and vice-versa. You should examine your breast with small rotational movements of your flattened fingers, feeling the breast tissue against your ribcage underneath. For those with large breasts, the same principle can be applied, and can be done lying down. Should you feel something unusual please contact your doctor immediately.

PAP smears are a preventative measure to test for early cancers on the cervix. At the same time as doing your PAP, your doctor may test for Human Papilloma Virus which is believed to be a precursor to malignancy.

Most medical aids have a special benefit for doing your annual checks and for those who do not have medical aid cover, LANCET laboratories are running a special for the months of August & September. The lab will charge a cash fee of R150 to evaluate your PAP and R350 to run a HPV test (R500 for both). Although not yet available in South Africa, there is a new home test whereby women take their own sample in the privacy of their homes, place the sample in a dedicated container and post it off to a laboratory for HPV testing. This will be revolutionary once it is available here, and will avoid the stress of this examination in the consulting rooms.

For men and women, prevention is better than cure. The following can lower your risk of getting cancer:

- maintain a healthy weight
- exercise regularly
- limit your alcohol intake

- stop smoking
- do annual check-ups because early detection results in better outcomes
- women should breast feed their babies

The mornings in Cape Town are starting to get lighter earlier and although the evenings are still chilly, I can feel summer is on her way. Wishing you all a happy and healthy Spring!

Yours in health

louise

Dr Louise Wiggins

MBChB

**Contact Details:**

**Phone: 021 531 4111 or 076 588 6603**

**Email :** [reception@drwiggins.co.za](mailto:reception@drwiggins.co.za)

***My Facebook link is below:***



Copyright © 2022 West End Medical Suite

We sent you this message using your email address on your patient file.

WEMS, 1st floor West End Mall, Mutualpark, Jan Smuts Drive, Pinelands

No longer a patient at WEMS? [Click here to unsubscribe.](#)