

[IMAGE]

Routine Pelvic Exams: Not So Fast

By Editorial Staff

Routine pelvic examinations are commonplace during OB-GYN visits to screen for pathology; however, according to new guidelines released by the American College of Physicians, pelvic exams *should not* be performed routinely in adult women who are not pregnant and do not exhibit any symptoms indicating a potential health issue: "The current evidence shows that harms outweigh any demonstrated benefits associated with the screening pelvic examination."

The guideline qualifies that cervical cancer screening (Pap smear) should still be done, but only when the woman is due for screening. To read the entire guideline, [click here](#). Talk to your doctor for more information.

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