

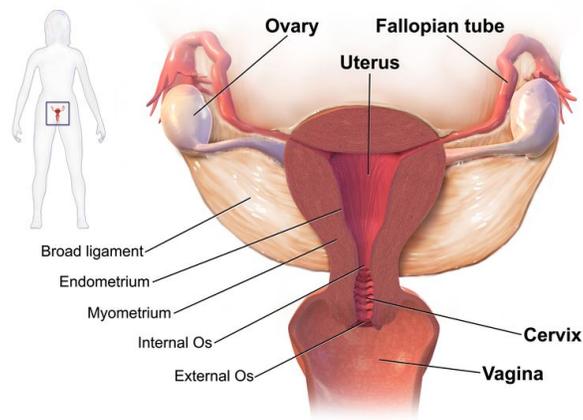
OB/GYN Primer Draft

What is OB/GYN?

- OB/GYN stands for obstetrics and gynecology. Obstetrics includes pregnancy, childbirth, and postpartum care while gynecology covers the health of the female reproductive system.
- OB/GYNs help care for women of all ages and in all stages of life. It is recommended that women begin visiting a gynecologist around ages 13 and 15 or before they become sexually active.

Common Terms:

- Umbilical Cord → holds the embryo in the amniotic cavity, transports blood between the embryo and the placenta
- Vagina → muscular tube that extends from the cervix to the exterior of the body
- Placenta → flattened circular organ in the uterus that nourishes the fetus through the umbilical cord
- Ovaries → organ in which ova or eggs are produced
- Dilation → the action or condition of becoming or being made wider, larger, or more open
- Cervix → central opening into the vagina, allows the passage of sperm and menstrual blood. Dilates during birth.
- Fallopian tubes → a pair of tubes along which eggs travel from the ovaries to the uterus
- Mammary glands → milk glands in breasts



Common Ailments:

- Premenstrual syndrome (PMS) → syndrome of nervous tension, irritability, weight gain, edema, headache, and lack of coordination occurring during the last few days of the menstrual cycle before the onset of menses.
- Ovarian cyst → a globular sac filled with fluid or semisolid material that develops in or on the ovary
- Endometriosis → a condition resulting from the appearance of endometrial tissue outside the uterus and causing pelvic pain
- Eclampsia → a condition in which one or more convulsions occur in a pregnant woman suffering from high blood pressure (also known as hypertension), posing a threat to the health of mother and baby
- Breech presentation → position of the fetus in the uterus in which the buttocks or feet present first vs the head
- Carcinoma of the Breast (Breast Cancer)
- Carcinoma of the Ovary (Ovarian Cancer)
- Carcinoma of the Cervix (Cervical Cancer)

Baby blues	vs.	Postpartum depression
<ul style="list-style-type: none"> • feel like crying randomly • irritable • restless • anxious • impatient • hard to concentrate <p>Usually for 1-2 weeks</p>		<ul style="list-style-type: none"> • feel sad, hopeless, overwhelmed • crying a lot more than usual for no reason • mood, irritable • cannot concentrate • feel inadequate, guilty about everything • not interested in usual enjoyable activities • panic, excessive worry • scary thoughts about hurting self or baby
<p>new mom may have some or all of these symptoms</p>		



Common Treatments:

- OB/GYNs help with preventative care for cancers and other diseases including pap smears and mammograms.
- Pap smear (papanicolaou test) → a test carried out on a sample of cells from the cervix to check for abnormalities that may be indicative of cervical cancer
- Mammogram → a photograph of the breasts made by X-rays, allows doctors to find cancerous or benign cysts in breasts
- Hysterectomy → removal of the uterus