



Jeanne Novas MD, FACOG

## Women, Make the Most of the Second Half of Your Life

TRUST YOUR OBGYN FOR YOUR BEST HEALTH FROM TEENS TO SENIORS!

**J**UST BECAUSE “you don’t need a pap” does not mean you need not see your OBGYN annually. We provide comprehensive, preventive care from teens to seniors. We are always on call, thus available to you in case of emergency and can direct your care. We actually do see you in the hospital.

Most primary care providers no longer give

after hours care or see you in the hospital. They are often owned by the hospital, and don’t strive to offer testing or ancillary services in their office which can be less expensive and more convenient for their patients.

We are the specialists for birth control and STD prevention before you are ready to have children. Your OBGYN can guide you through this time in


your life whether it be for psych counseling, medical emergencies, or any other health care needs. Preconception advice is the best way to give your family a good start.

Make sure your OB can guide you through a high-risk pregnancy. We provide care at two hospitals, so our patients can have a choice based on their needs. Your OB ultrasounds should be done by OB specialists, not just the hospital’s radiology department. Your blood tests should be conveniently drawn in the office with your appointments, regardless of your insurance. You should have the choice of speaking to a nutritionist virtually, for convenience.

More women are having high-risk pregnancies for many different reasons. That makes getting care from a midwife less helpful and even harmful. We can still incorporate “natural” childbirth and use of doulas, address your birth plans, and still have a safe delivery. Your OB care is a “window” into your future health, and your OBGYN can help guide you through it.

Between childbearing and menopause, women are better cared for by their OBGYNs as they often develop gynecological problems such as fibroids, endometriosis, ovarian cysts, and menstrual irregularities. Mammograms should be ordered yearly, and those with dense tissue often need additional testing. Thyroid abnormalities occur in 5% of women—we check levels yearly as needed. We offer AIUM accredited ultrasound and minor procedures performed in the office for your convenience.

Menopause, even if you experience minimal symptoms, is a time to see your GYN for best preventive care and treatments. Even if you don’t want “hormones,” there are other options. Consider an extra visit to focus on menopause, making the most of the second half of your life.

Cancers and medical health issues increase as we get older. We should all have the choice of preventive testing—they should not just end at 65. Trust your OBGYN to guide you through your best health. 

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