



Preventive Medicine

Georges Rameh*

Department of Obstetrics and Gynaecology, American University of Beirut Medical Center, Lebanon

***Corresponding Author:** Georges Rameh, Department of Obstetrics and Gynaecology, American University of Beirut Medical Center, Lebanon.

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Obstetricians and gynecologists are expected nowadays to be fluent, not only in the basic care of women's health, but also in many specialized aspects of this care.

This specialty is sub-specialized in maternal-fetal medicine, urogynecology, gynecologic oncology, reproductive endocrinology and infertility, minimally invasive gynecology and many others.

One main aspect that ties all these subspecialties is preventive medicine.

On many instances, obstetricians and gynecologists diagnose and manage many medical conditions that can be sometimes unrelated to their specialty. And since in many parts of the world, they are the primary care providers for some women, they should be aware of risk profiling, statistics, screening tests, and preventive interventions that optimize their care.

Due to the complexity of all the recommended preventive services, women might miss some steps and this is where obstetricians and gynecologists may help in filling this gap.

Algorithms, reviews and reports should be created to guide this preventive care depending on the age and risk factors each woman have.

From exercise and healthy diet to immunizations, sexual health and screening tests, preventive medicine should be discussed during each visit.

Screening for tobacco use, substance abuse, alcohol consumption, domestic violence and psychosocial interactions is essential during well-woman appointments.

Counseling about preventive care should take a significant part of the periodic assessments obstetricians and gynecologists do. Identifying women at high-risk for specific conditions will help in assisting the patients to receive the best care throughout their lifetime.

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