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Office Gynecology

A Case-Based Approach

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Frontmatter
More Information

Contents

List of Contributors ix
Preface xiii

Section 1 Pelvic Pain

1 **A 27-Year-Old Woman with Recurrent Visits for Severe Pelvic Pain** 1
Lee A. Learman

2 **A 25-Year-Old Woman with Deep Dyspareunia** 4
Kate A. McCracken

3 **A 16-Year-Old Adolescent with Ongoing Dysmenorrhea Despite Oral Contraceptive Pill Use** 7
Geri D. Hewitt

4 **A 37-Year-Old Woman with Pain at the Lateral Aspect of Her Pfannenstiel Incision** 10
Christopher M. Morosky

5 **A 26-Year-Old Woman with Chronic Pelvic Pain and Negative Work-Up** 13
Misa Perron-Burdick

6 **A 30-Year-Old Woman with Endometriosis with Worsening Pelvic Pain Despite Continuous Oral Contraceptives** 16
William D. Po

7 **A 47-Year-Old Woman with Severe Menstrual Cramps and Painful Intercourse** 19
Abimbola Famuyide

Section 2 Vaginal Discharge and Sexually Transmitted Infections

8 **A 28-Year-Old Woman with Metronidazole Allergy and Trichomonas Infection** 23
Anita Tamirisa

9 **A 24-Year-Old Woman with Mucopurulent Cervicitis** 26
Jaime J. Alleyn

10 **A 27-Year-Old Woman with Trichomonas Requesting a Prescription for Her Partner** 29
Rita Tsai

11 **A 33-Year-Old Woman with Multiple Visits for Vaginal Discharge and Itching** 32
Shelly Holmstrom

12 **A 24-Year-Old Woman with Trichomonas in the First Trimester of Pregnancy** 36
Mark Turrentine

13 **A 16-Year-Old Adolescent Requesting Confidential Treatment for Chlamydia Exposure (Understanding State Laws Regarding Minors and Resources)** 39
Kavita Shah Arora

14 **A 75-Year-Old Woman Complaining of Greenish Discharge** 42
Amy R. Stagg

Section 3 Amenorrhea and Abnormal Vaginal Bleeding

15 **A 32-Year-Old Woman with Friable Cervix** 45
Julianna Schantz-Dunn

16 **A 28-Year-Old Woman with Secondary Amenorrhea and Family History of Mental Retardation (Fragile X Premutation)** 47
Frederick Friedman, Jr.

17 **A 27-Year-Old Female Runner with Secondary Amenorrhea** 51
Janeen L. Arbuckle

18 **A 38-Year-Old Woman with Secondary Amenorrhea Six Months after Gastric Bypass** 54
Kyle Andrew Biggs

19 **A 25-Year-Old Woman with a Levonorgestrel Intrauterine Device (LNG-IUD), New Onset Spotting, and a Positive Pregnancy Test** 57
Jeffrey Rothenberg

20 **A 30-Year-Old Woman with Irregular Periods (Hypothyroidism)** 59
Scott Graziano

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CAMBRIDGE

Cambridge University Press
978-1-108-40022-0 — Office Gynecology
Edited by David Chelmow , Nicole W. Karjane , Hope A. Ricciotti , Amy E. Young
Frontmatter
More Information

21 **A 25-Year-Old Woman with Midcycle Spotting** 61
Ann Lee Chang and Tod C. Aeby

Section 4 Contraception and Abortion

22 **A 25-Year-Old Woman with No IUD String Visible One Year after Placement (IUD in Uterus)** 65
Adrianne Dade

23 **A 29-Year-Old HIV-Positive Woman Requesting Oral Contraceptive Pills** 68
Patricia Huguelet

24 **A 42-Year-Old Woman with IUD and *Actinomyces* on Cervical Cytology** 71
Regan N. Theiler

25 **A 25-Year-Old Woman with a History of Pulmonary Embolism on OCPs Who Desires Contraception** 73
Hedwige Saint Louis

26 **A Pregnant 22-Year-Old Woman Who Desires Long-Acting Postpartum Birth Control** 76
Stacey L. Holman

27 **A 33-Year-Old G4P4 Unable to Palpate Implant Desiring Removal** 79
Michael K. Chinn

28 **A 24-Year-Old Woman with a Contraceptive Implant Placed Three Weeks Ago Presents with Positive Pregnancy Test** 82
Roxanne Jamshidi

29 **A 32-Year-Old HIV-Positive Woman Requesting IUD** 85
Christy M. Boraas

30 **A 23-Year-Old Woman Presents Two Hours after Sexual Assault** 88
Shandhini Raidoo

31 **A Woman with a BMI of 40 kg/m^2 Requests Oral Contraceptive Pills (Efficacy of Contraceptive Methods with Obesity)** 91
Sara Whetstone

Section 5 Breast Problems

32 **A 41-Year-Old Woman with Bilateral Clear Nipple Discharge (Physiologic Discharge)** 95
Christine Robillard Isaacs

33 **A 38-Year-Old Woman with New-Onset, Unilateral Bloody Nipple Discharge** 98
Esther Fuchs

34 **A 34-Year-Old Newly Pregnant Woman with a Breast Mass** 101
Asha Bhagsingh Bhalwal and Pamela D. Berens

35 **A 29-Year-Old Woman with Lactational Mastitis and Persistent Fevers and Erythema** 104
Pamela D. Berens

36 **A 45-Year-Old Woman with Unilateral Green Nipple Discharge (Duct Ectasia)** 107
Tricia Camille Yusaf and Katherine Chua

37 **A 35-Year-Old Woman Who Complains of Cyclic Breast Pain (Idiopathic Mastodynia)** 111
Dorota Kowalska

Section 6 Cancer Screening and Prevention

38 **A 22-Year-Old Woman with LSIL on Initial Cervical Cytology** 115
Mark K. Hiraoka

39 **A 25-Year-Old Woman Who Has Received a Letter from an Aunt Recommending Lynch Testing (Cascade Testing)** 118
Jessica M. Kingston

40 **A 30-Year-Old Woman with Positive Margins on LEEP for HSIL** 122
Jordan B. Hylton

41 **A 32-Year-Old Woman Whose Paternal Aunt and Grandmother Had Ovarian Cancer** 125
Roopina Sangha

42 **A 23-Year-Old Woman with HSIL on Cervical Cytology** 129
Florencia Greer Polite

43 **A 35-Year-Old Woman with a Strong Family History of Breast Cancer Not Linked to BRCA Mutation** 132
Natalie A. Bowersox

44 **A 25-Year-Old Woman with LSIL Desiring HPV Vaccination** 136
Christine Conageski

Section 7 Vulvar Disease

45 **A 55-Year-Old Woman with a White, Itchy Lesion on the Vulva (Lichen Sclerosus)** 139
Nancy D. Gaba

46 **A 55-Year-Old Woman with a New Wart (Vulvar High-Grade Squamous Intraepithelial Lesions)** 142
Diana Curran

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CAMBRIDGE

Cambridge University Press
978-1-108-40022-0 — Office Gynecology
Edited by David Chelmow , Nicole W. Karjane , Hope A. Ricciotti , Amy E. Young
Frontmatter
More Information

47 **A 25-Year-Old Woman with Perineal Pain and Inability to Have Intercourse (Vestibulodynia)** 145
Vanessa M. Barnabei

48 **A 30-Year-Old Woman with New Vulvar Lesions (Condyloma Accuminata)** 149
Christopher Maguire

49 **A 50-Year-Old Woman with Lichen Sclerosus, Fused Labia, and UTIs** 152
Dawn Palaszewski

50 **A 25-Year-Old Woman with Recurrent *Candida* Vaginitis** 155
Kimberly Carter

51 **A 35-Year-Old Woman Complaining of a "Knot" in the Vulva (Bartholin's Cyst)** 158
D. Scott Wiersma

Section 8 Infertility

52 **A Couple with Medicaid and No Conception after Two Years (Cost Conscious Infertility Evaluation)** 161
Merielle Stephens

53 **A 33-Year-Old Woman with Infertility (Bilateral Hydrosalpinx)** 164
Elizabeth E. Puscheck

54 **A 26-Year-Old Woman with Irregular Menses and Infertility** 167
Helen Dunnington

55 **A 32-Year-Old Woman with a 3 cm Endometrioma and Infertility** 170
Michael T. Breen

56 **A 32-Year-Old Woman with Recurrent Pregnancy Loss** 173
Debra A. Taubel

Section 9 Preconception Planning

57 **A Couple Planning Pregnancy Who Have Just Returned from Brazil (Zika Virus)** 177
Michael Nix

58 **A 26-Year-Old Woman with a History of Depression Planning Pregnancy** 181
Jonathan Schaffir

59 **A 25-Year-Old Woman with a History of DVT Presents for Preconception Counseling** 184
Erica Oberman

60 **A 25-Year-Old Ashkenazi Jewish Woman Who Desires Pregnancy** 187
Jessica C. Arluck

61 **A 40-Year-Old Woman with Chronic Hypertension on Atenolol Planning Pregnancy** 190
L. David Moore

62 **A 30-Year-Old Woman with a History of Diabetes Controlled on Oral Agents Planning Pregnancy** 194
Saul D. Rivas

Section 10 Pediatric and Adolescent Problems

63 **A 14-Year-Old Adolescent with a Large Labia** 197
Roshanak Zinn

64 **A 16-Year-Old Adolescent with Acne, Hirsutism, and Irregular Menses** 200
Eduardo Lara-Torre

65 **An Eight-Year-Old Girl with Persistent Vulvar Itching** 203
Laura A. Parks

66 **A Four-Year-Old Girl with Recurrent Vulvar Discharge and Itching** 206
Sarah H. Milton

67 **A 15-Year-Old with Painful Vulvar Ulcers** 209
Sarah A. Shaffer

68 **A 15-Year-Old Adolescent Who Is Unable to Use a Tampon** 213
Celeste Ojeda Hemingway

69 **A Six-Year-Old Girl with Breast Development (Precocious Puberty)** 216
Shelly Holmstrom

70 **A 13-Year-Old Adolescent with Primary Amenorrhea and Cyclic Abdominal Pain (Imperforate Hymen)** 221
James Casey

71 **A 17-Year-Old Adolescent with Secondary Amenorrhea** 224
Courtney Rhoades

Section 11 Pelvic Masses and Cysts

72 **A 53-Year-Old Woman with a 3 cm Dermoid Cyst Noted as an Incidental Finding on CT** 227
Jacob Lauer

73 **A 60-Year-Old Woman with a 4 cm Simple Ovarian Cyst** 230
Tara Harris

74 **A 25-Year-Old Woman with a 2 cm Simple Asymptomatic Cyst Noted Incidentally on Ultrasound** 233
Sarah A. Wagner

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978-1-108-40022-0 — Office Gynecology
Edited by David Chelmow , Nicole W. Karjane , Hope A. Ricciotti , Amy E. Young
Frontmatter
More Information

75 **A 25-Year-Old Woman with Endometriosis and a 4 cm Endometrioma** 236
Mostafa A. Borahay

76 **A 25-Year-Old Woman with Abrupt Onset of Pelvic Pain, Nausea and Vomiting, and Adnexal Mass (Torsion)** 239
Todd R. Jenkins

77 **A 30-Year-Old Woman with Fever, Abdominal Pain, Vaginal Discharge, and Adnexal Mass (Tubo-Ovarian Abscess)** 242
Joseph E. Peterson

78 **A 45-Year-Old Woman with Pelvic Pain One Year after TLH/BSO for Endometriosis (Ovarian Remnant)** 246
Todd R. Griffin

79 **A 21-Year-Old Woman at Five Weeks EGA with Left Lower Quadrant Pain** 249
Lisa M. Keder

Section 12 Incontinence and Prolapse

80 **A 30-Year-Old Woman with Postpartum Flatal and Fecal Incontinence** 253
K. Lauren Barnes and Lori R. Berkowitz

81 **A 46-Year-Old Woman with Leakage of Urine** 256
Cynthie K. Wautlet

82 **A 48-Year-Old Woman with Microscopic Hematuria and Negative Urine Culture** 260
Kimberly S. Gecsi

83 **A 55-Year-Old Woman with Urinary Urgency and Negative Urinalysis and Culture** 263
Julie Zemaitis DeCesare

84 **A 30-Year-Old Woman with Frequency, Urgency, Nocturia, and Pressure Relieved by Urination** 266
Jaclyn van Nes

85 **A 25-Year-Old Woman with Recurrent Urinary Tract Infections** 269
Jonathan Emery

86 **An 80-Year-Old Woman with Total Procidentia with Vaginal Irritation** 272
Madhurima Krishna Keerthy

87 **A 60-Year-Old Woman Presenting with Difficulty with Defecation (Posterior Wall Defect)** 276
Erica Nelson

Section 13 Behavioral, Sexual, and Social Health

88 **A 25-Year-Old Woman with Recurrent STDs (Human Trafficking)** 279
Fay Chelmow and David Chelmow

89 **A 41-Year-Old Woman with Loss of Interest in Having Sex** 285
Tracy E. Irwin

90 **A 28-Year-Old Transgender Woman Requesting Well-Woman Visit** 288
Ghazaleh Moayedi

91 **A 35-Year-Old Female-to-Male Transgender Patient with Vaginal Spotting on Testosterone** 291
Beth Cronin

92 **A 23-Year-Old Woman Who Reports Inability to Consummate Her Marriage Due to Vaginal Pain (Vaginismus Due to Sexual Abuse)** 294
Cristina Wallace Huff

93 **A Tearful 32-Year-Old Woman Requesting a Sleeping Aid Two Weeks after Delivery (Postpartum Depression)** 297
Enid Yvette Rivera-Chiauzzi

Section 14 Menopause and Aging

94 **A 50-Year-Old Breast Cancer Survivor with Severe Hot Flashes** 301
Myrlene Jeudy

95 **A 56-Year-Old Woman with Dyspareunia** 304
Nan G. O'Connell

96 **A 60-Year-Old Woman with FRAX® Score Indicating a 10 Percent Probability of Osteoporotic Fracture** 307
Kathryn I. Marko

97 **A 45-Year-Old Woman with Menses Every 60–90 Days and Hot Flashes** 311
Makeba Williams

98 **A 70-Year-Old Victim of Elder Abuse** 315
Nguyet A. Nguyen

Index 318

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978-1-108-40022-0 — Office Gynecology
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Frontmatter
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More Information

Preface

As OB/GYN specialists, we spend the bulk of our time in office practice. In the office, we see a broad array of primary, preventive, prenatal, and problem visits. Evaluation and management vary from areas with widely accepted guidelines to ones based on expert opinion. Many of these areas are old and continue to slowly evolve. Others, like Zika virus and awareness of human trafficking, are new. Some areas are acutely transforming, such as chronic pain and the opioid epidemic.

The intent of this book is to help practitioners of women's health care, including OB/GYNs, family practitioners, and internal medicine women's health specialists, with these many changes. The book is intended for physicians, trainees, nurse midwives, nurse practitioners, and physician's assistants. We chose nearly 100 important ambulatory gynecology problems and present them in a case-based format. They are intended to be easy to read and suitable as a quick office reference for providers seeing similar patients. The book is meant to supplement the many other journals, electronic references, and textbooks available, but in a real-life format suitable for adult learners.

The book was a project of the Society for Academic Specialists in General Obstetrics and Gynecology (SASGOG). SASGOG was formed in 2012 as a professional society for academic faculty specializing in OB/GYN ("academic generalists"). The organization has several missions, which include both faculty development and enhancing care in the areas not within the scope of the many subspecialty societies. Well-woman care, the subject of our first book, and office practice, the subject of this one, fall squarely into SASGOG's domain.

SASGOG members were invited to write cases. As academic faculty, they had the skills to review and assess the available recommendations and evidence. As physicians who take care of patients in the office on a regular basis, they had the clinical experience to allow them to synthesize this information to make it applicable for practice. Each chapter presents a sample case with description of appropriate evaluation and management. The case is followed by a discussion explaining the basis for management. When major society evidence-based recommendations are available, they are incorporated, with discussion of their nuances and application. These recommendations come from widely accepted organizations including the American College of Obstetricians and Gynecologists (ACOG), ASCCP, Centers for Disease Control and Prevention (CDC), and the United States Preventive Services Task Force (USPSTF). When consensus recommendations are not available, the basis for expert opinion is described, with current references and systematic reviews whenever available. Distributing the topics among so many medical school faculty allowed careful fact checking, literature review, and synthesis.

We hope to expand this book into a series of case-based books written by SASGOG authors and editors. *Acute and Emergency Care Gynecology: A Case-Based Approach* was the first in this format. It was also written largely by SASGOG authors and the organization is credited, but it was not an "official" SASGOG book as it was started just before SASGOG was incorporated. In the future, we hope to add books on operative gynecology and obstetrics.

As editors, we are deeply grateful to the original officers and board of SASGOG, who recognized book projects as a way to combine its missions of developing faculty through providing writing opportunities and enhancing care of women through development of high-quality educational material for practitioners. We are equally grateful to Nicholas Dunton and Cambridge University Press for seeing the potential in our new organization and being willing to partner with us on *Well Woman Visit* and *Office Practice: A Case-Based Approach*. We especially want to thank our spouses, Fay, Damian, Charles, Vincent, and our families for their support and indulgence while we disappeared for several months of editing.

As we were nearly done with the book, Hope developed a major medical problem. She was an essential team member. We deeply missed her knowledge, energy, organizational skills, and enthusiasm as the book finally came together. We are thinking of her, and hoping for continued recovery.

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