

Patient Photographs



Smile! In order to complete your electronic medical record, our office has begun taking patient photo-

graphs upon check-in. Our efforts are also in compliance with a new federal mandate meant to protect

against identity theft. Thank you for your cooperation as we update our records!

BOGG Receives Harvard Pilgrim Pap Smear Outreach Grant

Our practice has been awarded a grant from Harvard Pilgrim Healthcare to outreach to patients (of any insurance carrier) who have not had a Pap smear within

a three year period. We are proud to be a part of this exciting project that will encourage women to get screened for cervical cancer for early detection. The

grant will help support the long term health of our patients while providing important benchmarking in quality measures for cervical cancer screening.



Annual Pap Smears—Do You Need One?

(part 1, written by Dr. Kathleen Mahoney)

The untimely death of British celebrity Jane Goody from cervical cancer at age 27 has drawn some recent attention to the importance of Pap smears and early detection. Regardless of your age or medical history, it is important for you to be informed about your health and the newest developments in Pap smear research.

vical pre-cancer (also called dysplasia), anal cancer, warts, genital warts, vaginal cancer, and vulvar cancer. HPV is a very common virus spread through sexual activity with an infected person; 80% of adults will have been exposed to it by the time they are 50 years old. Because the virus often causes no physical symptoms, most people who have HPV cannot tell that they are infected. Therefore, Pap smears are an important tool in detecting HPV and abnormal cells at an early stage for further monitoring or treatment.

does not yet know how to test for all of the strains.

What are the updates to Pap smear guidelines?

The modern guidelines for Pap smear screening and treatment for abnormal cells reflect our expanding knowledge that most of the time a woman's body heals these changes on its own. It is only the most advanced abnormal cells that require treatment while the mildly abnormal cells can usually be watched carefully until they go away. There has been discussion in the medical community that targeting women at higher risk for HPV or cancer for more frequent screenings and reducing the screening frequency for lower risk women may result in more efficient treatment when needed.

Our next newsletter will discuss the new guidelines and how they might affect your need for a yearly Pap smear.



What is a Pap smear?

The Pap smear is a simple test that involves wiping the cervix (the bottom of the uterus, or womb) and sending the material to a lab for analysis. First used in the 1940s as a way to diagnose uterine cancer, the test is now used to find abnormal cervical cells **before** they develop into cancer.

Why should I be concerned about cervical cancer and HPV?

HPV (Human Papilloma Virus) causes cervical cancer and can also cause cer-

How invasive is HPV?

The good news is that much like a common cold virus, most people who get HPV will resolve it on their own without any further problems. HPV does NOT live in your body forever. However, there are dozens of different strains of HPV (some more aggressive than others) and science