

Dr. Whitted is dedicated to safe, state-of-the-art, innovative surgeries and healthy lifestyles for women of all ages. In a nurturing environment, the physicians and staff strive to promote a partnership in your healthcare and make every effort to bridge the sterile science of diseases with your emotional, physical, and spiritual needs. Everyone is confronted with difficult healthcare decisions at one time or another. You'll want your physician and staff to have the knowledge, experience, and sensitivity to guide you safely through the decision-making process.

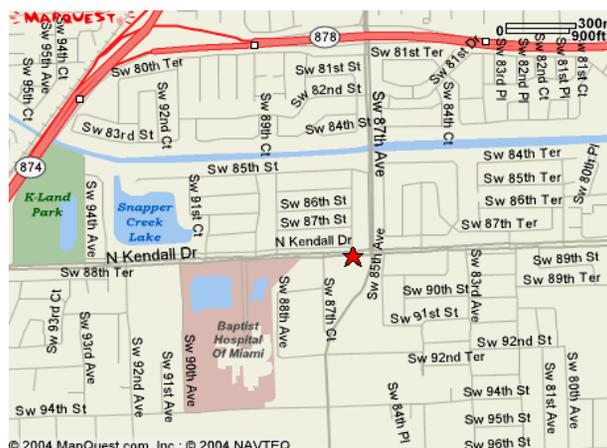
Dr. Whitted provides comprehensive gynecologic office and surgical healthcare. He is certified in laparoscopy and hysteroscopy and is an expert in advanced gynecologic surgery. He has been a national speaker, trainer, and researcher in advanced surgical techniques. In addition, Doctor Whitted is a Certified Menopause Clinician who educates, trains, and has done research in the science of menopause. Finally, he is certified in advanced colposcopy.

Doctor Whitted offers expert education and care in the following areas:

- | | |
|----------------------------------|-------------------------|
| Abnormal Paps (HPV) | Loss of Urine |
| Abnormal Menstrual Cycles | Menopause |
| Bladder Prolapse | Ovarian cysts |
| Chronic Pelvic Pain | Osteoporosis |
| Endometriosis | Rectocele |
| Ectopic Pregnancy | Uterine Prolapse |
| Family Planning | Vaginal Prolapse |
| Fibroids (Leiomyoma) | Well-Woman visit |

***Evaluation and Diagnosis of Gynecologic Cancers

If you need surgery, Dr. Whitted performs most gynecologic surgeries with minimally invasive techniques to reduce hospitalization, recovery, scarring, discomfort and absence from work in most cases.



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R. Wayne Whitted MD, MPH

8740 North Kendall Dr.
Suite 101
Miami, Florida 33176-2212

Phone: 305-596-3744
Fax: 305-596-3676

www.drwhitted.net



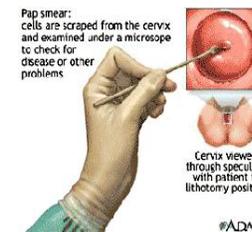
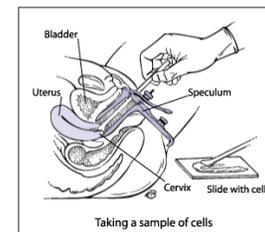
Raymond Wayne Whitted MD, MPH

...dedicated to healthy lifestyles and safe, state-of-the-art surgery for women of all ages.

Pap Smears, Dysplasia, and Human Papilloma Virus

What is a Pap Smear? A Pap smear is a test your doctor does to check for signs of cancer of the cervix. The cervix is part of your uterus (womb). During a Pap smear, your doctor takes a sample of cells from your cervix to be tested.

To take the sample, your doctor will put a speculum into your vagina in order to visualize the cervix. Your doctor will gently clean your cervix then take a sample by passing a spatula across the face of the cervix. The second part of the specimen is obtained by putting a small brush into the opening and taking a sample from the cervical canal. Most everyone now uses the Thin Prep pap smear which has proven to be more accurate.



What is the sample checked for? The cells in the Thin Prep solution are checked to distinguish normal cells and abnormal cells. A pap smear can show if your cervical cells are becoming abnormal long before they become cancerous. This is why getting regular Pap smears is so important.

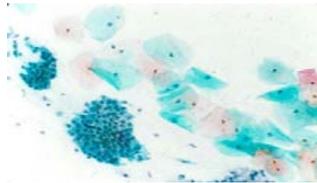
What do the Results mean? A negative Pap Smear is normal. A positive Pap Smear is abnormal. The Pap smears are classified now using the Bethesda system. This is a very involved system of grading pap smears.

The Bethesda Grading System

This grading system is very complicated and if you want further information for this please see www.bethesda2001.cancer.gov

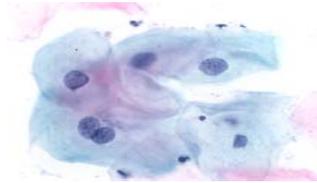
In a Nutshell

Normal Pap



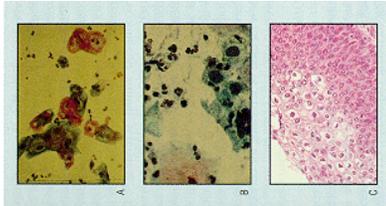
ASCUS (Atypical squamous cells of undetermined significance)

Atypical
Inflammatory
Class 2



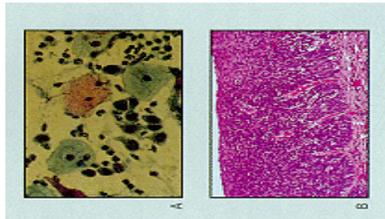
LGSIL (low grade squamous intraepithelial neoplasia)

Mild Dysplasia
CIN 1
Class 3



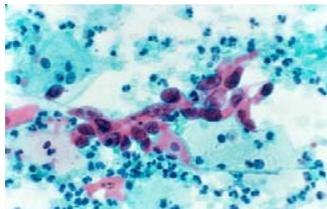
HGSIL (high grade squamous intraepithelial neoplasia)

Mod Dysplasia
Severe Dysplasia-
CIN 2, 3
Class 4



Cancer

Cancer
Class 5



When should you have Pap smears?

You should have your first pap smear when you become sexually active or by age 18 (whichever is first). It is generally considered safe and good healthcare to have Pap tests once a year.

How Reliable is the test? No test is perfect, but the Pap smear has helped drastically reduce the number of women who die of cervical cancer. The Thin Prep Pap Test is the most reliable Pap and is the only one recommended routinely now.

What happens if I have an abnormal Pap Test?

ASCUS Paps: It is recommended with this result that a repeat pap test be performed in 3 months after treatment with metrogel, cleocin, or doxycycline. 95% of ASCUS paps are inflammatory in nature and resolve with therapy. 5% are, in reality, dysplastic (pre-cancerous) and if the repeat Pap again is ASCUS then it is recommended to have a Colposcopy. If the repeat Pap test is normal then it is recommended to repeat it again in 6 months. 3 negative pap tests in a row suggest a normal cervix.

LGSIL, HGSIL, Cancer Paps: It is recommended that all paps that initially fall into this range should undergo a more thorough evaluation of the cervix with colposcopy.

The Human Papilloma Virus (HPV) Connection:

HPV is now recognized as the major cause of cervical dysplasia and cancer. It is very common, with more than 100 types known. Fewer than 20, however, are considered high risk types that are prone to cause higher grade dysplasias and cervical cancer. Low risk HPV types include 6, 11 and are associated with mild dysplasia and genital warts. High risk HPV types include 16, 18, 31, 33, 39, 45, 51, 52, 56, 59, 68, 69. These types are associated with the formation of high grade dysplasias and cancer. Most people have both types.

The HPV DNA Test checks directly for genetic HPV material in the specimen and is used most often when repetitive ASCUS paps results are obtained. This helps determine the potential of this mildly abnormal pap to become more serious.

What is Colposcopy?

The colposcope magnifies, or enlarges, the image of the outer portion of the cervix. It is somewhat like looking through a pair of binoculars. This allows the health care provider to see the outer portion of the cervix better. Sometimes a small sample of tissue (called a biopsy) is taken for further study. The tissue samples help the health care provider to figure out how to treat any problems found. And, if cancer of the cervix is found early, or a precancerous change of cells is found, it can be treated and almost always can be cured. Also, for precancers and early cancers of the cervix, sometimes removal of part of the cervix may be the only treatment needed.

Why is Colposcopy Important?

Colposcopy helps define why the Pap test is abnormal, and, therefore, is a more definitive test.

Is it Painful? Most patients describe mild cramping or pinching. This is helped by taking ibuprofen/advil ahead of time.

Does this Procedure affect childbearing? No

What happens after Colposcopy?

You may have mild cramps which advil will relieve. In addition, some bleeding with brownish or yellowish discharge may occur. You can use a tampon after colposcopy. Call your doctor if you have heavy bleeding and/or fever. Your results will usually be ready in 1-2 weeks. Make sure to schedule a follow-up appointment.

What Therapies are available?

ASCUS/LGSIL: usually 6 months pap smears and watchful waiting. 90% resolve with healthy living and anti-oxidants and avoidance of exposures.

HGSIL: Cryosurgery, Office LEEP, Cone biopsy with every 3-6 months follow-up. Women done with childbearing may elect hysterectomy which is done vaginally or laparoscopically.