



Dr Perlis Answers Your Questions

by Dr. Cheryl Perlis



How can I avoid feeling rushed in my annual appointment?

The best solution is to make sure you have a list of questions written down prior to your office visit. If

you have multiple problems, it may be best for you to make separate appointments. You may want to first see the doctor for your overall wellness visit. Because it is difficult for a physician to address many different issues during a 30 minute office visit, it is best to then make an appointment for your specific issue or problem. For example, if a patient has several perimenopausal questions, I want to spend time addressing each of her concerns, such as remedies for hot flashes, changes in menses, or fluctuating sexual desire. My goal is to have patients who feel satisfied, not rushed and more educated when they leave the office.

What should I know about the Human Papilloma Virus?

A majority of patients' concerns have been centered on the HPV, or Human Papilloma virus. This is a group of viruses, four of which have been identified as causing cervical and vulvar cancer. At this time, we recommend that everybody between the ages of 9-26 be vaccinated. I also recommend the vaccine for older women who have been recently divorced or not in a committed relationship. The vaccine requires a series of three (3) shots given in intervals of 0, 2, and 4 months. It is important to ask your doctor about this vaccine or go to my website www.drperlis.com which links you to more information.

When is it advisable to bring my daughter to the office?

I think it is imperative that any daughter with a boyfriend (you must assume she is sexually active) needs an exam. By seeing a gynecologist, it can help her establish a positive relationship with a doctor, who can help her understand physical changes

in her body, as well as answer any questions she may be too embarrassed to ask her parents. I discuss issues such as sexually transmitted diseases, pregnancy prevention, and questions about the patient's sexuality. Young women today have a great opportunity to learn about their bodies.

What do I need to know about beauty enhancement techniques, like Botox?

It is imperative to understand that for the first year a person needs to come every 3 months. The second and subsequent years require visits every 5-6 months using 20% less Botox. Most women will spend approximately \$3.00 per day to stop the aging process- equivalent to one café latte!

Sadly, I have seen dozens of patients from other practices that were told to go for Botox treatments every 3 months for years! When a patient is concerned that Botox will give them a frozen facial appearance, they need to know why and how that happens.

Stopping the movement or expression in every muscle in your face will give you a frozen look. However, the methods and amounts of Botox used in certain areas allow for a natural look.

Unfortunately, the most common method is to stop all movement in the forehead, giving the person a very stiff look. I prefer

to tone down the movement of the forehead muscles, thereby not freezing the expression.

Did you know that first impressions are made in 60 seconds?

Your eyes and mouth are the focus of attention when someone looks at you. When my patients decide to have a procedure, I always let them know up front what the Botox can and cannot do, avoiding the possibility of unrealistic expectations. In my opinion, it is crucial for patients to be fully informed. I want them to know what to expect. My mission is to provide education and high quality service, both medically and aesthetically to all of my patients.

My personal commitment is to educate women throughout all stages of their life from adolescence and related bodily changes, through the childbearing years and finally perimenopausal changes and menopause. I feel the same concerns when women have Botox, Restylane, or laser treatments.

Dr. Perlis continues her involvement in the field of obstetrics and gynecology in addition to her new beauty enhancements through science and technology. I am excited about these procedures and want to help you to look and feel your best. If you would like more information, please call my office for a personal consultation at 847-362-2449.