

10 Important facts to know about the PapTest

The Pap test is a simple, painless, low cost test with high diagnostic accuracy, which aims to prevent cervical cancer.

The Pap test is a method of laboratory investigation of the condition of the cervix. It is used to detect potentially pre-cancerous and cancerous conditions in the female cervix. The test was applied for the first time and was named after the famous Greek doctor, biologist and researcher Georgios Papanikolaou. The originator of the Pap test, a pioneer in cytopathology, remained at history as the man who discovered this pioneering cytodiagnostic method, which gave life to women all over the world, as the commemorative plaque at the Research Cancer Research Institute "G. Papanikolaou". So find out all the reasons why the Pap test is a valuable test for every woman.

1. It is the only method of cancer prevention

A Pap test is done by opening the vaginal canal with a mirror and then collecting the cells at the external opening of the cervix in the transformation zone. The cells are collected and examined under a microscope for abnormalities. The test aims to detect precancerous lesions and remains an effective, widely used method for the early detection of precancerous and cervical cancers. And while it is not designed for this purpose, it can also detect infections and disorders in the endocervix and endometrium.

2. It is painless

The Pap test is a non-invasive, painless and quite accurate way of early detection of precancerous lesions in the cervix. So it can be applied to all women, regardless of whether their history raises concerns about the appearance of such lesions on their cervix.

3. It can (and should) be done every year

The test should be repeated every year after the start of our sex life, as a precaution,



if and when its findings are normal. In case of abnormal findings, your cytologist will recommend the review period.

4. It is a valid test

How does a Pap test smear test diagnose cervical cancer early? This cancer has a detectable pre-symptomatic stage. This means that it does not grow directly into normal epithelium. The stage of intraepithelial lesions is inserted between normal epithelium and invasive cancer. At this stage there are no subjective symptoms or findings during the simple gynecological examination.

Read the rest of the article:

<https://www.medimall.gr/10-important-facts-to-know-about-the-test-pap/>



Warm as your hug

The fact that coronavirus protection measures have banned indoor walks does not mean that we should deprive our baby of an enjoyable walk! But it should be properly equipped. This cute and soft ski suit will protect it from the cold, and is ideal for a walk in the park.

Ski suit, Bonpoint

<https://www.bybam-bou.com/combinai-son-de-ski-ecru.html>

Prenatal yoga

Yoga for pregnant women, known as prenatal yoga, is not just a method of relaxation, but contributes to the smooth development of pregnancy and childbirth.

What is prenatal yoga?

Prenatal yoga is a specially designed program that prepares you physically and psychologically for childbirth and motherhood. During pregnancy, the body changes and yoga, through exercise, meditation and breathing, helps you to recognize the natural process of childbirth, to connect with your inner world, but also your baby. Breathing techniques fill the body with oxygen needed by the fetus, and can even help with labor pains.

Why to choose yoga

Yoga is probably the most appropriate form of exercise for this period, as well as for later.

The benefits

With yoga you "work" mainly the muscles that you will use in childbirth with the result that your muscles "work" for you during childbirth. Yoga will help you stay calm and relaxed during childbirth, as long as possible.

Read the rest of the article:

<https://www.medimall.gr/yoga-for-pregnant-women/>



Motherhood, anyway, is a new wonderful experience for every woman. But beyond happiness and fulfillment, it also brings some really beneficial changes to the body, the brain, and even our sex life. And this is confirmed by science.

Reduced Breast Cancer Risk

In the long run, having children can provide significant health benefits. According to the National Cancer Institute Trusted Source (NCI), women who have children are less likely to develop breast cancer. Being pregnant reduces exposure to certain hormones that have been linked to breast cancer. (This has to do with the fact that menstruation stops while a woman is pregnant.) The NCI also reports that breastfeeding can reduce breast cancer risk because the "maturing" that breast cells go through in order to produce milk may prevent the cells from becoming cancerous.

Read the rest of the article:

<https://www.medimall.gr/motherhood-and-woman-s-health/>

Eggs, sperm or embryo donation: How to select safely your genetic material

If egg, sperm or embryo donation are the only ways to have a baby, the, Medimall IVF Clinic chooses the right genetic material for you. Eggs, sperm or embryo donation are the most effective solutions for infertile couples. Infertility is defined as the inability of a couple to conceive and terminate a pregnancy after at least one year of regular sexual intercourse without contraception. According to the World Health Organization, infertility is a condition that needs medical treatment. So if you belong to the infertile couple and choose to become parents by donating sperm, eggs or embryo, you should responsibly choose an IVF center that will ensure you a safe and healthy baby.

When should a couple consider eggs, sperm or embryo donation?

This is a difficult question, as each couple is unique. Eggs, sperm or embryo donation is a rather common solution for infertile couples to conceive a child.

Sperm donation program

Sperm donation is the process by which a man donates his sperm to help an individual or a couple have a child. The sperm can either be injected directly into a woman's uterus (Intrauterine insemination, IUI) or used to fertilize eggs by in vitro fertilization.

Read the rest of the article:

<https://www.medimall.gr/how-to-select-with-safety-your-genetic-material/>

