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You should tell your female friends to do this once a year:

I went for my annual sonogram yesterday - I go to this amazing lady, Dr. Lyris Schonholz 488 Madison, 12th floor [REDACTED]

She does a vaginal sonogram where she checks my uterus and ovaries and then checks my pancreas, kidneys, gallbladder and spleen. The whole thing takes less than 20 minutes and very worthwhile to do this once a year. If they call, they should say they are a friend of mine so it's easier to get an appointment.