

HEALTH CONNECTION

of Pace Community Action Agency, Inc.

We Educate, Empower, and Improve

NATIONAL DAY 2011 Let's Celebrate!

The National Day to Prevent Teen Pregnancy will be observed on May 4th! The purpose of this day is to focus the attention of teens on the importance of avoiding teen pregnancy and other serious consequences of sex. Teens can support the National Day by logging onto StayTeen.org anytime throughout May and participate in the online National Day activities, including the National Day Quiz. (The National Day Quiz is appropriate for teens ages 13 and up.)

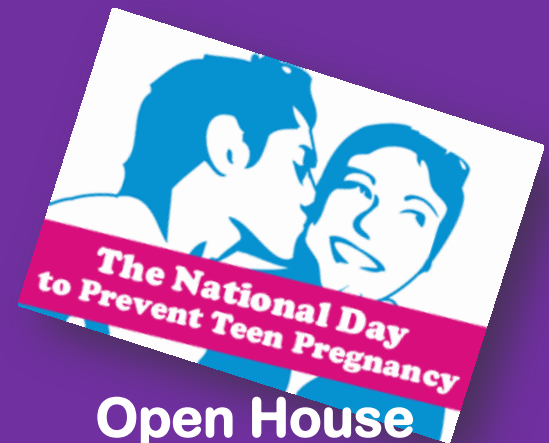
The extraordinary **declines** in teen pregnancy and childbearing over the past two decades have proven to some that progress can be made on tough issues.

The latest news on the teen pregnancy front has been positive. The U.S. teen birth rate **declined 6%** in 2009 – the most recent year for which data is available – and is now at a record low.

Despite this progress, it is still the case that **3 in 10** girls get pregnant by age 20. This suggests that we all need to continue helping teens postpone their families until they are older, through school, and in stable, committed relationships.

We hope the National Day will **help teens** think carefully about sex, relationships, contraception, the possibility of pregnancy, and the lifelong challenges of being a parent.

For more information, click on [National Day](#).



Teens are invited to participate in our Open House on May 4th from 8:30 AM - 4:30 PM hosted by Health Connection at each of our three locations. Refreshments will be served. Come in and check out the National Day Quiz. (Just a fun quiz, NO grades!)



STD Awareness

CDC recognizes April as STD Awareness Month, an annual observance to raise awareness about the impact of sexually transmitted diseases (STDs) on the health of Americans and the importance of individuals discussing sexual health with their healthcare providers and, if sexually active, their partners.

For more information visit CDC.

PREVENTION IS OUR INTENTION!

New Staff at Health Connection Welcome Aboard!



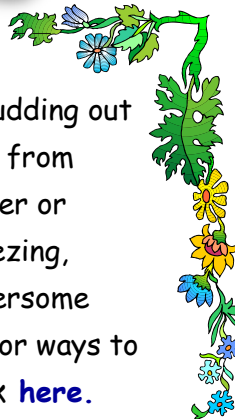
Health Connection is pleased to announce the addition our new clinician. Jamie Truelove joined the Health Connection staff on February 15th and will be working primarily in the Vincennes clinic. Jamie graduated from the University of Southern Indiana in 2002 with a master degree in nursing and a post-graduate degree in nurse practitioner. Board certified as a family nurse practitioner, Jamie's work experience has included family health and obstetrics/gynecology. Jamie has three children and has been a life-long resident of Daviess County. We are thrilled to have Jamie on Pace's Health Connection team!

Never doubt that a small group of committed people can change the world. Indeed it is the only thing that ever has. Margaret Mead



Springtime Allergies

Spring time means flowers and trees budding out and blooming. Millions of people suffer from springtime allergies, also called hay fever or allergic rhinitis. Symptoms such as sneezing, congestion, runny nose, and other bothersome signs can make a sufferer miserable. For ways to reduce your exposure to allergens, click [here](#).



NovaSure

Don't let a period stop you.

One in five women live with very heavy periods. Periods that get in the way of everyday life. Periods that keep you from the things you enjoy and the people you love. NovaSure[®] is a one-time, 5-minute procedure that can lighten – or end your heavy period – without on-going pills and without hormonal side effects. For over 90% of women, menstrual bleeding is dramatically reduced or stopped. Maybe it's time to step back into life. www.novasure.com/

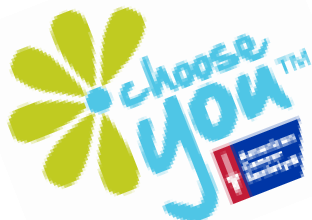
Contraceptive Highlight - Depo Provera Injection

What could be easier than a contraceptive that comes in the form of a shot that you only have to take every three months? The Depo-Provera Contraceptive Injection (medroxyprogesterone acetate injectable suspension, USP) is highly effective at preventing pregnancy with a failure rate of less than 1%. There is nothing to remember daily, weekly, or monthly. No IUD strings to check. All you have to do to achieve effective contraception is have the Depo-Provera injection on a regular schedule every 12-14 weeks.

The shot must be administered by a health care provider, so it requires visits to a clinic or office every three months when you need a new one. Missing a shot or delaying your shot schedule will lessen the effectiveness of Depo, so make sure you get your shots on time.

✘ **Depo Provera does not protect against sexually transmitted infections.**

Want to know more? Check out the Mayo Clinic's page on [THE SHOT](#).




Women's Health Week May 8-14, 2011

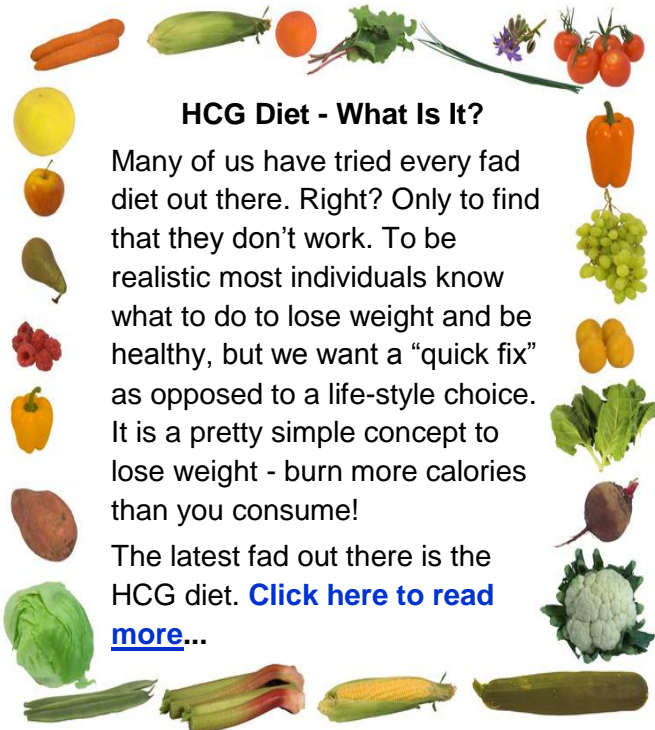
Choose You is a movement created by the American Cancer Society that encourages women to put their own health first in the fight against cancer.

Choose You challenges women to make healthier choices, and supports them in their commitment to eat right, get active, quit smoking and get regular health checks.

Check it out for more information!
Click [here...](#)

People tend to think oral sex is not really sex and it does not have consequences. What they do not realize is that oral sex is a form of sex and sexually transmitted infections are transmitted via oral sex, anal sex, and vaginal sex. Humanpapilloma virus (HPV) has been linked to 64% of cancers involving the oral cavity, head, and neck. To read more, [click here](#).

Men's Health Week
Men's Health Week is dedicated heightening men's awareness of preventable health problems and encouraging early detection and treatment of disease. To learn more, click 
June 13-19th



HCG Diet - What Is It?

Many of us have tried every fad diet out there. Right? Only to find that they don't work. To be realistic most individuals know what to do to lose weight and be healthy, but we want a "quick fix" as opposed to a life-style choice. It is a pretty simple concept to lose weight - burn more calories than you consume!

The latest fad out there is the HCG diet. [Click here to read more...](#)

Check out the latest HIV/AIDS News.
Click on the following links.



CONFIDENTIAL = Between You & Your Healthcare Provider

Health Connection provides confidential services. This means that **NONE** of the information that you share with the staff in the clinic can be shared with your family, boyfriend, girlfriend, friends, school, police, or whomever without your permission. **YOU** get to decide who knows what about your birth control, STI testing, etc. For more information...read up on your rights and options at TeenSource.org!

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Please call for more information about our services or to schedule an appointment.



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We educate, empower, and improve.