

# HEALTH CONNECTION

of Pace Community Action Agency, Inc.

Where We Educate, Empower, and Improve...

## CELEBRATING 40 YEARS

Vincennes Health Connection hosted an Open House to celebrate 40 years of providing women's reproductive health services. In 2000, we also started seeing male patients that were interested in their reproductive health and family planning.

Manager Michelle Pitcher stated, "What an honor it has been to provide reproductive health/family planning services to the clients of this area. We look forward to another 40 years of service."

Patricia Phillips, who has worked at the Vincennes Health Connection clinic for 36 years, says she has seen numerous changes throughout the years with the biggest change being the addition of a clinician at each clinic.

Approximately 80 representatives of area agencies, clients, and staff participated in the celebration and enjoyed refreshments.



## NATIONAL OBSERVANCES

### April

- ▲ Sexually Transmitted Disease Awareness Month

### May

- ▲ Teen Pregnancy Prevention Month
- ▲ The National Day to Prevent Teen Pregnancy May 5<sup>th</sup>
- ▲ Women's Health Week 9<sup>th</sup> – 15<sup>th</sup>

### June

- ▲ Men's Health Week 14<sup>th</sup> – 20<sup>th</sup>
- ▲ HIV Testing Day 27<sup>th</sup>

Our vision statement is to educate and provide affordable family planning/sexual health services in a non-biased, non-judgmental manner while providing individually based quality health care to eliminate unwanted pregnancies and sexually transmitted infections.

## April is National STD Awareness Month

Abstaining from oral, anal, and vaginal sex is a sure way of not getting a sexually transmitted disease (STD). For those who do not abstain; testing, treating, and education are key factors in decreasing

the rate of STDs. The Center for Disease Control and Prevention's Center (CDC) estimates there are nearly 19 million new cases of STDs in the U.S. each year. Obvious symptoms often do not develop. Many people

who contract an STD are not aware that they and their partners are at risk. With or without symptoms, transmission of an STD can occur.



April is National  
STD Awareness  
Month

### SAFER SEX

If you are sexually active, safer sex decreases the risk of being exposed to a sexually transmitted infection. Both men and women should carry condoms and insist they are used.

Safer sex includes using condoms consistently and correctly, as well as being in a mutually monogamous relationship.

The following is an easy reminder for minimizing risks of acquiring STDs:

- A - Abstinence (No anal, oral, vaginal sex)
- B - Be faithful (1 partner who has been tested & is STD-free)
- C - Condoms (Use consistently [every time] & correctly)

**Condoms are available in different brands, styles and colors, and are available lubricated, non-lubricated, flavored, and with spermicide.**



What are  
these  
dresses  
made  
from?



The answer:  
**CONDOMS!**

**WARNING - Beware of "Novelty" condoms, which are not supposed to be used for pregnancy protection. Read labels on "novelty" condoms to be sure they protect against pregnancy and sexually transmitted diseases.**

# MAY IS NATIONAL TEEN PREGNANCY PREVENTION MONTH

National Teen Pregnancy Prevention Month (NTPPM) is an educational campaign designed to help communities recognize that the effects of unintended teen pregnancy and early childbearing are far-reaching. The campaign mobilizes communities to help young people develop responsible, positive behaviors and attitudes regarding sexuality.

Nearly 4 in 10 young women in the U.S. will become pregnant at least once before age 20. Eight out of 10 teen pregnancies are unintended; and nearly 80% are to unmarried teens. The U.S. has the highest rates of teen pregnancy and teen births in the western industrialized world. Adolescent pregnancy costs the United States more than \$7 billion each year.



## GET INVOLVED

There are organizations in many communities devoted to preventing teen pregnancy -- they are affiliated with churches, schools, independent clubs, non-profit organizations, health centers, and reproductive health organizations. Contact your local school board, faith leaders, youth groups and others who are concerned about young people.

Educate parents and teens about the consequences of unprotected sex and teen pregnancy. In fact, one of the most important things anyone can do is to make sure parents and teens talk about these issues and know the facts.



TO PREVENT TEEN PREGNANCY  
THE NATIONAL DAY

**May 5, 2010** has been designated as the **National Day to Prevent Teen Pregnancy**, whose purpose is to focus the attention of teens on the importance of avoiding teen pregnancy and other serious consequences of sex.

On the National Day, teens nationwide are asked to go [www.StayTeen.org](http://www.StayTeen.org) and take a short, scenario-based quiz (available in English and Spanish), that is designed to challenge young people to think carefully about what they would do in a number of risky sexual situations.



The National Campaign to Prevent Teen and Unplanned Pregnancy  
[TheNationalCampaign.org](http://TheNationalCampaign.org)



## **“It’s Your Time” NATIONAL WOMEN’S HEALTH WEEK IS MAY 9-15, 2010**

This weeklong health observance, coordinated by the U.S. Department of Health and Human Services', empowers women to make their health a top priority. Women are encouraged to take simple steps for a longer, healthier, and happier life, including

- getting at least 2 hours and 30 minutes of moderate physical activity, 1 hour and 15 minutes of vigorous physical activity, or a combination of both each week .
- eating a nutritious diet.
- visiting a health care professional to receive regular checkups and preventive screenings.
- avoiding risky behaviors, such as smoking and not wearing a seatbelt.
- paying attention to mental health, including getting enough sleep and managing stress.

**National Women's Checkup Day** will be held on Monday, May 10, 2010, during National Women's Health Week. This day is dedicated to encouraging women to visit health care professionals to receive or schedule a checkup and promoting regular checkups as vital to the early detection of heart disease, diabetes, cancer, mental health illnesses, sexually transmitted infections, and other conditions.

### **Get All the Facts!**

Check out this fact sheet!

[National Women's Checkup Day Fact Sheet](#)



## **NATIONAL MEN’S HEALTH WEEK IS JUNE 14-20, 2010**

Men's Health Week is utilized to promote the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. The following are some tips on how you can live a longer and healthier life.

- ➔ Be safe and protect yourself. Take steps to protect yourself against injuries and harmful exposures at work, home, and play.
- ➔ Eat healthy. Increase the number of fruits and vegetables you eat. Decrease saturated fat, salt, and empty calories. Watch how much you eat.
- ➔ Be active. Get thirty minutes of moderate physical activity on most, preferably all, days of the week.
- ➔ Be smoke-free. If you smoke, quit now. Help-lines, counseling, medications, and other forms of support are available to help you.
- ➔ Get check-ups. Get routine exams and tests to check your health. Get immunizations. Take steps to lower your risk for disease.

**National HIV Testing Day  
June 27, 2010**



**take the test  
take control**  
www.hivtest.org

**NATIONAL HIV TESTING DAY JUNE 27**

**Take the test! Take control!**

Generally, you cannot tell by looking at someone whether he or she has HIV. A person could be infected with HIV and not know it.

The virus takes time before there may be noticeable effects. A person can have HIV for ten years or more before the

symptoms of AIDS appear. The only way to know if you are infected is to be tested.



**The American College of**

**Obstetricians and Gynecologists (ACOG)** have revised the recommendation for Pap tests, which is a screening test for cervical cancer in women. Cervical cancer rates have fallen more than 50% in the past 30 years in the US due to the widespread use of the Pap test.

ACOG now recommends that women from ages 21 to 30 be screened every two years instead of annually, using either the standard Pap or liquid-based cytology. Women age 30 and older who have had three consecutive negative cervical cytology test results may be screened once every three years with either the Pap or liquid-based cytology. Women with certain risk factors may need more frequent screening, including those who have HIV, are immunosuppressed, were exposed to diethylstilbestrol (DES) *in utero*, and have been treated for cervical intraepithelial neoplasia (CIN) 2, CIN 3, or cervical cancer.

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