

HEALTH CONNECTION

of Pace Community Action Agency, Inc.
Where We Educate, Empower, and Improve...

50th Birthday Celebrated

The birth control pill was approved by the Food and Drug Administration (FDA) 50 years ago this spring. The pill is an oral contraceptive that women take to avoid becoming pregnant, and is one of the most popular forms of birth control.

The pill was approved by the FDA back in 1960, and since then an estimated 98% of women who are sexually active have used it during their lifetime.

Dr. Sheryl Kingsberg of the UH Case Medical Center says: “The pill freed up women’s lives in many ways. We untied the idea of using birth control at the time of sexual activity, so that women didn’t really have to think about it.”

The pill, which is taken daily, is a combination of the hormones estrogen and progesterone and works by preventing ovulation.

Only in the last decade did health insurers begin covering the cost of the pill, which does not prevent STD’s.



NATIONAL OBSERVANCES

September

Ovarian Cancer Awareness
Month

September 3, 2010

National Wear Teal Day

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.

What is Emergency Contraception?

Emergency contraception is birth control that helps to prevent pregnancy after sex. Also known as "the morning after pill," "the day after pill," or "morning after contraception" which is confusing because you can use emergency contraception right away - or up to five days after

sex - if you think your birth control method failed, you didn't use contraception, or you were forced to have sex.

Emergency contraception makes it much less likely you will get pregnant. But it is not as effective as birth control that's used before or during sex, like

the pill or condoms. So if you are sexually active or planning to be, don't use emergency contraception as your only protection against pregnancy. Also, emergency contraception does not protect against sexually transmitted infections.

For more information on emergency contraception click on a link below

www.not-2-late.com

www.womenshealth.gov

www.webmd.com/sex/birth-control/emergency-contraception-16010



CycleBeads is an easy way to plan or prevent pregnancy naturally. This color-coded string of beads enables a woman to track her cycle and know if she is on a day when pregnancy is likely or not.

Women around the world use CycleBeads because it is:

- Effective - more than 95%
- Side-Effect Free
- Easy to use
- Inexpensive
- Educational & Empowering

To use CycleBeads a woman simply moves a ring over the series of color-coded beads that represent the days of her cycle. The color of the beads lets her know whether she is on a day when she is likely to be fertile or not. The one medical criterion for using CycleBeads to prevent pregnancy is that a woman should have regular cycles between 26 and 32 days long.

For more information about CycleBeads, please call your local Health Connection or visit us on the world web at www.pacecaa.org.



www.cyclebeads.com/

SEPTEMBER IS NATIONAL OVARIAN CANCER AWARENESS MONTH

September has been designated as Ovarian Cancer Awareness Month by the President of the United States, and the National Ovarian Cancer Coalition (NOCC) is helping to raise awareness and increase education about ovarian cancer.

More than 20,000 women are diagnosed with ovarian cancer each year, and approximately 15,000 women die from the disease. Unfortunately, most cases are diagnosed in their later stages when the prognosis is poor. However, if diagnosed and treated early, when the cancer is confined to the ovary, the five-year survival rate is over 90 percent.

Since there is no early detection test, recognizing the symptoms of the disease is imperative. The symptoms of ovarian cancer are often seen as vague and can be misdiagnosed. The NOCC urges women to see their health care provider if they experience any of the following symptoms daily for more than two weeks:

- Bloating
- Pelvic or abdominal pain
- Difficulty eating or feeling full quickly
- Urinary symptoms (urgency or frequency)



National Teal Day

Friday, September 3, 2010

September marks the nationwide observance of National Ovarian Cancer Awareness Month.

To spread awareness, the Ovarian Cancer National Alliance is encouraging Americans to wear teal on National Teal Day, the first Friday in September. In addition to donning the blue-green color, you can also take part in the ovarian cancer awareness events around the country. Ovarian cancer is the deadliest of all cancers of the reproductive system and a leading cause of death among women. Learn more about this deadly disease and how you can protect yourself.

Click on the link below for more information

www.ovariancancer.org



For more information about ovarian cancer or the National Ovarian Cancer Coalition, please visit www.ovarian.org or call 1-888-OVARIAN.

NEWS FLASH! ATTENTION! ATTENTION! READ ALL ABOUT IT!



CURRENT SERVICE EXPANDED

Health Connection of Pace Community Action Agency, Inc. is pleased to announce the expansion of a current service. IUDs (intrauterine devices) can now be inserted, at any of our 3 clinics that are located in Terre Haute, Vincennes, and Washington, to those clients that are eligible for this method of birth control. Please contact one of our clinics for more information.



NEW!

TEXT MESSAGING TO FIND TITLE X CLINIC

A new text messaging service has been launched that expands access to the Family Planning Database of clinics to cell phone users. To find the nearest Title X family planning facility, simply send a text message containing FINDFPCLINIC and a ZIP code to 368674. The reply will provide the name, address, and telephone number of the nearest family planning clinic. (Standard text messaging charges may apply.)

www.findfpclinic.org



WARNING – Texting while driving is a dangerous habit! Most states have worked quickly to enact bans on texting while driving.

TEEN GIRLS AT HIGHER RISK FOR STDs

Teen girls aged 15 to 19 accounted for the largest number (409,531) of the 1.5 million reported Chlamydia and Gonorrhea cases in the United States in 2008, followed by women aged 20 to 24, according to an annual federal report released Monday.

Early testing, diagnosis and treatment are essential to prevent long-term health consequences of sexually transmitted diseases. Each year in the United States, untreated STDs lead to complications that cause at least 24,000 women to become infertile, according to the CDC. Of the almost 19 million new cases of sexually transmitted diseases that occur each year in the United States, almost half are among those aged 15 to 24 years. STDs cost the nation's health-care system as much as \$15.9 billion a year, the CDC said.



You May Not Need a Pap Smear This Year

By R. Skiver, PA-C

Don't be surprised if you don't need to get a Pap smear at your next female exam visit. New guidelines were published in 2009 that have decreased how often women will be getting their Pap smears.

Unnecessary tests, increased anxiety for patients, and slow evolving abnormal Pap smears are just a few of the reasons that the guidelines were changed. Pap smears will now start at age 21 for all women. Women, who are age 21-29, will receive a Pap smear every other year. Women, who are older than age 30, will receive a Pap smear every 2 years. Of course, there are exceptions to this rule. Some women will have a health history which may require them to continue with yearly Pap smears. These changes and any questions you have should be discussed with your clinician at your next visit.

For more information about the new recommended guidelines click on the link.



www.acog.org

HEALTH CONNECTION CLINICS

Terre Haute
501 Hospital Lane, Suite 101
Terre Haute, Indiana 47802
(812) 234-0707

Vincennes
715 Wabash Avenue
Vincennes, Indiana 47591
(812) 882-6069

Washington
2 N.E. 21st Street
Washington, Indiana 47501
(812) 254-6936

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

Visit us at

www.pacecaa.org

We educate, empower, and improve.



Unsubscribe: [I Do Not Wish To Receive This Newsletter](#) (Please click on this link to unsubscribe)