



# HEALTH CONNECTION

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

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## HAPPY 2012

The **New Year** is a time for change and resolution, and this often results in speeches and toasts at holiday gatherings of **friends and family**.

For some people, the approaching New Year's holiday may prompt them to take stock of all they've **accomplished** (or not accomplished) during the previous year. Others use the holiday to **think** about all the things they *hope* to accomplish in the months ahead. New Year's symbolizes **rebirth** and renewal for some - an aspiration to be a better person.

The old give way to **the young**. New thoughts sprout from fertile ground. While the New Year beckons us with many promises, don't forget to give the **old** year its due. Learn from past mistakes and carry the lessons of time with you.

Do new years **justify** a celebration? For a cynic, a New Year is just another day. But for an optimist, New Years herald the **birth of hope**. So fill your **heart** with joy, relish each day, and celebrate each moment of life; yesterday, today, and **tomorrow**.

### Coming in 2012 to Health Connection

1. **HPV Vaccine** available in the Vincennes Clinic only 1<sup>st</sup> quarter then all 3 Health Connection clinics
2. **IUD Insertion** in all 3 Health Connection clinics
3. **EPT** (Expedited Partner Treatment)
4. **Staff Training** specific for individual job improvement
5. **Community Collaboration** to enhance partnerships

**PREVENTION IS OUR INTENTION!**

# HPV INFORMATION

## What is Genital HPV Infection?

Genital human papillomavirus (HPV) is the most common **sexually transmitted infection (STI)**. There are more than 40 HPV types that can infect the genital areas of **males and females**. These **HPV** types can also infect the mouth and throat. Most **people** who become **infected** with HPV do not even know they have it. HPV is not the same as herpes or HIV (the virus that causes AIDS). These are all **viruses** that can be passed on during sex, but they cause **different** symptoms and health problems.

HPV is passed on through genital contact, most often during vaginal and anal sex. HPV may also be **passed on** during oral sex and genital-to-genital contact. HPV can be passed on **between** straight and same-sex partners—even when the infected partner has **no signs** or symptoms. More **information** may be obtained from [CDC.gov](http://CDC.gov)



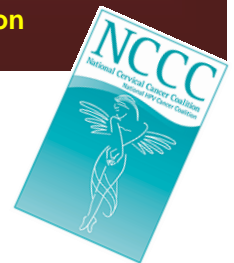
## Cervical Cancer Awareness

To help **raise awareness** of cervical cancer, the US Congress has designated **January** as **Cervical Health Awareness Month**. Though cervical cancer is largely preventable, this preventable cancer will be **responsible** for the deaths of at least 4,000 women in the United States this year. More than 12,000 new cases of cervical cancer are diagnosed each year, a disease that is most often caused by a common sexually transmitted virus, the human papillomavirus (**HPV**).

Cervical cancer is caused by high-risk HPVs, and the risk of HPV increases as the number of an individual's sex partners increase. Because the viruses can cause slow-growing cancer, people who have been in longtime monogamous relationships may discover they have cervical cancer or another cancer associated with HPV decades after first contracting the virus.

The designation of January as National Cervical Health Awareness Month will hopefully **encourage women** to schedule their Pap test that screens for cervical cancer and to become more aware of the **risks** associated with HPV infection. For more information visit **National**

**Cervical Cancer Coalition**



## HPV VACCINE

### Should I Get the HPV Vaccine?

HPV vaccines ("shots") are available for **males and females** to protect against the types of **HPV** that most commonly cause health problems.

Two vaccines (Cervarix and Gardasil) are available to **protect** females against the types of HPV that cause most cervical cancers. One of these vaccines (Gardasil) also protects against most **genital warts**, and has shown to protect against anal, vaginal and vulvar cancers. Both vaccines are **recommended** for ages 9-26. It is **recommended** that females get the same vaccine brand for all three doses, whenever possible.

One available vaccine (Gardasil) protects **males** against most genital warts and anal cancers. This vaccine is available for males, 9 - 26 years of age.

The **best way** a person can be sure to get the **most benefit** from HPV vaccination is to complete all three doses before beginning sexual activity. For more information visit [cdc.gov](http://cdc.gov)

## New Staff at Health Connection Welcome Aboard!



Health Connection is pleased to welcome Lori Klumpp as a member of the clerical staff. Lori has been with Pace since September and assists in providing quality care to our customers. Welcome aboard! We are pleased to have you on our team.



### Newer Birth Control Drugs Get FDA Review

Birth control drugs that were heavily promoted as having fewer **side effects** and the ability to clear up acne and other **hormonal** bothers are under new scrutiny from safety regulators.

**Regulators** could order new warning labels on several contraceptives that gained popularity in the last decade, including Bayer's **pill** Yaz, which was the best-selling **birth control** pill in the U.S. for 2008 and 2009.

**Sorting out** the blood clot risk of birth control drugs is especially difficult because all hormone-based drugs increase the risk of clotting. Further **complicating** the matter is that clots can be caused by **factors** such as smoking, obesity or family history. To read the full article visit [MSNBC.com](http://MSNBC.com)

### CDC Releases STD Data

The Centers for Disease Control and Prevention (CDC) released data on sexually transmitted disease (STD) rates in the United States. Overall rates of syphilis, Chlamydia, and gonorrhea, the three STDs tracked, remain remarkably high. Groups with disproportionately high rates of STDs included men who have sex with men (MSM), communities of color, and young people.

Every year in the United States there are 19 million new STD infections and \$17 billion is spent in the health care system as a result. In light of these figures, the CDC recommends increased screening, particularly for at-risk populations. CDC also notes the importance of reducing health disparities in minority populations, which are exacerbated by social and economic factors, including higher uninsured rates, greater STD prevalence, distrust of the medical system, and language barriers.

### Contraceptive Pill Nearly Halves Risk of Ovarian Cancer, Research Finds

Women who take the **contraceptive pill** for 10 years cut their risk of ovarian cancer by almost half, according to a European study. Taking the contraception for any length of time also **reduces the risk** by 15 percent, according to one of the largest studies into the links between diet, lifestyle and cancer.

The study found that 28 in 100,000 women who took the **birth control pill** for less than 12 months would get ovarian cancer. The **risk** dropped to 15 per 100,000 for those taking it for 10 years or more.

Getting pregnant is the next best protection against ovarian cancer, reducing the risk by 29 percent. This is **reduced** by a further eight percent with each child a woman gives birth to.

Naomi Allen, a member of the EPIC team based at Oxford University, said, "**Ovarian cancer** is difficult to detect, and so **prevention is key** to saving women suffering from this disease. These results are important because most women don't know that taking the pill or getting pregnant can help reduce their risk of ovarian cancer later on in life."

One **theory** is that taking the pill or getting pregnant changes the level of **hormones** that can affect a woman's risk of the disease. However, the researchers **warned** that the protective effect of the pill must be **balanced** by an increased risk of breast cancer while using it.

Read more at [foxnews.com](http://foxnews.com)

**Health Tip: Signs That Headaches Need Attention**

Most everyone **suffers** from an occasional headache. But frequent, severe headaches could be an **indication** of a more serious health problem. The Womenshealth.gov Web site says these warning signs should prompt a visit to your doctor:

- Headaches that occur multiple times **each month** and persist for hours or days.
- Headaches that are so **severe** that work, school and home life are affected.
- Headaches accompanied by tingling or numbness, **changes** in vision, vomiting or nausea.
- Headaches accompanied by pain surrounding the ear or eye, convulsions or **stiffness** in the neck.
- Losing **consciousness** or feeling confused during headaches.
- A headache that follows an **injury** to the head.
- Headaches that **suddenly** occur when you've rarely had headaches in the past.

Information retrieved from [healthfinder.gov](http://healthfinder.gov)



**Health Tip: Don't Let Lost Pounds Return**

Losing weight is a major **accomplishment**, but keeping it off can be just as challenging. The U.S. Centers for Disease Control and Prevention suggests these **healthy habits** to help keep weight off for good:

- Stick to a healthy, yet **realistic** eating plan. Be consistent with your food choices and calorie intake.
- Have a **healthy** daily breakfast.
- Exercise for 60 to 90 minutes **nearly** every day.
- Keep a **journal** of the foods you eat and your exercise regimen to spot any patterns you should change.
- Weigh yourself **regularly** and keep the readings in a log.
- Enlist friends and family to offer ongoing **support** of your healthy lifestyle.

Information retrieved from [womenshealth.gov](http://womenshealth.gov)



**Urinary Tract Infections in Teens and Adults**

Your **urinary tract** is the system that makes urine and carries it out of your body. It includes your bladder, kidneys, and the tubes that connect them. When germs get into this system, they can cause a urinary tract **infection** (UTI). Usually, UTIs are caused by **germs** that get into your system through your urethra, the **tube** that carries urine from your bladder to the outside of your body.

**Women** tend to get more bladder infections than men. This is probably because women have shorter urethras, so it is easier for the germs to move up to their bladders. **Having sex** can make it easier for germs to get into your urethra. For more information about **treatment and prevention** go to [www.webmd.com](http://www.webmd.com)



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