

HEALTH CONNECTION

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

Health Connection vs. Planned Parenthood

To clear up a **misconception**, Health Connection is not associated with Planned Parenthood. We are two different companies offering somewhat similar services, such as McDonald's and Hardee's.

Health Connection is funded by Title X, through Indiana Family Health Council (IFHC). **Title X** is the only federal grant program dedicated to providing comprehensive family planning and related preventive health services for individuals with priority to low-income or uninsured families. By law, Title X funding **may not be used** in programs where abortion is a method of family planning. Title X provides access to **contraceptive** services, supplies, outreach, education and counseling to ensure that people have all the information they need to make smart, informed decisions about their reproductive health care.

Family planning--the means through which people exercise their right to decide when to have children, how many children to have and at what intervals--has been cited by the Centers for Disease Control and Prevention (CDC) as one of the ten **great public health** achievements of the 20th century because of the huge gains it yields in maternal and infant survival.

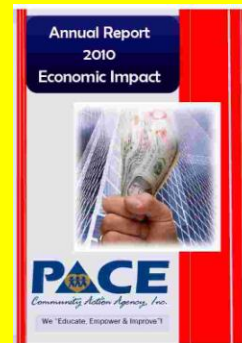
Health Connection provides family planning services including physical assessment, male and female examinations, pap smears, breast exams, contraceptive methods, sexually transmitted infection screening and treatment, HIV testing and counseling, and pregnancy testing and counseling. We also provide group and individual educational programs tailored for specific needs. **Services** are provided on a sliding-fee scale with charges based on household income and family size. Insurances including Medicaid are accepted as well as **donations**. Clients will not be refused services due to their inability to pay.

For more information visit www.pacecaa.org or call (812) 882-6069



From the Health Connection Staff
**Have a safe &
blessed summer!**

Pace Publishes 2010 Annual Report *Economic Impact*



Click on picture to access link



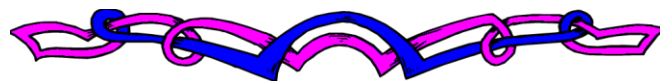
PREVENTION IS OUR INTENTION!

Disturbing Trend Confirmed

Teen drug and alcohol use is moving in the wrong direction after 10 years of steady decreases, according to a new national study by the **Partnership at Drugfree.org and MetLife Foundation**. The 22nd annual study surveyed 2,544 teens in grades 9-12 and 831 parents.

Among the findings:

- The number of teens who reported using Ecstasy in the past year jumped from 6% in 2008 to 10% in 2010.
- The number of teens who said they used marijuana in the past year rose from 32% to 39%.
- One in 4 teens said they have taken a prescription drug not prescribed to them by a doctor at least once in their lives.
- Nearly half of teens said they don't see a "great risk" in heavy daily drinking.
- Only 31% of teens strongly disapprove of peers getting drunk.
- 73% of teens report having friends who drink alcohol at least once a week.
- Nearly one-third of parents say "there is very little parents can do to prevent their kids from trying alcohol."
- 27% of teens reported smoking cigarettes in the past month.



safe
effective
forgettable.

There are 3 birth control methods that work better than any others. They are safe. They are effective. Once you have one, you can almost forget about it. No more pills every day. No more shots every three months. No more hassle. For more info, click [here](#).



HAVE YOU HEARD...

Indiana RESPECT (Reduces Early Sex and Pregnancy by Educating Children and Teens) works to reduce Indiana's teen pregnancy and birth rates and the spread of sexually transmitted infections among adolescents and teens. We hope this website will provide you with the facts about teen sexual activity so that everyone can have a better understanding of the truth about sex, its consequences, and the importance of abstinence. **Check it out!**

indianarespect.com

Passport to Good Health

(click above to follow link)

A health resource for women's personal health and preventive screening record

Premenstrual Dysphoric Disorder (PMDD)

Do you have unpleasant, disturbing emotional and physical symptoms before your monthly menstrual periods? Do these symptoms disrupt your life and interfere with your usual activities and your relationships with others? Do the symptoms go away when your flow begins or shortly thereafter, only to return before your next period?

If this description sounds like you, you may have a condition known as premenstrual dysphoric disorder or PMDD. To find out more about PMDD -- [click here](#) for more information.

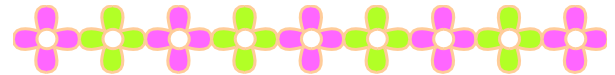
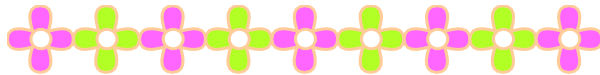
Taking a Home Pregnancy Test

Home pregnancy tests are designed to detect a certain hormone that's present in a woman's blood and urine when she's pregnant.

The test must be administered carefully, following all of the product's written instructions.

The Womenshealth.gov web site offers these general guidelines for home pregnancy tests:

- Make sure the product is not past its expiration date.
- Follow the label instructions carefully.
- Wait 10 minutes before checking the results.
- Take the test first thing in the morning.
- Wait at least a week after missing your period before taking the test.



Spermicide Method of Birth Control

Spermicide is a contraceptive substance that immobilizes or kills **sperm** before they enter the uterus. Spermicide is available without a prescription and comes in many forms, including cream, gel, foam, film, suppository, and tablet. All spermicide sold in the United States contains the chemical nonoxynol-9, which kills sperm.

Spermicide is not a highly effective birth control method when used alone. However, spermicide can also be used with a barrier method — such as a condom, diaphragm, contraceptive sponge or cervical cap — to reduce the risk of pregnancy.

Spermicide does not offer protection from sexually transmitted infections (STIs). Insert the spermicide within a half hour before intercourse. Add more spermicide for repeated intercourse. Then after the last act of intercourse, leave the spermicide in the **vagina** for six-eight hours.

Douching is not recommended — but if you choose to douche after **sex**, wait at least six-eight hours. For more information go to

www.mayoclinic.com

Take Charge of Your Health: A Teen Guide

Today's **teen mom's** breakfast seems to be no breakfast. Research on 1,300 teen moms in 27 states shows 42% of teen moms had **breakfast** fewer than two days a week. At Washington University in St. Louis, researcher Debra Haire-Joshu believes teen moms are **rushing off to school** and warns that calories from a skipped breakfast will be made up in less healthier ways. **Breakfast-skipper**s snack more, drink more sweetened beverages, and eat more calories than those who ate breakfast, setting a bad example for their children.

Weight Control **Information** Network (WIN) has released *Take Charge of Your Health: A Guide to Teenagers*, a booklet **designed** to help teens take **small and simple steps** to keep a healthy weight.

[Click here to access the guide.](#)

USDA Replaces Food Pyramid

The USDA has designed a new food icon to help people understand healthy eating. The new 'MyPlate' icon will replace the 19 year old food pyramid. MyPlate is split into four sections -- red for fruits, green for vegetables, orange for grains, and purple for protein -- with a separate blue section for dairy on the side. According to Agricultural Secretary Tom Vilsack, the pyramid was replaced to simplify healthy eating. The new plan is to actively change American eating behavior, using all the tools of modern persuasion. What could be simpler than a common household item, a plate?

Some basic concepts of the plan include:

- Balance calories by enjoying food but eating less, and by avoiding oversize portions.
- Eat more good stuff: Make half the plate fruit and vegetables, switch to nonfat or low-fat milk.
- Eat less bad stuff: Look for lower-sodium soups, breads, and frozen meals; drink water instead of sugary drinks.

Check out the website choosemyplate.gov to learn more.



Weight Loss Resource

Portion control is a critical part of successful weight loss and weight management. Visit WebMD for information on healthy food portions.

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



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