
Campus Clinic Monthly Newsletter Mar 2020



Theme : Women Health

Women's health refers to the overall health of women that is affected by physiological variable. Women's health includes a wide range of specialties and focus areas, such as: sexually transmitted infections (STIs), and gynecology. Breast cancer, ovarian cancer, and other female cancers. Mammography. Birth control.

In recent years, cervical cancer have become the most common cancer in women, which has aroused much public concern about gynecological health, according to changes in endocrine system, the risk of gynecological diseases increases with age. It occurs most often in women over age 30. Long-lasting infection with certain type of human papillomavirus(HPV) is the main cause of cervical cancer.

HPV infections are common



Nearly all men and women will get at least one type of HPV at some point in their lives. Most HPV infections (9 out of 10) go away by themselves within two years. HPV is spread through intimate skin-to-skin contact. You can get HPV by having vaginal, anal, or oral sex with someone who has the virus.

Sometimes HPV infections will last longer, and can cause certain types of cancers. Like cervix, vagina, and vulva in women; penis in men; and anus and back of the throat, including the base of the tongue and tonsils (oropharynx), in both women and men.

Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent HPV infections are available. When cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. Early cervical cancer may not cause symptoms. Advanced cervical cancer may cause abnormal vaginal bleeding or discharge.



Key Facts

Therefore, it is necessary to encourage women to maintain a healthy lifestyle, have regular Pap tests and HPV testing to ensure the health of uterus.

If you're 25 years old or older, you have three options: you can get a Pap test only, an HPV test only, or both an HPV and a Pap test together. If your test results are normal, you can wait three years to be tested again if you had a Pap test only, or five years to be tested again if you had an HPV test only or both an HPV test and a Pap test together.

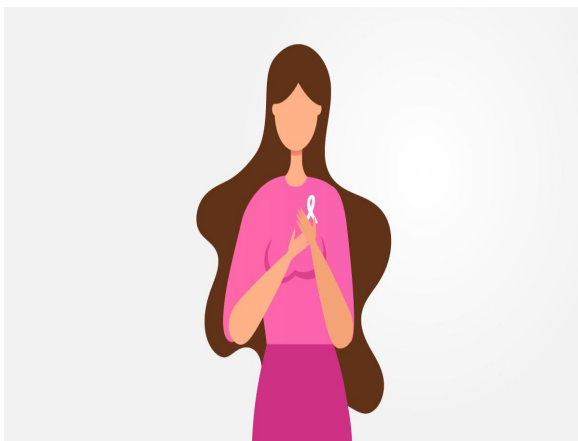
If your test results are not normal, talk to your doctor. Cervical cancer is highly curable when found and treated early.

Vaccine for HPV

CDC recommends all boys and girls get two doses of the HPV vaccine at ages 11 or 12, HPV vaccination is also recommended for everyone through age 26 years, if not vaccinated already.

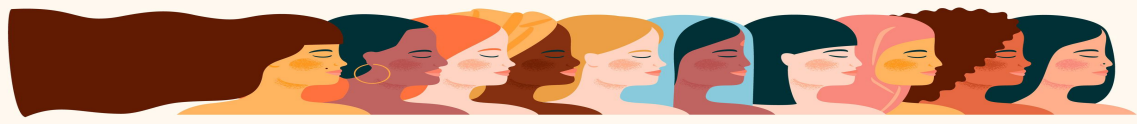
Vaccination is not recommended for everyone older than age 26 years. However, some adults age 27 through 45 years who are not already vaccinated may decide to get HPV vaccine after speaking with their doctor about their risk for new HPV infections and the possible benefits of vaccination. HPV vaccination in this age range provides less benefit, as more people have already been exposed to HPV.

Women Breast Cancer Screening



Breast cancer is a second leading cancer occurs among women. Each year, the United States has about 40,000 women die from breast cancer and about 200,000 women screen to have breast cancer. It is important for women to take a screening examination to prevent and lower the risk to cause breast cancer. **Breast self-awareness** means being familiar with how your breasts normally look and feel. All people should take part in breast

self-awareness. This way, you can notice any changes in your breasts. If you notice any changes, such as a new lump or discharge from your nipple, call your doctor.



INTERNATIONAL WOMEN'S DAY

HIV Among Women

Though HIV diagnoses among women have declined in recent years, but adult and adolescent women made up 19% (7,401) of the 38,739 new HIV diagnoses in 2017.

Prevention Challenges

1 in 9 women with HIV are unaware they have it. Because some women may be unaware of their male partner's risk factors for HIV (such as injection drug use or having sex with men), they may not use condoms or medicines to prevent HIV. People who do not know they have HIV cannot take advantage of HIV care and treatment and may unknowingly pass HIV to others.

In general, receptive sex is riskier than insertive sex. This means that women have a higher risk for getting HIV during vaginal or anal sex than their sex partners.

HIV testing rates within the past year were low among women with sexual behaviors that increase their risk of acquiring HIV and especially low among those who reported anal sex. Some sexually transmitted diseases, such as gonorrhea and syphilis, greatly increase the likelihood of getting or transmitting HIV.

How can I prevent HIV?



- Use condoms.
- Get tested. Be sure you and your partner are tested for HIV and other STIs.
- Be monogamous.
- Limit your number of sexual partners.
- Get vaccinated.
- Don't douche.
- Do not abuse alcohol or drugs.

Sustain your health, for today and tomorrow.
DKU Campus Health Clinic