

Living Well: Women's Health Concerns HiTOPS Nurse Practitioner

Designed for: Females grades 11-college

"What birth control method is right for me?"

"How would I know if I have an STI?"

"Should I get the HPV vaccine?"

Unintended pregnancy in adolescent and young adult women continues to be an enormous problem in the United States, with 850,000 pregnancies in women under 20 each year. STIs are high among this population as well, including 3,000,000 new cases of Chlamydia and 1,000,000 new cases of Herpes yearly. There are currently 20 million people in the US who have HPV, the virus that can cause genital warts and cervical cancer. A study of female college students found that about 14% of college women get HPV every year and between 28% and 46% of women under the age of 25 are already infected. Young women are often uninformed about how to protect themselves or are too afraid to seek medical care for prevention and treatment.

This workshop offers up-to-date information for young women regarding reproductive health. Gynecological care including exams, PAP smears, STI testing and treatment and the new HPV vaccine are discussed. All birth control methods will be shown and explained and information will be given about common gynecological problems. Participants will have an opportunity to ask any question regarding sexual health.

Our goals are to help young women:

- Feel more comfortable about receiving gynecological care
- Learn how to protect themselves from unintended pregnancy and sexually transmitted infections
- Become more informed about contraception, STI's and the HPV vaccine

Average Length of Program: Two 45 minute; 90 minutes

Recommended number of participants: 10-30