

My Body, My Health



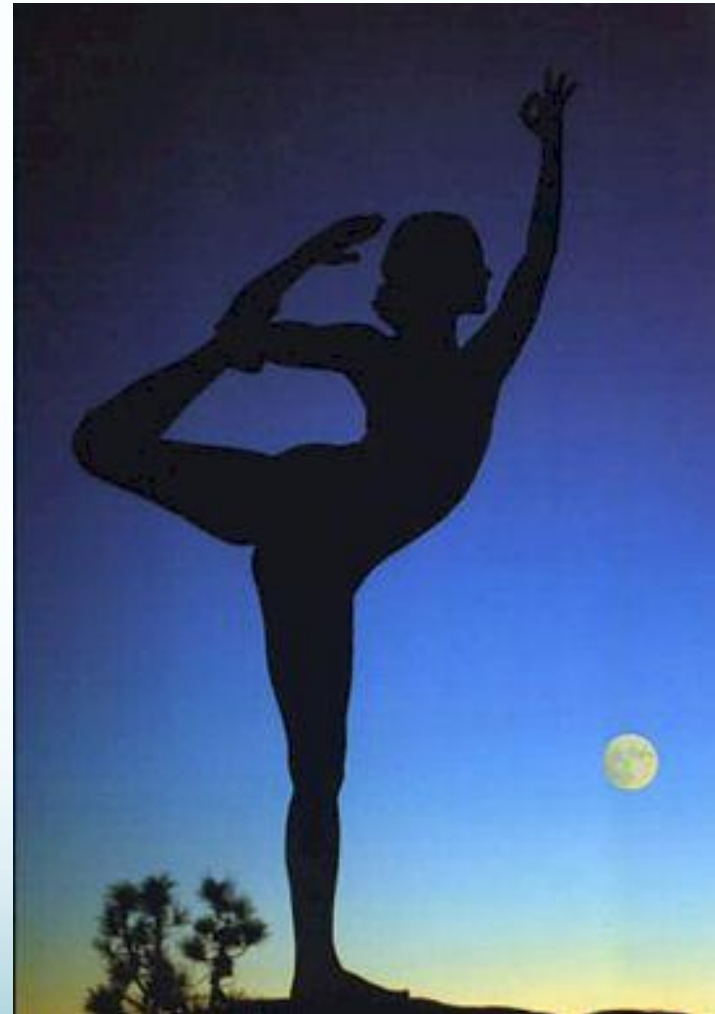
Women's Health Workshop

Today's discussion will include:

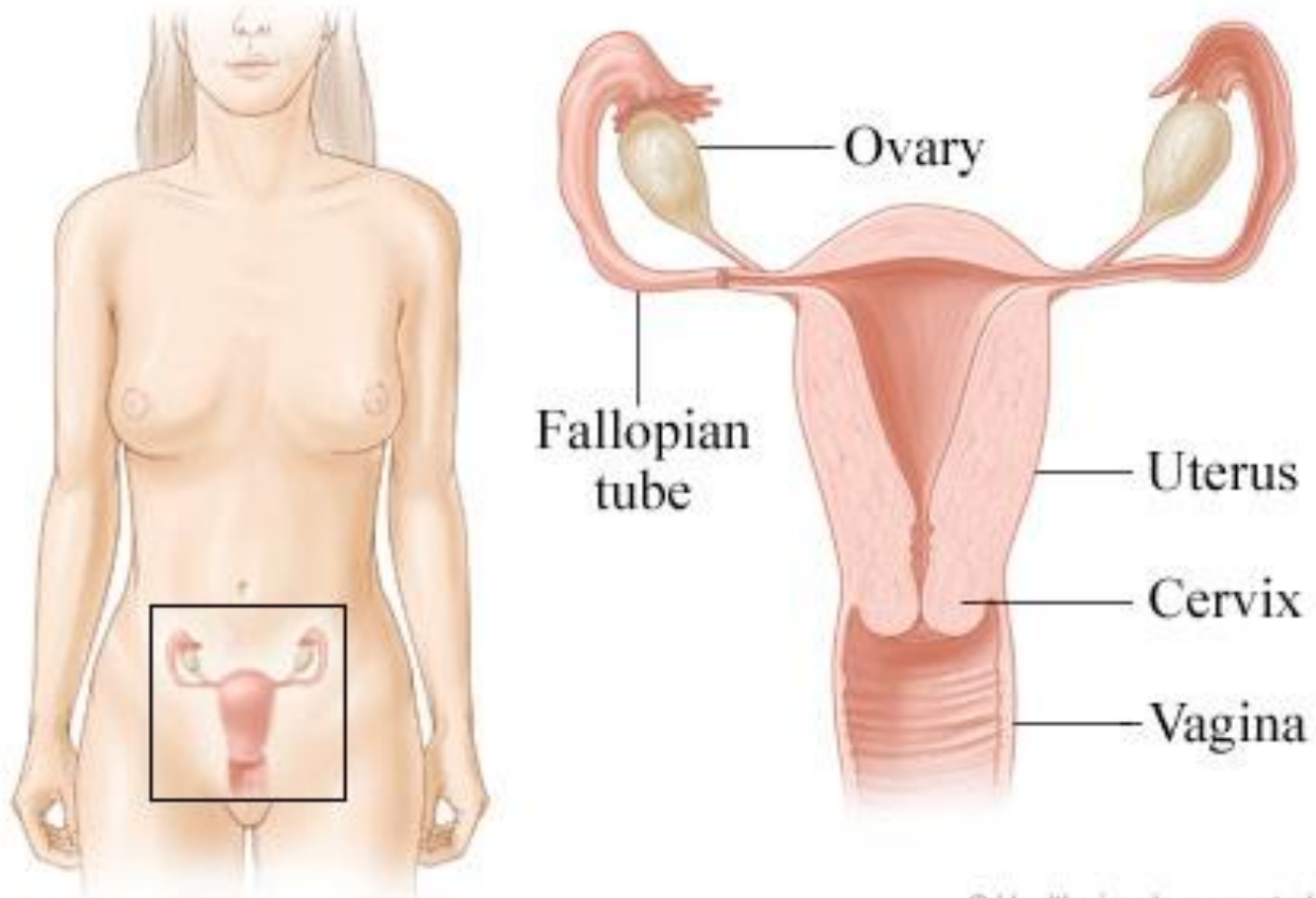
- Overview of women's health including:
 - Reproductive organs
 - Why they are important to our health
 - How can we detect and prevent disease
- Discussion – will break out into 3 groups based on language
- Report back – discuss the varying questions and conversations in each of the small groups

Women's Health

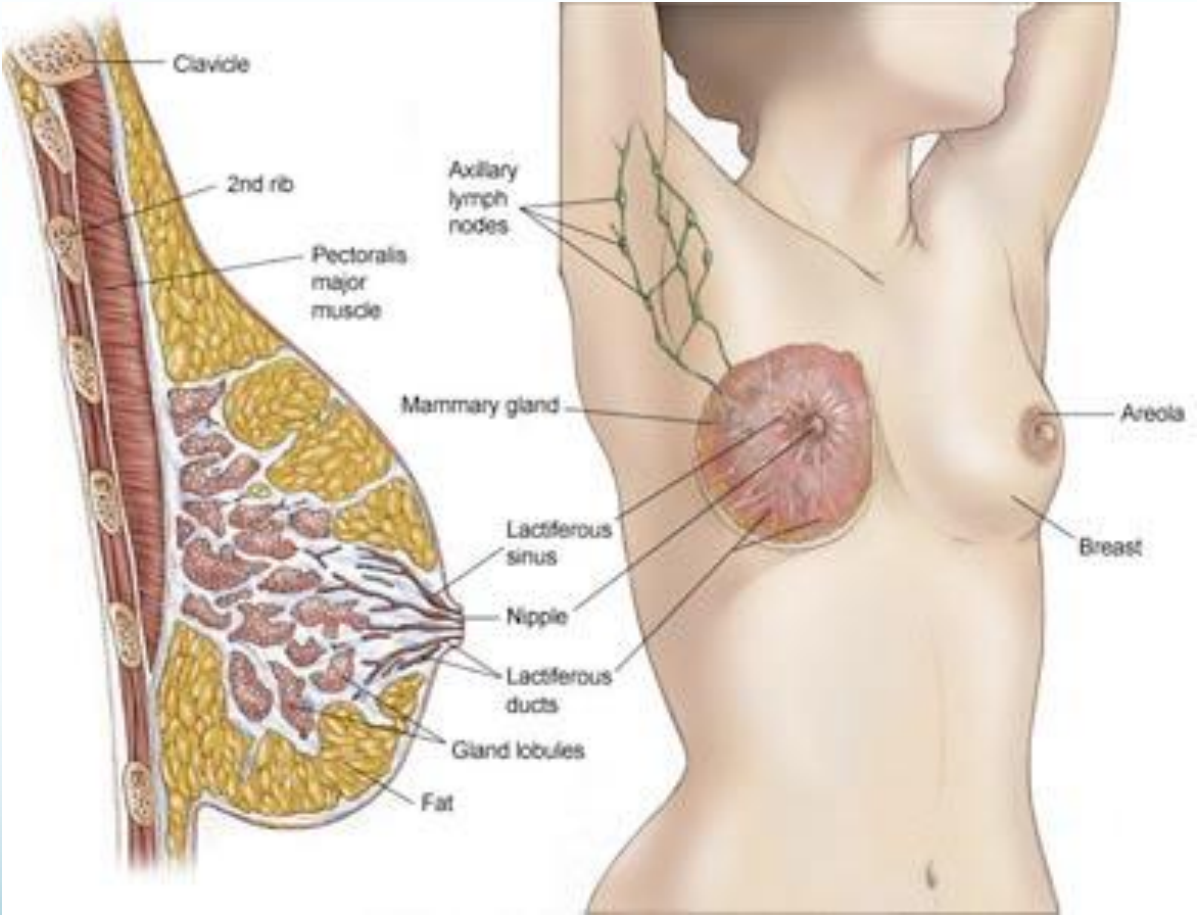
- Women's bodies are different and need special care to be healthy
- Sometimes a woman might feel healthy, but actually have problems
- Its very important for a woman to get a check-up once a year so the doctor, can find problems early when they are not very difficult to fix



Female Reproductive Anatomy



Breasts



Breasts are important



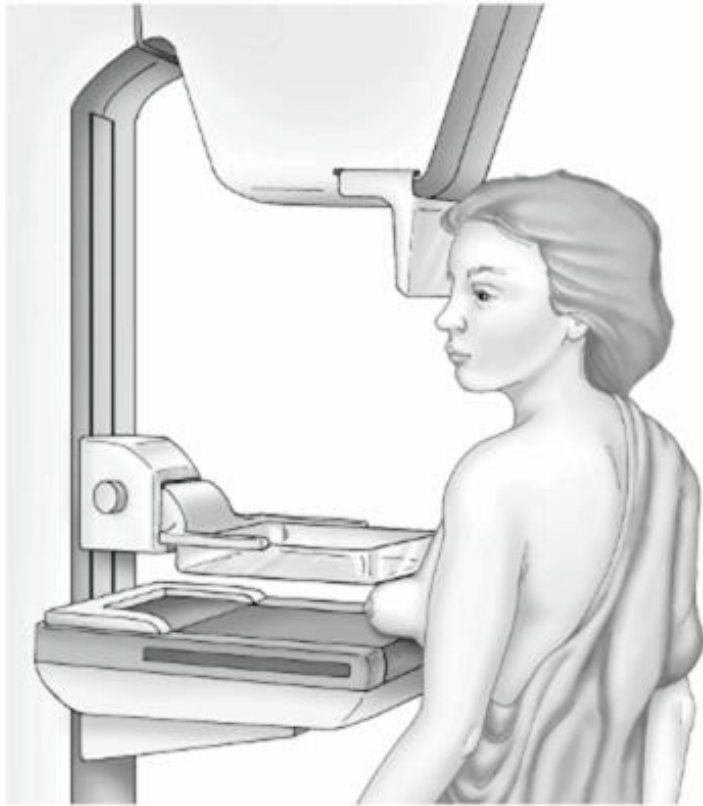
- For milk production after pregnancy
- Nutrition source for newborn baby
- Sexual pleasure

Breast Cancer

- Breast cancer is a very serious cancer that causes many women to die
- In the beginning, a woman might not feel like she has anything wrong
- A doctor will do several tests to check for breast cancer



One test is called a Mammogram

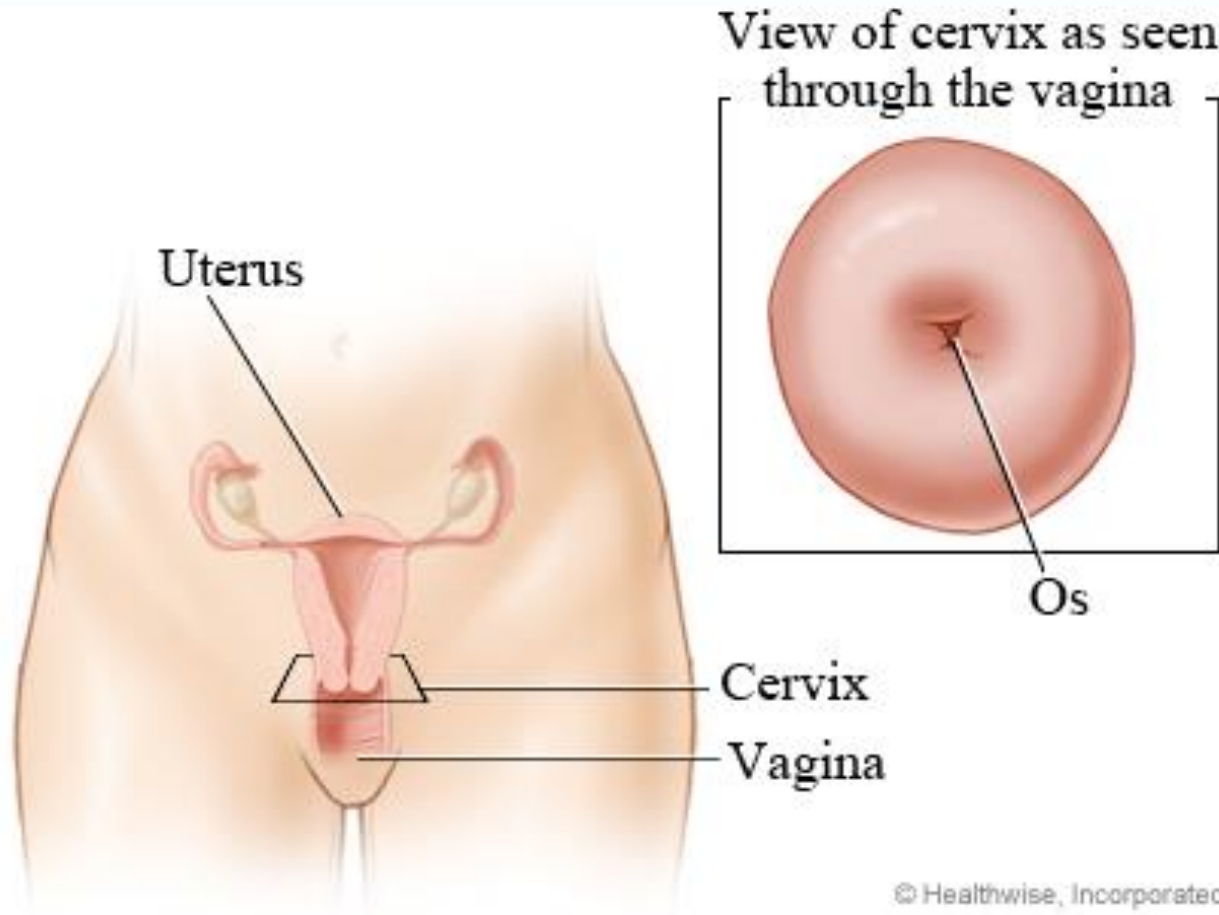


Mammogram

© Sam and Amy Collins

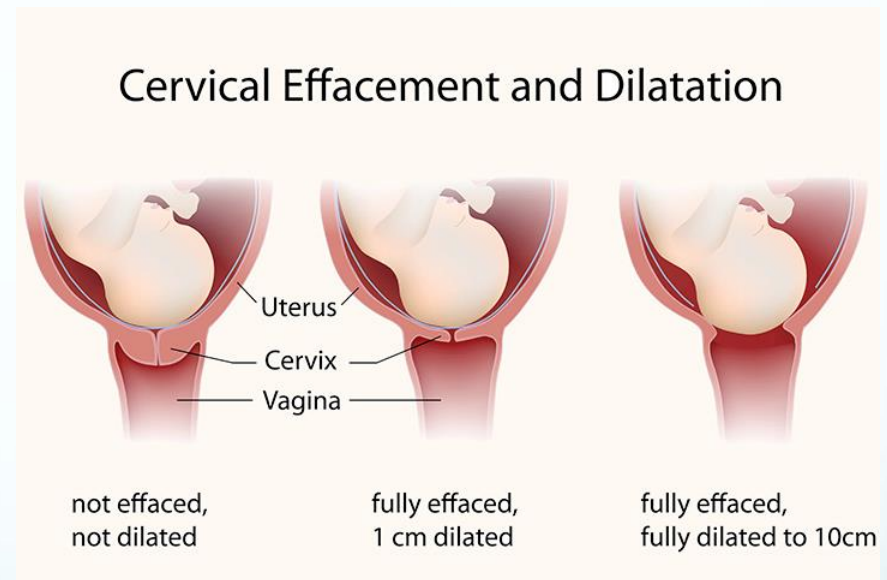
- A woman's breasts are pressed gently through a mammogram machine where a picture is taken
- The picture can help detect breast cancer
- **All women over the age of 50 should get a mammogram every 2 years**

Cervix



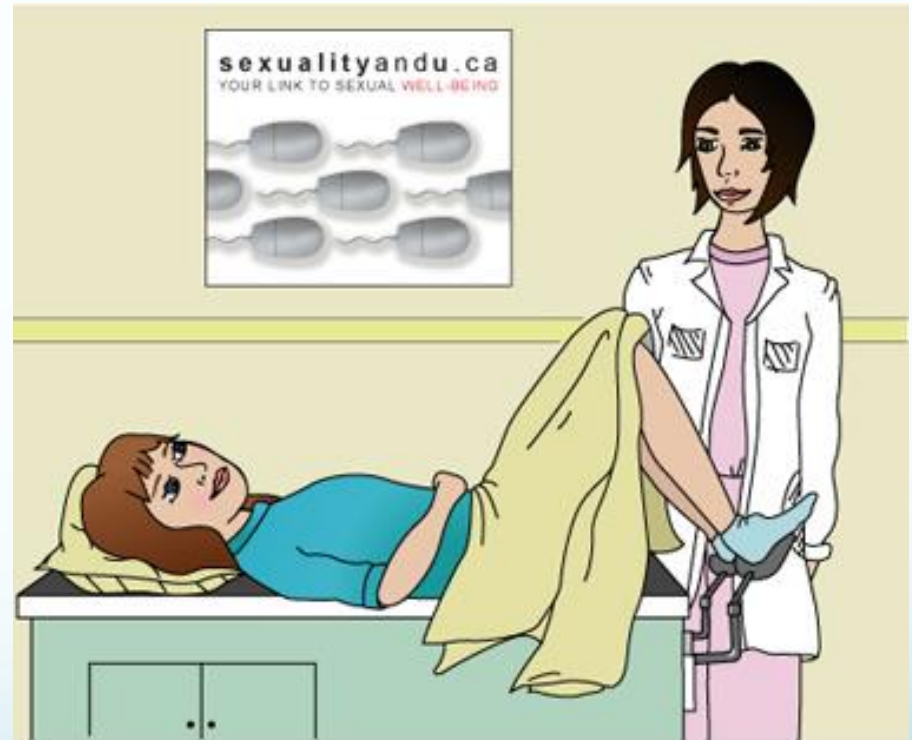
Cervix

- When pregnant, serves as a barrier/door to keep the baby in the uterus
- During labor, the cervix dilates/opens to allow the baby to pass through
- How semen/male sperm passes from the vagina into the uterus to meet with an egg and cause fertilization



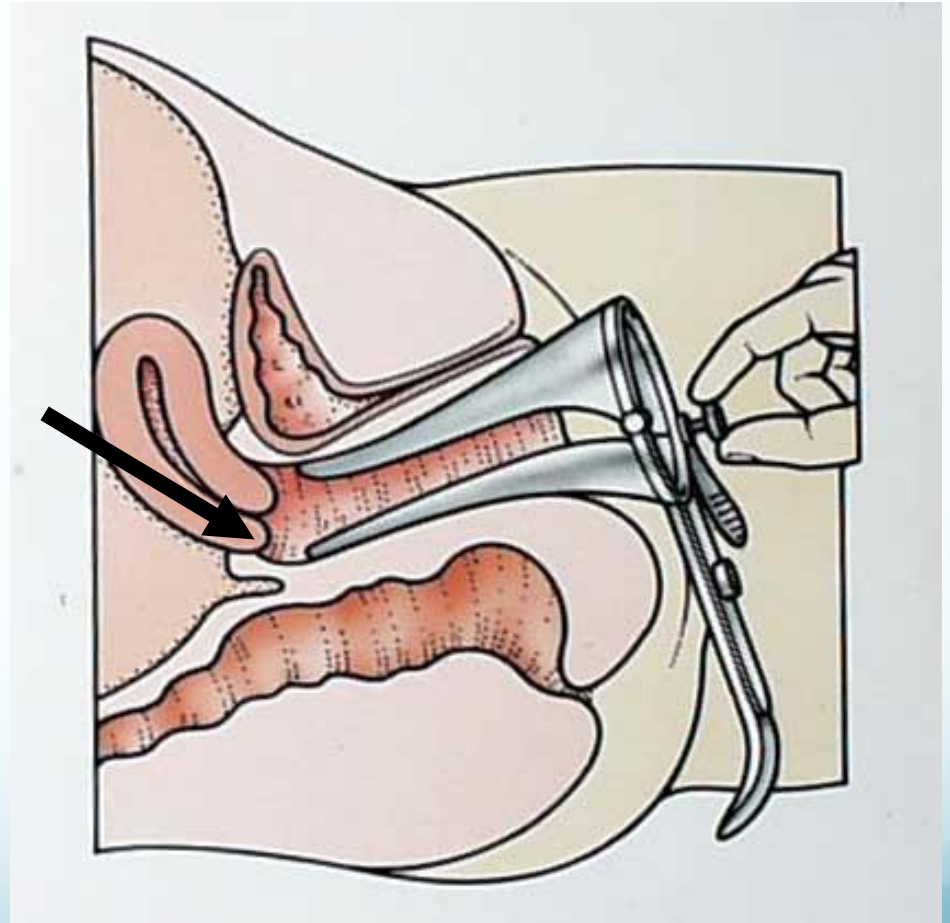
Cervical Cancer

- The cervix is at risk for cancer from viruses like HPV (Human Papilloma Virus)
- A doctor will check for cancer and other problems with a *Pelvic Exam*
- It should not hurt

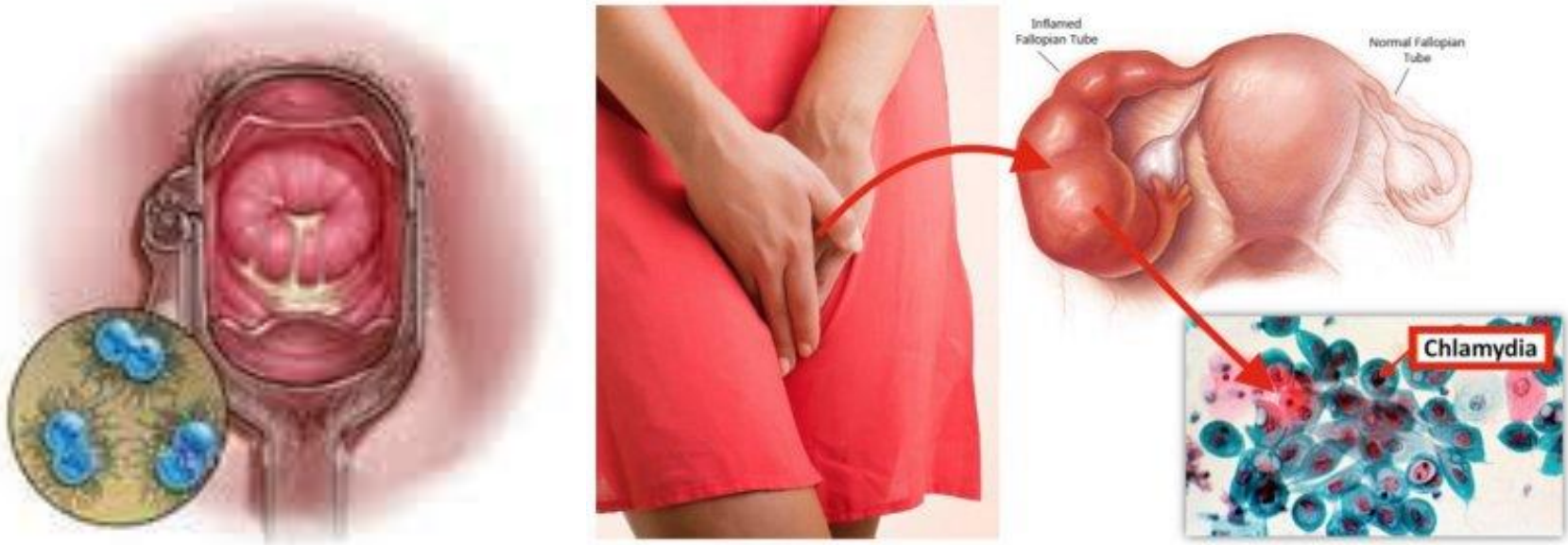


The doctor will also do a pap smear

- The doctor will open the vagina and brush the cervix with a special swab
- All women should get a pap smear if they are older than age 21



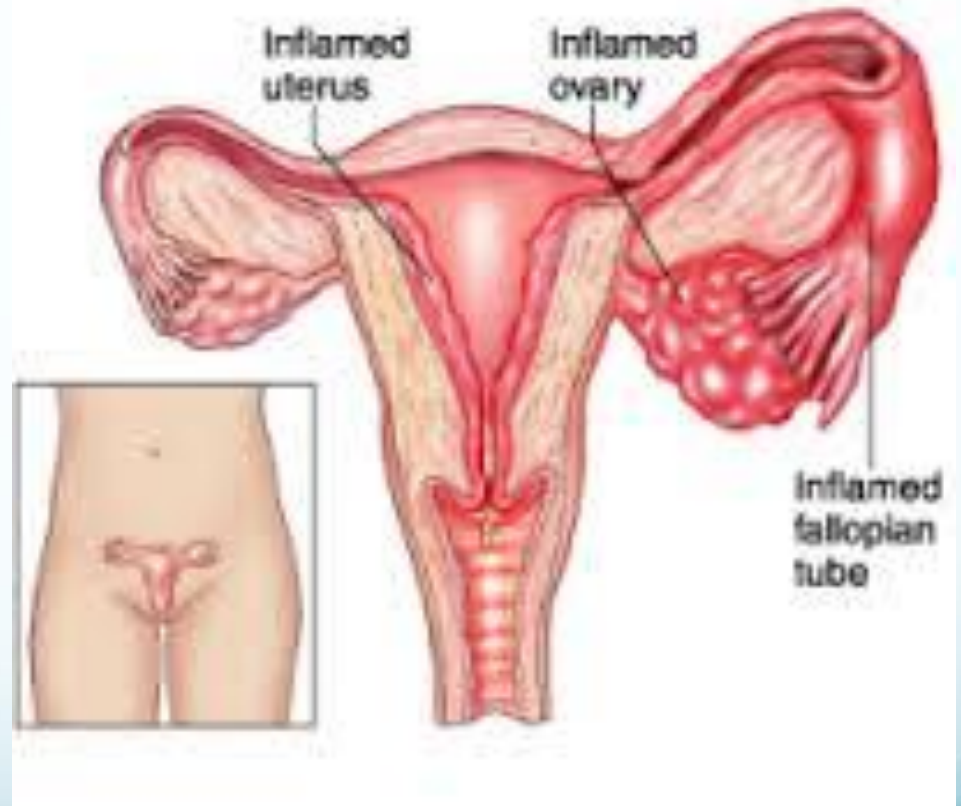
Infections From Intercourse (sexually transmitted disease)



- Most common are Gonorrhea and Chlamydia
- They **WILL** pass back and forth until **BOTH** people are treated with antibiotics
- Symptoms: None, or burning when you pee, unusual discharge, pain with intercourse

Infections From Intercourse (sexually transmitted disease)

- Untreated they can cause serious infections and scar tissue, making future pregnancies more difficult
- Testing is by swabbing the vagina or examining the urine
- Treatment = antibiotics for you and your partner



“Gardasil”

There is a vaccine that can help prevent cervical cancer



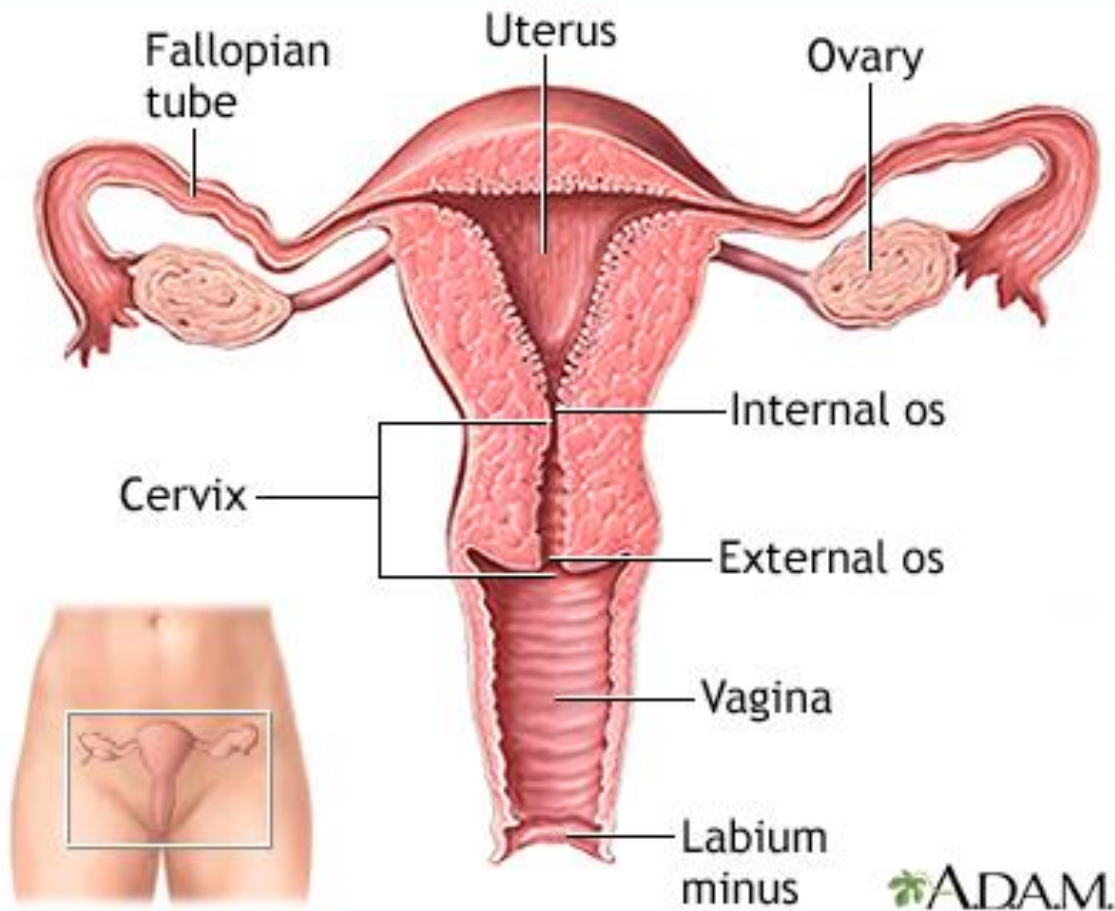
Its very important that all girls age 11-26
get vaccinated



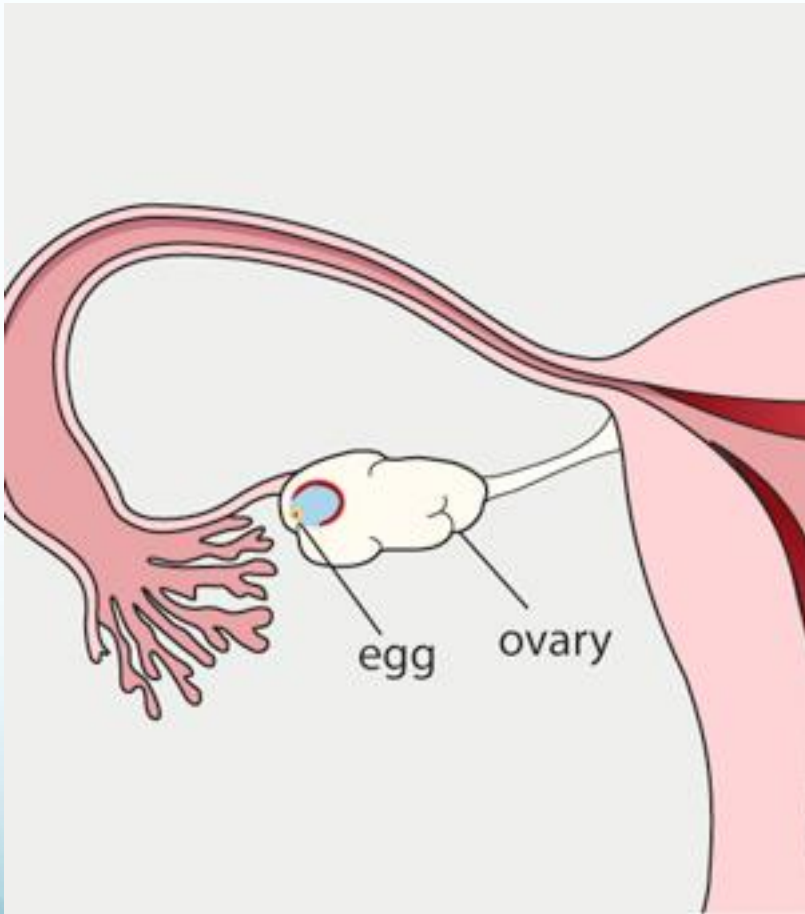
A woman has to get the vaccine shot **3 times**. It does not
prevent against every sexual disease or cancer



Ovaries



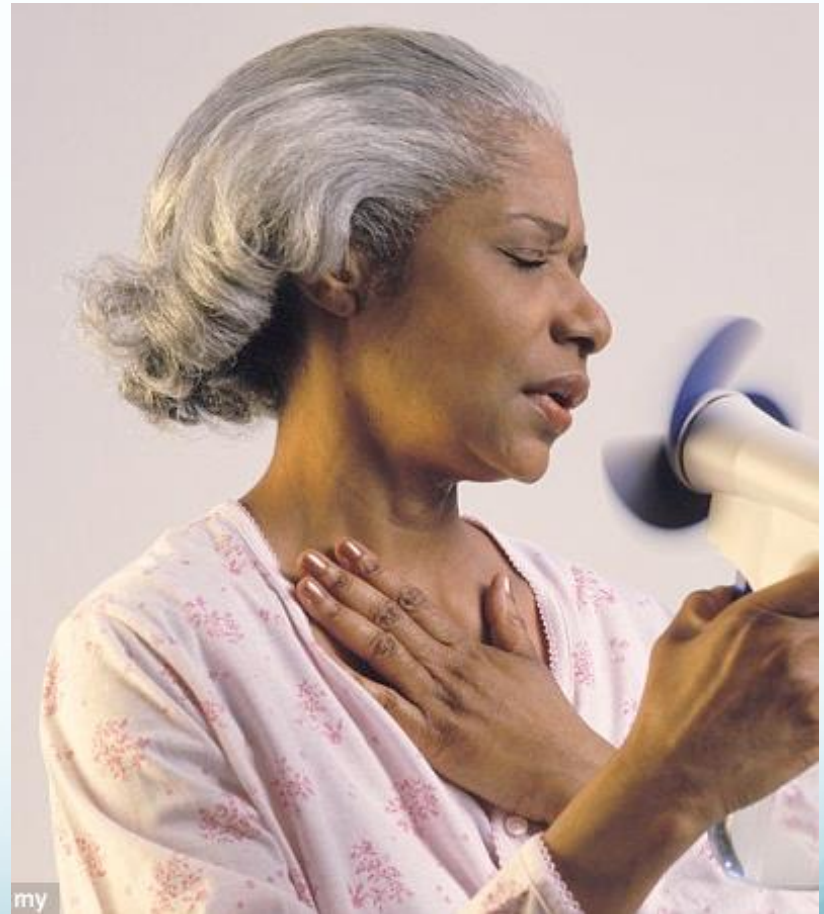
Ovaries are important



- For female menstruation
- Source of eggs, that when fertilized, grow into babies
- Have hormones which are important for bone growth, sexual libido
- It is rare to get cancer in the ovaries

Menopause

- Happens when the woman's monthly bleeding ends
- Natural part of aging that can make a woman feel ill
- Women can feel hot or cold, tired, have trouble sleeping, gain weight, feel sad or angry
- Sex can become less pleasant or uncomfortable

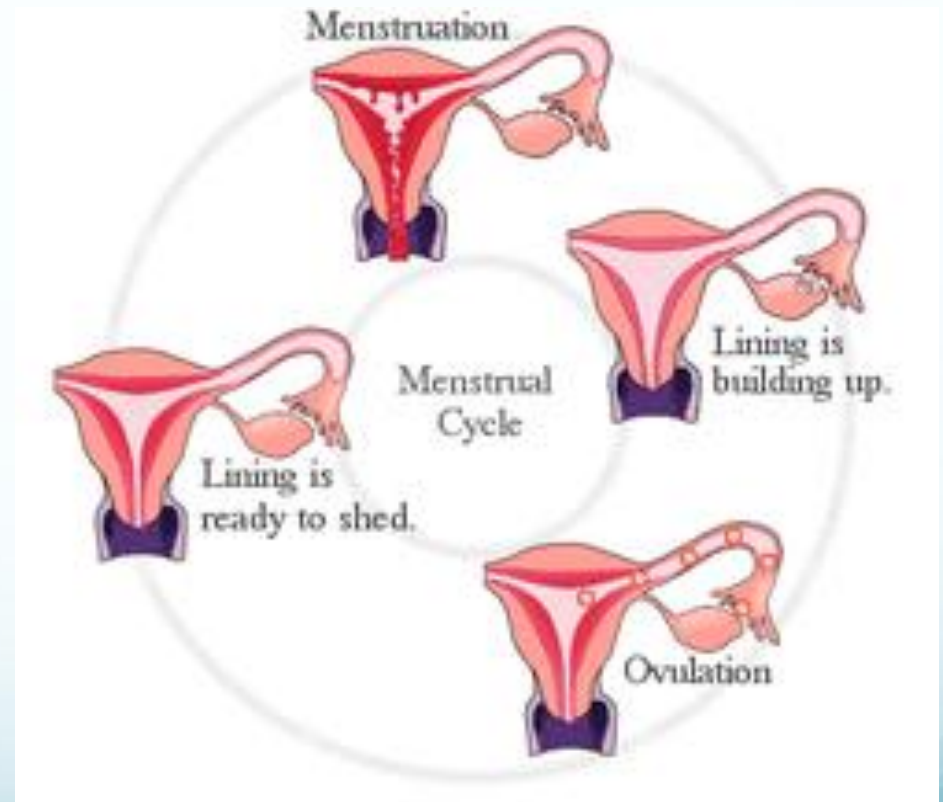


Uterus



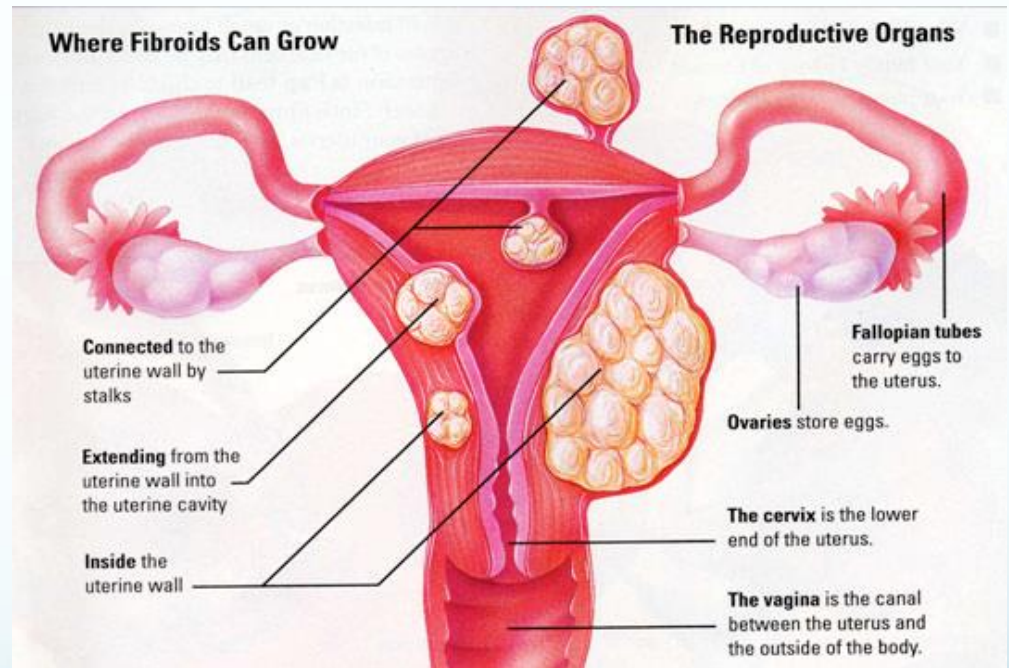
Uterus

- Serves as a home for a growing baby
- The lining sheds when not pregnant and creates monthly bleeding

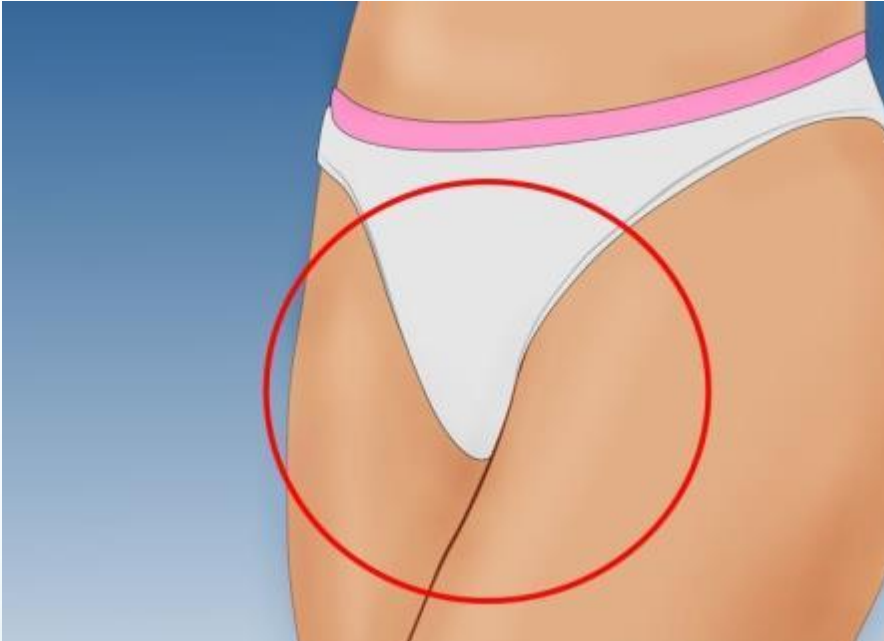


Uterus

- Women can develop cancer in the uterus
- Women can also have fibroids or masses that grow in the uterus – these can sometimes cause pain or irregular bleeding



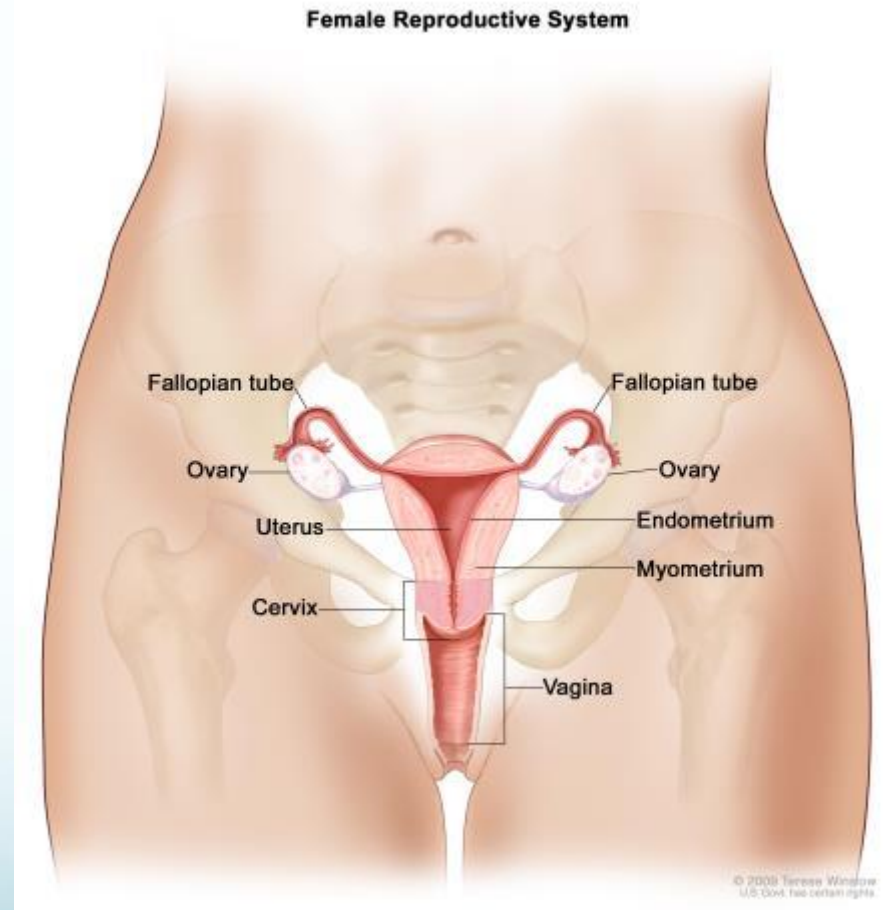
Vagina



- Clitoris: sexual pleasure
- Urethra: for urine
- Vagina: menstrual bleeding, where babies pass through

Vagina

- Discharge from the vagina can be normal
- Yeast Infections
- Sexually transmitted infections



Vaginal hygiene

Daily Moisturizer for vaginal dryness

No need to use soap or other products to clean the vagina

For lubrication during sex



Discussion

Let's now take 20 minutes for questions and additional conversations

Topics to consider: family planning, pregnancy and post-partum period, sexual/libido

Remember, you are responsible and in charge of your health!



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