

April 1, 2013



402-463-5687 www.hastingsfamilyplanning.com

April clinics

Wednesday, April 4

5-7 p.m.

Dr. Todd Pankratz

Wednesday, April 10

5-7 p.m.

Dr. Tyler Adam

Thursday, April 11

11:45 a.m. to 12:45 p.m.

Barb Peckham, CNM

Wednesday, April 17

6-8 p.m.

Dr. Daniel Leonard

Thursday, April 18

11:45 a.m. to 12:45 p.m.

Barb Peckham CNM

Wednesday, April 24

11 a.m. to 1 p.m.

Barb Peckham, CNM

Thursday, April 24

11:45 a.m. to 12:45 p.m.

Barb Peckham, CNM

HFP to offer urine testing for STIs soon

Hastings Family Planning will soon begin offering testing for chlamydia and gonorrhea using a urine sample for some patients.

In the past, all chlamydia and gonorrhea tests at HFP were done using a genital swab. For women, a doctor takes cells from the cervix in a procedure similar to a pap smear. In men, a small swab is inserted into the urethra.

Some men have complained of pain caused by the test, and HFP staff believe anxiety about the testing method may have been a barrier for some men to getting tested.

With the new testing option, both men and women can be tested without an appointment and without having to see a doctor. They can be tested anytime the HFP office is open. Patients will still be asked to fill out paperwork and in most cases will speak with an educator or a nurse during their visit to receive information about safer sex practices and STI treatment.

"We hope this will make it easier and less stressful for everyone to get tested, and we especially hope to see more men coming in and getting tested," HFP Communi-

ty Educator Betsy Herrman said.

HFP staff are also exploring options to offer off-site testing for chlamydia and gonorrhea. Currently staff provide off-site testing for HIV using the Rapid HIV test.

"We're hoping to be able to offer expanded STI testing at places like Hastings College's Sexual Responsibility Week," Herrman said.

The cost for a urine STI test is still being determined.

For more information, call HFP at 402-463-5687.

Community events a chance for HFP outreach

Hastings Family Planning staff recently provided outreach and education at two community events.

On March 16, HFP had a table at the Hastings Multicultural Alliance's "Know Your Rights Information Day." The event was aimed at new immigrants to the Hastings community. Immigration attorneys from Omaha were on hand to consult with people privately. Meanwhile participants could

visit booths and tables for a variety of agencies and services. HFP staff were on hand to provide information about the agency's services. Popular handouts discussed gestational diabetes, human papilloma-virus and mammograms.

Staff also handed out free items from Direct Relief, such as lotion, antibacterial cream and eye drops, making the HFP table a popular one.

The following weekend,

March 23-24, HFP staff manned a table at the annual Vital Signs Health Fair. Staffers handed out brochures, information, pens and more Direct Relief items.

"Both these events were a great chance to interact with the public and potentially gain some new patients," Community Educator Betsy Herrman said. "Our staff were able to answer questions about a wide variety of subjects, from HIV



and STI testing to birth control options to our sliding fee scale."

Staff will also be present at the upcoming Hastings College Student Health Fair and the Nuckolls County Health Fair in April.

Sexually Transmitted Infection of the month: Chlamydia

Chlamydia is a common bacterial infection transmitted through oral, anal or vaginal sex with an infected partner.

Chlamydia is very common among teens and young adults, and young, sexually active people are encouraged to get tested every year.

Most people who have chlamydia don't know it because often, the disease has no symptoms. It can be contracted in the vagina, rectum, or penis. If a person does have symptoms, they may include an unusual discharge or

drip from the penis or vagina, burning during urination, itching around the opening of the penis when urinating, and pain, bleeding or discharge from the rectum if the person has anal sex.

Chlamydia is easily cured with antibiotics, but a person can be cured and contract the disease again, so it's important to make sure all partners are also tested and treated.

If left untreated, chlamydia can spread to a woman's uterus or fallopian tubes and cause pelvic inflammatory

disease, a serious infection of the reproductive organs. PID can cause problems if the woman becomes pregnant and can also cause damage that would make a woman unable to become pregnant. A woman infected with chlamydia also has a higher chance of becoming infected with HIV.

Chlamydia rarely causes long-term health problems in men, but a man could get an infection in the tube that carries sperm from the testes. This infection could cause pain and a fever and in rare cases, could prevent a man from

fathering children.

The best way to prevent chlamydia is to abstain from sex. A person can also choose to be monogamous with an uninfected partner. Condoms also can reduce the risk of getting chlamydia.

According to the Nebraska Department of Health and Human Services, there were 6,416 cases reported across the state in 2011, up from 5,081 cases in 2010. 42% of infections occur among people ages 20-24, and 94% of cases among those ages 15 to 34.

Hastings Family Planning

Promotes the well being of families, responsible behavior, and healthy babies.

Prevents unintended pregnancies through education, including abstinence and contraceptive services.

Allows planning and timing of pregnancies.

Remember

We have free latex and non latex male condoms available as well as female condoms and lubricant. We also sell name brand condoms for as low as 25 cents each.

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