

Aug. 13, 2013



HFP offers testing at homeless event

Hastings Family Planning staff offered free testing for chlamydia and gonorrhea Aug. 9 at the 2013 Project Homeless Connect Hastings event.

Two people were tested at the event.

HFP worked closely with Nebraska AIDS Project staff member Andrew Brackett, who offered free HIV testing at the event. NAP staff tested six people for HIV.

Several other clients also stopped to speak with staff about pap smears, birth control and other HFP services. Several also took the free condoms offered by HFP and NAP.

Project Homeless Connect is a one-day, one-stop event for people in Adams, Clay, Nuckolls and Webster Counties who are homeless or near homeless. The event strives to con-

nect people in need to community services.

Other services offered at the event include free dental care, vision screenings, diabetes and blood pressure screenings, haircuts, car tune-ups, immunizations, housing assistance, food assistance, employment services, veterans' services and more.

Guests could also pick up free items like hygiene kits, pillows, clothing, diapers, laundry supplies, books and even free bicycles.

A hot meal was served at the event, and many guests even took home leftovers.

In all 322 clients received services at the event. That's up from 195 people at the 2012 event.

HFP Community Educator



Betsy Herrman was on the steering committee for Project Homeless Connect.

"Hastings Family Planning was proud to participate in this important community event," Herrman said. "Several of those people who chose to be tested were very high-risk, so it was a great opportunity to offer some information about safer sex practices and what we have to offer in our clinic."

August clinics

Thursday, Aug. 15
10:30 a.m. to noon
Dr. Todd Pankratz

Tuesday, Aug. 20
5:30-7:30 p.m.
Males Only
Dr. Daniel Leonard

Thursday, Aug. 22
11:45 a.m. to 12:45 p.m.
Barb Peckham CNM

Wednesday, Aug. 28
11 a.m. to 1 p.m.
Barb Peckham, CNM

Thursday, Aug. 29
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM



Students: welcome back to school

Hastings Family Planning encourages all students to be safe and smart as they head back to school this month.

High school students may be seeing HFP Community Educator Betsy Herrman in their classroom speaking about

reproductive anatomy, sexually transmitted infections, birth control options or the consequences of "Friends with Benefits" culture.

Students at Hastings College and Central Community College in Hastings also may see

Herrman on campus for special events.

All students are encouraged to choose abstinence, or if they choose to be sexually active, to use safer sex practices.

For more information on how to be safe and smart, call

HFP at 402-463-5687 or visit hastingsfamilyplanning.com.

Teachers interested in adding a classroom presentation from HFP to their health curriculum are urged to contact Herrman for more information.

Sexually Transmitted Infection of the month: Hepatitis B

Hepatitis B is a viral infection affecting the liver.

HBV can be acute, meaning a mild illness lasting a short time, or chronic, meaning a serious life-long illness.

It is spread through vaginal, anal or oral sex and also can be spread through childbirth if the baby does not get vaccinated. HBV can be spread by sharing contaminated needles or razors or any exposure to the blood, body fluids (like semen) or saliva of an infected person.

There are an 40,000 new cases each year, most of which

are acquired through sexual contact. Up to 1.2 million people are already infected with chronic HBV. HBV is 50-100 times more infectious than HIV.

Many people don't have any symptoms, especially adults. People may experience tiredness, aches, nausea, vomiting, loss of appetite, darkening of urine, tenderness in the stomach, or yellowing of the skin and whites of the eyes (called jaundice). Symptoms of acute HBV may appear 1 to 6 months after exposure.

Symptoms of chronic HBV can take up to 30 years to appear, although liver damage can occur silently.

Most often, acute HBV is treated with rest, eating well and lots of fluids. Chronic HBV is treated through close monitoring by a doctor and anti-retroviral medications.

If left untreated, HBV can increase a person's risk for infection of other STIs, including HIV.

HBV can cause chronic, persistent inflammation of the liver and later cirrhosis or

cancer of the liver.

Babies born to infected women are likely to develop chronic HBV infection if they don't get the needed immunizations at birth.

There is a vaccine available for Hepatitis B. The Centers for Disease Control and Prevention recommends routine infant vaccination for Hepatitis B. Children and adults who didn't receive the vaccination as infants are encouraged to get the vaccination.

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.

Hastings Family Planning

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