

Feb. 6, 2013



February clinics

Wednesday, Feb. 6

5-7 p.m.

Dr. Todd Pankratz

Thursday, Feb. 7

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

Barb Peckham, CNM

Wednesday, Feb. 13

4-6 p.m.

Dr. Tyler Adam

Wednesday, Feb. 20

5-7 p.m.

Dr. Tyler Adam

Thursday, Feb. 21

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

Barb Peckham, CNM

Wednesday, Feb. 27

11 a.m. to 1 p.m.

Barb Peckham, CNM

Thursday, Feb. 28

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

Barb Peckham, CNM

**We will be closed
Feb. 18 in honor of
President's Day.**

Sexual Responsibility Week coming to HC campus

Hastings Family Planning will be participating in the annual Hastings College Sexual Responsibility Week Feb. 11-14.

The event is sponsored by the college's Peer Umbrella Network, a group of several student organizations that encourage their students to make safer, healthier sexual choices.

HFP Community Educator Betsy Herrman will be on campus each day passing out free condoms to students and information about birth control options and sexually transmitted infections.

At 7 p.m. Wednesday, Herrman and HFP Medical Director Dr. Todd Pankratz will participate in a Sexperts panel, where students can ask any-



mous questions to a panel of health and relationship professionals.

After the panel, students will explore a "Sexival," a carnival-like event with educational games. HFP's Sexival booth will include a dice game that will teach about sexually transmitted infections. Meanwhile, HFP clinic manager Celest Horst also will be

providing free Rapid HIV testing for students during the Sexival.

Both the panel and the Sexival will be at Hazelrigg Student Union.

Stop by the HC campus and say hello to HFP staff, replenish your condom stash, or just get good information about how to make the best sexual choices for you.

HFP offering HIV testing clinics for schools, businesses

Hastings Family Planning is taking its easy, free and confidential HIV testing on the road.

Staff are now offering HIV testing clinics for schools, business and organizations.

"Many people don't know that we offer the Rapid HIV test, or they may just need a little extra push to get tested,"

HFP Community Educator Betsy Herrman said. "We want to make it as easy as possible for people to get tested, so we're bringing the tests to them."

The Rapid HIV test can provide results in about 15 minutes. Meanwhile, those who choose to get tested will

receive education and counseling on sexual health and reducing risky behaviors.

Herrman is now scheduling HIV testing clinics at a variety of locations. Anyone wanting to set up a clinic can call 402-463-5687 or email betsy@hastingsfamilyplanning.com.

Anyone who has had unpro-

tected oral, anal or vaginal sex with a partner of unknown STD status, had sex with multiple or anonymous partners, been diagnosed with a STD themselves, or injected drugs, steroids or shared injection equipment should get an HIV test. Testing is also a good idea for women who plan to become pregnant.

STI of the month: Syphilis

Syphilis is a bacterial infection spread through oral, anal or vaginal sex.

It can be contracted in the mouth, genitals or another part of the body that touches a syphilis sore on a person who has the disease. While condoms may reduce the risk of contracting the disease, they may not always cover a syphilis sore (called a chancre), and any contact with a sore can transmit the disease.

Untreated, syphilis progresses through four stages.

The first stage is character-

ized by a painless, round red sore that appears anywhere the person has had sex.

The second stage is characterized by a rash on the palms of the hands and soles of the feet.

If caught in its early stages, syphilis is easy to treat and cure with antibiotic penicillin.

If not treated, syphilis can cause serious health problems including blindness, numbness, paralysis, heart disease, damage to the brain and nervous system, and eventually, death.

Syphilis can be detected using a blood test ordered by a doctor. In Hastings, this test can be done at Mary Lanning Healthcare.

Syphilis rates declined for several decades during the 20th Century and leveled off in the 1990s.

Rates of primary and secondary syphilis then increased very year between 2001 and 2009. Between 2005 and 2009 alone, rates of P&S syphilis in the U.S. surged by 59%. The most dramatic jump has occurred among men who have sex with

men, who in 2009 accounted for just under two-thirds of P&S syphilis cases (up from 4% in 2000).

Historians believe several famous figures have had syphilis including George Washington, Napoleon Bonaparte, Al Capone, Vincent van Gogh, Howard Hughes, Friedrich Nietzsche, Leo Tolstoy and Adolf Hitler.

There was one case of syphilis in Adams County reported to the Nebraska Department of Health and Human Services in 2010 and one in 2009.

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...

Hastings Family Planning sells both male and female condoms. Male condoms are priced as low as 25 cents each. Female condoms are 50 cents each. We also provide water-based lubricant for free. Remember, be smart about your body and practice safe sex!

Hastings Family Planning

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