

July 3, 2013



HFP staff learn about human trafficking

Hastings Family Planning staff spent a morning in June learning more about the problem of human trafficking, and discussing clinic policies and procedures that would be more friendly to trafficking victims.

According to polarisproject.com, human trafficking is a form of modern-day slavery where people profit from the control and exploitation of others. As defined under U.S. federal law, victims of human trafficking include children involved in the sex trade, adults age 18 or over who are coerced or deceived into com-

mercial sex acts, and anyone forced into different forms of "labor or services," such as domestic workers held in a home, or farm-workers forced to labor against their will. The factors that each of these situations have in common are elements of force, fraud, or coercion that are used to control people.

Kerry Huber, shelter manager for the SASA Crisis Center in Hastings, spoke with staff about sex and labor trafficking in Nebraska. HFP staff learned to recognize some of the red flags that could indicate a trafficking or abuse victim, and

what to do if abuse is suspected.

Huber said as healthcare providers, HFP staff and the medical providers who contract with HFP are in a unique position of seeing parts of victims' bodies that are usually covered. HFP staff also have the chance to speak one-on-one with patients about sexual and medical histories.

Staff members discussed the importance of talking to patients privately without any family or friends who may have accompanied them to their visit so that victims feel they can reach out for help.

8 tested for STIs at Crossroads event

Eight people were tested for HIV, chlamydia and gonorrhea at an outreach clinic at the Crossroads Center Rescue Mission in June.

The outreach effort was organized by students from Creighton University's nursing program in Hastings. Three students facilitated the partnership between the two agencies.

HFP Community Educator Betsy Herrman provided an

educational session on sexually transmitted infections, transmission and protection on June 7.

The following week, on June 14, HFP clinic manager Celest Horst provided free testing to any Crossroads residents who were interested.

Eight people were tested. One person tested positive for chlamydia and that person and their partner later contacted HFP for follow-up treatment.

"We felt this outreach event went very well," Herrman said. "Many of the guests at Crossroads are at a high risk for infection due to past behaviors, so we're excited to be able to reach a population that needs our services."

HFP and Crossroads are working together to make the educational session and free testing a monthly event at Crossroads.

July clinics

Tuesday, July 9
5-7 p.m.
Dr. Tyler Adam

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

Tuesday, July 16
5:30-7:30 p.m.
Males Only
Dr. Daniel Leonard

Thursday, July 18
11:45 a.m. to 12:45 p.m.
Barb Peckham CNM

Wednesday, July 24
5-7 p.m.
Dr. Todd Pankratz

Wednesday, July 31
11 a.m. to 1 p.m.
Barb Peckham, CNM

Happy July 4!



Sexually Transmitted Infection of the month: genital HPV

The human papillomavirus is a viral infection with over 40 strains that can infect the genital area.

The Centers for Disease Control and Prevention estimates that 50 percent of sexually active people will have genital HPV at some point in their lives, making it the most common STI.

Most people who have HPV don't know they have it. Often there are no symptoms and it goes away on its own without causing any serious health problems.

Some strains of HPV can cause genital warts. Other strains can cause cervical cancer or cancer in the penis, anus or throat.

HPV is passed through skin-to-skin genital contact and can infect areas not covered by a condom. That means it can be transmitted through vaginal, oral and anal sex, even if a condom is used.

There is currently no way to test males for HPV, and because the virus can stay dormant for many years, it's often difficult to trace the

transmission of the virus.

Women should get regular pap smear tests to check for changes in the cervix and screen for cervical cancer. Men and women should see a doctor if they notice warts or unusual bumps or sores on or near their genitals. Warts may appear inside the vagina or anus.

There is no treatment for HPV itself, but there are treatments for genital warts, cervical changes and cervical cancer.

Even after warts are treated, the virus may remain in the

body, so someone infected with HPV can still pass it on to their sex partners.

A vaccine has been developed for both males and females to protect against the strains of HPV that most commonly cause health problems. The vaccines are 3 doses over 6 months. They are most effective when all the doses are received before a person has sexual contact with their first partner. The vaccine is approved for boys and girls ages 9 to 26. Ask your doctor for more information.

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
422 N. Hastings Ave.
Suite 204
Hastings, NE 68901



Like our Facebook page, Hastings Family Planning Inc., and follow us on Twitter, @HFPlanning.