

June 5, 2013



HFP, Creighton students partner for STI project

Hastings Family Planning is working with a small group of nursing students from Creighton University to bring consistent sexually transmitted infection testing to the Crossroads Center Rescue Mission in Hastings.

Creighton partners with Mary Lanning Healthcare to offer a nursing program here in Hastings. Three students approached HFP for help with a community health project that will hopefully become ongoing and self-sustaining.

The students have been surveying guests at Crossroads, Hastings' homeless shelter, about their sexual health behaviors, needs and concerns.

HFP Community Educator



Betsy Herrman will work with the students to provide accurate information about STIs and encourage testing this month.

HFP Clinic Manager Celest Horst will then provide testing for chlamydia, gonorrhea and HIV on site at Crossroads.

The average length of a guest's stay at Crossroads is about 45 days.

"We're hoping to offer testing on site at Crossroads monthly or every other month," Herrman said. "It would be great to make it a regular thing so that the residents know what it is and know there is an easy, convenient way to get tested."

The testing will be free to Crossroads residents.

June clinics

Wednesday, June 5
5-7 p.m.
Dr. Todd Pankratz

Thursday, June 6
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Wednesday, June 12
11 a.m. to 1 p.m.
Barb Peckham, CNM

Thursday, June 13
11:45 a.m. to 12:45 p.m.
Barb Peckham CNM

Tuesday, June 18
5:30-7:30 p.m.
Males Only
Dr. Daniel Leonard

Thursday, June 20
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Wednesday, June 26
4-5:30 p.m.
Dr. Tyler Adam

Thursday, June 27
11:45 a.m. to 12:45 p.m.
Barb Peckham CNM

Male patient numbers were up in 2012

More and more men are getting proactive about their reproductive health at Hastings Family Planning.

The number of male patients seen at HFP increased 52% in 2012 compared to 2011.

"We're thrilled to see men stepping up and taking charge of their health this way," HFP

Community Educator Betsy Herrman said.

In April HFP had its first male only clinic in an attempt to better serve to men's needs with help from Dr. Daniel Leonard.

During the male clinics men can get tested for HIV and other sexually transmitted

infections and receive a basic well-man exam, including a testicular cancer screening.

So far HFP has been scheduling one male-only clinic each month, and hopes to continue the clinics if there is enough demand.

HFP has been promoting male services using materials

from the nationwide Man Up Mondays campaign.

This media campaign uses posters, post cards, radio spots and social media to urge men to "man up" and protect themselves and their partners by getting tested for STIs on Mondays, as well as restock on condoms.

Sexually Transmitted Infection of the month: Trichomoniasis

Trichomoniasis is a common parasitic infection transmitted through skin to skin genital contact and vaginal sex with an infected partner.

Women usually get the infection in the vagina and men usually get the infection in the urethra, or urine canal. Women can get the infection from male or female partners, while men typically only get the infection from female partners.

Most, but not all women will experience symptoms that include an unusual discharge with a strong smell from the

vagina, discomfort during urination or during sex, or irritation or itching around the genitals. Most men don't have any symptoms, but they may notice irritation or a burning feeling inside the penis or a discharge from the penis.

Symptoms often begin 5-28 days after infection.

A doctor can examine men and women and test for the parasite that causes trich. It is harder to diagnose in men than in women.

Trich is easily treated and cured with antibiotics, but a

person can be cured and contract the disease again from an untreated partner or a new sex partner, so it's important to make sure all partners are also tested and treated.

If trich is left untreated, women have a higher risk of HIV infection during unprotected sex and a higher chance of passing HIV to a partner. Pregnant women infected with trich are also more likely to give birth prematurely and have an underweight baby.

In men, untreated can cause

infections in the urethra or prostate gland.

The best way to prevent trich 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 trich.

Trichomoniasis is very common, especially among young women. The Centers for Disease Control and Prevention estimates that 3.7 million trich infections occur in the U.S. each year, but only 30% tend to develop symptoms.

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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