

March 4, 2013



402-463-5687 www.hastingsfamilyplanning.com

HFP hosting HIV education event

Hastings women and girls will have the chance to learn about HIV transmission and protection and get a free HIV test at a Hastings Family Planning sponsored event this month.

“Negative: Positively” will be 6-8 p.m. April 12 at St. Mark’s Pro Cathedral in Hastings.

Cindy White, an Omaha woman who has been living with HIV for years, will share her story and encourage women in attendance to get tested.

After White speaks, women will have the chance to visit several tables and booths for more information on condom use, how HIV is transmitted, the Nebraska AIDS Project and HFP services.

Meanwhile HFP staff will be offering free HIV testing and scheduling additional tests in the HFP clinic.

Everyone who gets tested will receive a free gift.

The event is particularly targeting Spanish speaking women and girls, who are

disproportionately impacted by HIV.

“This event wouldn’t be possible without help from the community,” said HFP Community Educator Betsy Herrman. “We have several volunteers who will be helping to translate that evening. Students from Hastings College and Hastings High School also will be helping with set up and translation. We really appreciate their dedication and willingness to help fight HIV through education.

March clinics

Wednesday, March 6

5-7 p.m.

Dr. Todd Pankratz

Thursday, March 7

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

Barb Peckham, CNM

Wednesday, March 13

4-6 p.m.

Dr. Tyler Adam

Wednesday, March 27

11 a.m. to 1 p.m.

Barb Peckham, CNM

Thursday, March 28

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

Barb Peckham, CNM

HFP encouraging male testing with “Man Up”

Hastings Family Planning is encouraging men and teen boys to get tested for HIV and other sexually transmitted infections with its first ever male-only clinic on April 17.

Dr. Daniel Leonard from Children and Adolescents Clinic in Hastings is partnering with HFP to provide medical care that evening.

If there is enough interest and demand, the male-only clinics could become a regular, or perhaps monthly, event.

“We think men may be more likely to get tested if they know

they won’t see women or girls they know, and if they are assured of confidentiality and care from a male doctor,” HFP Community Educator Betsy Herrman said. “We want to do everything we can to encourage testing, and we hope this makes it easier.”

Herrman is using materials from the Man Up Monday campaign to promote the special clinic. MUM is a nationwide educational and promotional campaign to encourage males to “man up” and get tested for STDs and HIV and restock condom supplies

every Monday.

While HFP’s clinic won’t be on Monday, the agency does appreciate the message behind

Man UP Mondays and hopes the eye-catching posters and postcards help prompt men to get tested.



STI of the month: Gonorrhea

Gonorrhea is a bacterial infection spread through vaginal, anal or oral sex. It can still be transmitted via sexual fluids even if the man doesn't ejaculate.

It can be contracted in the anus, eyes, mouth, throat, urinary tract, uterus or penis.

Symptoms may include pain or burning during urination, discharge from the vagina or penis, bleeding between periods for women or painful or swollen testicles for men. However, most women and some men have no symptoms of gonorrhea and don't know they

have the disease.

Gonorrhea can be treated and cured with antibiotics, but the disease has become resistant to some types of antibiotics. It is important to get it treated and avoid passing it on to other partners so the disease does not continue to grow stronger and more resistant.

Untreated, gonorrhea stays in the body and increases the chances the infected person will contract another STI, including HIV. It can spread to the blood or joints, a serious condition.

Gonorrhea can also spread to the fallopian tubes and cause pelvic inflammatory disease in women. It can cause enough damage to prevent a woman from being able to get pregnant. It also can cause chronic pain the pelvic area.

In men, untreated gonorrhea could develop into a painful condition in the testicles. In rare cases, this could prevent a man from fathering children.

The surest way to prevent gonorrhea is not to have sex or to be monogamous with an uninfected partner.

Condoms can also reduce the risk of getting gonorrhea if they are used correctly each and every time a person has sex. Washing the genitals urinating or douching after sex does not prevent transmission of any STD.

There were three cases of gonorrhea in Adams County reported to the Nebraska Department of Health and Human Services in 2010. There were six cases in 2009 and five cases in 2008. These are reported cases only, and the incidence rate in Adams County is likely much higher.

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 has free non-latex condoms available for those with latex allergies. We also sell 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.

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