

Oct. 1, 2012



HFP promotes breast cancer awareness

October is time to think pink.

Across the nation, people will observe breast cancer awareness month in October with events to raise awareness of the disease and funds for a cure.

To encourage early detection of breast cancer and cancerous tumors, Hastings Family Planning is offering a free gift to anyone who schedules a clinical breast exam during the month of October.

Clinical breast exams can be helpful in finding tumors in women under age 40, for whom mammography is not recommended. For women over 40, combining mammography with a clinical breast

exam increases the chances for finding cancer early.

At HFP, a clinical breast exam is usually conducted whenever a patient has an initial or annual pelvic exam or pap smear test.

Whether patients specifically schedule a clinical breast exam in October, or receive a CBE as part of their annual or initial exam during the month, they'll receive a gift bag with a free guide to conducting monthly self breast exams. The bags also include free skin care products and either a pink ribbon car magnet, a pink ribbon lapel pin or a pink silicone bracelet.

Those patients also will have the chance to enter a raffle for

a gift basket with additional prizes. The winner will be notified Nov. 1.

HFP staff also hope to participate in area schools' "pink out" events at volleyball and football games this month. Staff members hope to hand out breast self-exam guides to women and men at these events.



October clinics

Wed., Oct. 3

5-7 p.m.

Dr. Todd Pankratz



Thurs., Oct. 4

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

Barb Peckham, CNM

Wed., Oct. 10

5-7 p.m.

Dr. Tyler Adam

Thurs., Oct. 11

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

Barb Peckham, CNM

Wed., Oct. 17

11 a.m. to 1 p.m.

Barb Peckham, CNM

Thurs., Oct. 18

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

Barb Peckham, CNM

Wed., Oct. 24

5-7 p.m.

Dr. Tyler Adam

Thurs., Oct. 25

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

Barb Peckham, CNM

Wed., Oct. 31

11 a.m. to 1 p.m.

Barb Peckham, CNM



Syphilis on the rise after decades of decline

After decades of decline during the 20th Century, syphilis seems to be making a comeback, particularly in the South and in urban areas in other regions of the country.

According to the Centers for Disease Control, in 2000 the rate of primary and secondary syphilis was the lowest it had been since reporting began

1941.

Although rates declined 89.7 percent from 1990 to 2000, the rate increased annually during 2001-2009 before decreasing again in 2010.

In 2010, Nebraska reported a rate of .7 cases per 100,000 people.

Nationwide the rate was 4.5

cases per 100,000 people. The District of Columbia had a higher rate than any state with 22.3 cases per 100,000 people. Louisiana was had the highest rate among states with 12.2 cases per 100,000 people.

Syphilis rates are highest in people ages 20-29. While

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Continued: Syphilis rates on rise

rates were higher among women in the 1990s, the increases over the last decade have been primarily among men .

In 2010, 67% of primary and secondary syphilis cases in the 44 states and the District of Columbia that provided information about sex partners were among men who had sex with men.

Syphilis is a bacterial infection that, if left untreated, progresses through four stages. Symptoms of primary and secondary syphilis include

sores on the skin and genitals, a rash on the hands, feet and torso, headache and fever.

In the final stage, which is rare, syphilis can damage the brain, nervous system and heart. Symptoms can include blindness, paralysis and loss of mental functioning. Sometimes damage is so severe it results in death.

In its early stages it is very easily cured with antibiotic penicillin. It's important to treat syphilis early.

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.

Hastings Family Planning

422 N. Hastings Ave.

Suite 204



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

Tribune to feature HFP anniversary

Hastings Family Planning's 40-year history is to be commemorated in a feature story in the Hastings Tribune newspaper.

The story was tentatively scheduled to run in the Oct. 5 issue as part of the newspaper's ongoing "Then and Now" series.

The story will discuss HFP's

start in 1972 as well as how the agency has grown and changed over the years.

Reporter Shay Burk interviewed HFP director Barb Frei, community educator Betsy Herrman and HFP's first director, Georgie Evans.

Be sure to watch for the story and photos.

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!

It is not easy to be a pioneer, but oh, it is fascinating!

— Elizabeth Blackwell, first U.S. female physician who received her medical degree in 1849.