



HALDIMAND-NORFOLK HEALTH UNIT

Sexual CONNECTION

Reproductive Sexual Health

Young men and women regardless of their age, need to maintain their physical health as well as their sexual health. New guidelines from Cancer Care Ontario have come out recommending that sexually active women complete a PAP test every 3 years beginning after age 21. Young women need to learn how to examine their breasts monthly to check for lumps that may lead to breast cancer. Young men need to become comfortable with their testicles, and learn how to do testicular self exams to check for lumps which may lead to testicular cancer.

Pap and Pelvic Exam

Cancer Care Ontario (CCO) has recommended that cervical screening should begin at age 21 for women who are or have been sexually active. They have stated that cervical cancer is rare in women less than 21 years old. Once women become sexually active, they need to remember they are putting themselves at risk for both pregnancy and sexually transmitted infections (STI's). STI's can range anywhere from chlamydia and gonorrhoea to genital herpes and genital warts. Genital warts are caused by the Human Papalovirus or HPV. HPV is passed from person to person sexually. Certain types of HPV that have been passed sexually, have been shown to cause changes in the cervix that may lead to cervical cancer.

As well as HPV, there are other risk factors which may lead to cervical cancer. They are:



- Not having a regular PAP test after age 21
- Becoming sexually active at a young age
- Having multiple sexual partners
- Smoking

Some women may develop cervical cancer having no risk factors at all.

Some teens may have been put off seeking out birth control because they thought they needed to have a pap test to access this service. This was not the case, but now however, teens may be more willing to access birth control knowing that they don't need a pap test until age 21. Unless there are special circumstances, even women who are not sexually active by age 21 should delay having the pap test until they are sexually active.

The Haldimand-Norfolk Health Unit provides Sexual Health services to teens and the community. Teens in high school

can access these services right in their school. Sexual Health nurses are in the schools to help students regarding their sexual health. The Health Unit also has a female nurse practitioner the students can access at various office locations within Haldimand-Norfolk for services.



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Breast Self Exam (BSE)

Breast self exam (BSE) is a good habit to get into. BSE should be done at least once a month, generally 7-10 days after menstruation. BSE is especially needed if a female relative on your mother's side of the family has or had breast cancer.

This is how to do BSE:

Manual Inspection

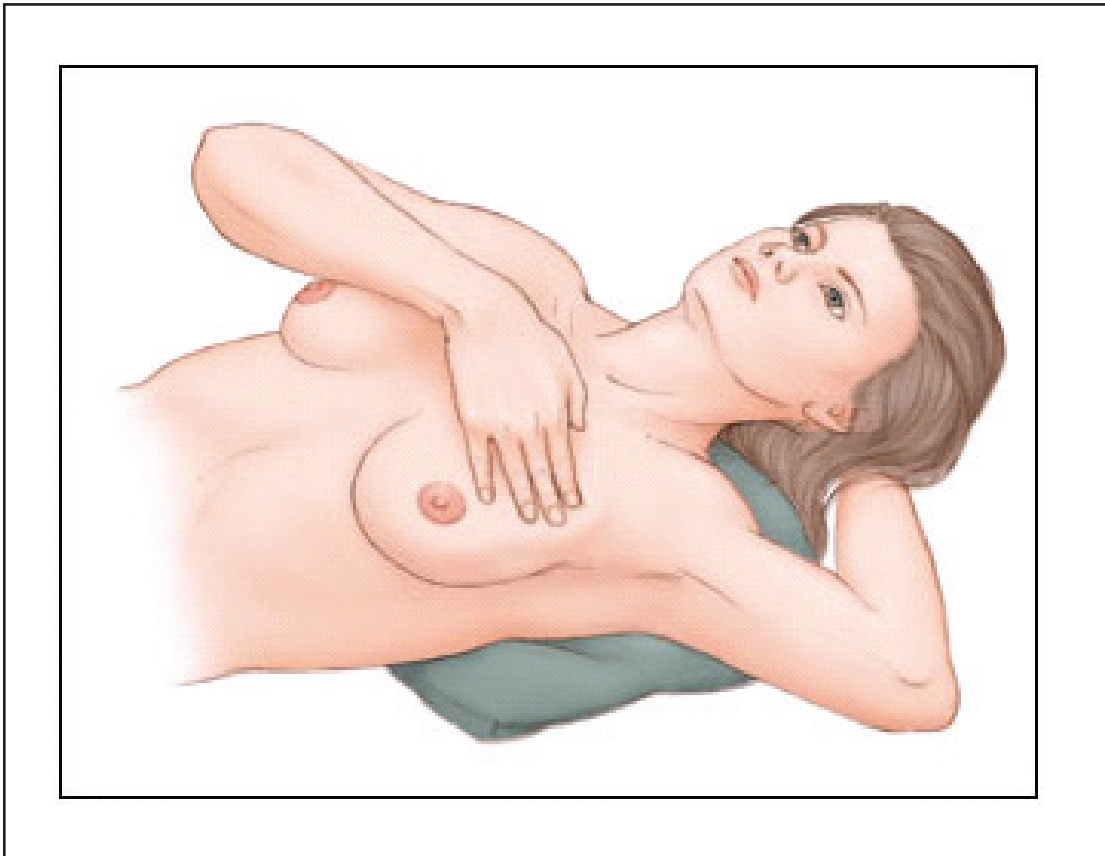
- Stand up or lie down on your back
- Move the pads of your middle three fingers around each breast in a circular motion
- Most breast cancers are found in the upper outer portion of the breast
- BSE also includes the area under your armpit to the collarbone and below the breast

Visual Inspection

- Stand in front of the mirror with arms at your sides and check your breasts for any changes in size, shape, dimpling or puckering of the skin, pushed in or misshapen nipples, redness, swelling, or anything else that doesn't look normal
- Repeat this with hands on hips
- Raise your arms behind your head and turn to each side to inspect your breast profile

Don't be embarrassed about BSE. It's important to find lumps or changes in your breasts. Keep in mind, finding a lump doesn't mean it's cancer. Ask your health care provider to check it. Most of the time, some lumps are just part of normal breast development.

As teens, it's good to get to know your body while you're young, that way if you were to notice something that "wasn't quite right" down the road, you would be able to get it checked out.



Testicular Self Exam (TSE)

TSE is a simple and effective way for young men to notice the early signs of testicular cancer. Testicular cancer is the most common cause of cancer for men aged 18-35. It can occur anytime after age 15. If caught early, it's one of the most curable forms of cancer.

When and How should

This be Done:

TSE should be done once a month after a shower or warm bath. The exam is simple and only takes a few minutes. Doing TSE on a regular monthly basis will allow you to become familiar with the size and feeling of your testicles to notice any changes if they occur.

TSE is simple and will become part of your routine. Your partner can also do TSE for you.

- Examine each testicle separately
- Using both hands, put your thumbs on top of the testicle and the pads of your fingers under and behind the testicle



- Gently roll or slide the skin of the scrotum across the testicle. Do not rub.
- Examine the entire testicle area. The surface should feel smooth without lumps or tenderness
- Don't mistake the "lump" of the epididymis, which is closest to the body, for an abnormal cancerous lump. Most cancerous lumps are found near the front of the testicle

- If you think you have found a lump, follow-up with your health care provider

It's normal for a man's testicles to be different sizes and for one to hang lower than the other.

If you are diagnosed with testicular cancer, the good news is, it's 95% curable if detected and treated early. Testicular cancer may spread quickly if left undetected.

The bottom line is, for both men and women, is get to know your body now, so that once you're older you will know something may not be right.

Only you are in charge of your reproductive sexual health.

References:

Canadian Cancer Society
 Cancer Care Ontario
 Public Health Agency of Canada
 The Canadian Testicular Association
 Medline
www.sexualityandu.ca

CHECK 'EM.



Public Health Nurses in your School

Your Public Health Nurse will be in your high school once a week. Please look for her.

Sabine Murphy	Delhi District Secodnary School	Angela Campbell	Cayuga Secondary School
Sabine Murphy	Waterford District Secodnary School	Angela Campbell	Dunnville Secondary School:
Angie Swick	Port Dover Composite School	Leia Bulosan	Hagersville Secodnary School
Angie Swick	Simcoe Composite School	Frances deBoer	Mackinnon Park Secondary School
Lynda Burville	Valley Heights secondary School		
Gillian Raffay	Holy Trinity Catholic High School		

Clinic Schedule



All of the listed clinics require an appointment. Please call:

- Terri Hartwick RN, BScN, Caledonia
905-318-5367 Ext. 346
- Margot Fournier RN, BScN, Simcoe
519-426-6170 Ext. 3225

For an appointment with Kristal Pitter RN(EC), BScN, our Nurse Practitioner, please call 519-426-6170 Ext. 3246 or 519-875-4485 Ext. 1851.

Haldimand

Cayuga Secondary School	1st and 3rd Wednesday of the month
Dunnville Secondary School	2nd Wednesday of the month
Hagersville Secondary School	3rd Thursday of the month
Nurse Practitioner available in the Caledonia office 2nd Wednesday of the month by appt only	

Norfolk

Waterford District Secondary School	2nd and 4th Tuesday of the month
Port Dover Composite School	2nd Thursday of the month
Delhi District Secondary School	1st and 3rd Wednesday of the month
Valley Heights Secondary School	4th Thursday of the month
Nurse practitioner available in the Simcoe/Langton offices Monday – Friday by appt only	



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