



Women's Health

*A Special Addition to **Staying Healthy: An English Learner's Guide to Health Care and Healthy Living***

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A Special Addition to *Staying Healthy:* *An English Learner's Guide to* *Health Care and Healthy Living*

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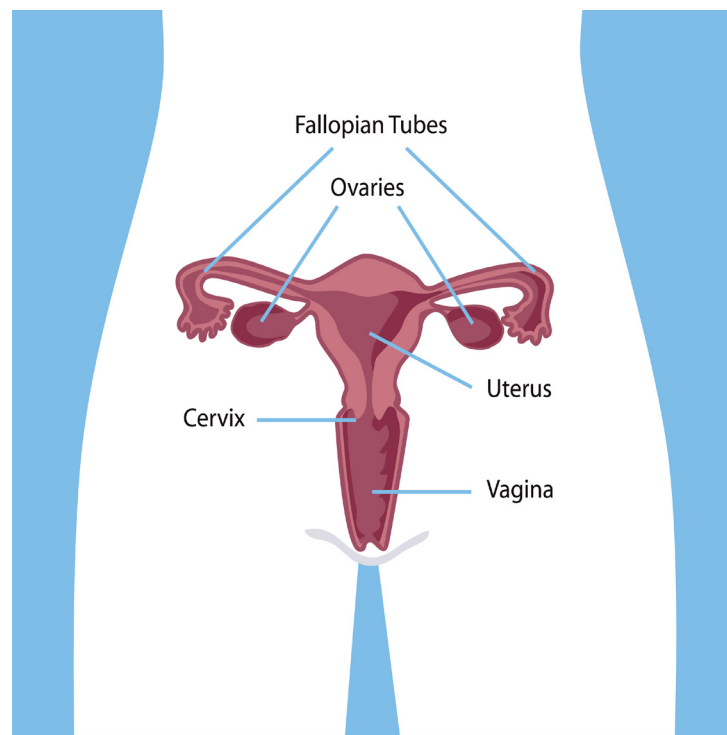
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What Does the Female Reproductive System Do?

The female reproductive system is in the pelvis. The pelvis is located between the hips. It includes the organs that only women have. The female reproductive system allows a woman to:

- store eggs
- have sex
- protect a baby while it grows
- give birth



Functions of Female Reproductive Organs

- **Ovaries:** Women have two ovaries. Each ovary sends an egg to the uterus every other month.
- **Cervix:** It joins the uterus to the vagina.
- **Uterus:** An organ that holds the baby until birth; also called the womb. It connects the cervix and the fallopian tubes.
- **Fallopian tubes:** Tubes that connect the ovaries to the uterus. The eggs go through the fallopian tubes into the uterus.
- **Vagina:** It connects the cervix to the outside of the female body.

PART I - HEALTHY AT ALL AGES



Women can do something very special that men cannot do: give birth to children. Having a baby is a very special time for many women.

It is important to know if your body is ready to have baby. This means you should be physically and emotionally healthy.

Common Stages of Birthing and Parenting

Menstruation

monthly bleeding, having your period

Pregnancy

carrying a baby inside the womb (uterus)

Childbirth

when the baby comes out of the womb and is born

Taking Care of Your Baby

making sure your baby is healthy and growing strong

Menopause

when periods begin to stop and eventually stop completely



This chapter will answer these questions:



- What is menstruation?
- What is menopause?
- How do I plan for pregnancy and childbirth?
- How do I care for my baby?

This book is not meant to diagnose any medical condition or problem. It is a tool to help you understand your body and your doctor's visits. Talk to your doctor about any specific concerns or worries.

Major Changes in a Woman's Life

There are two normal changes in a woman's life: menstruation and menopause. These changes are the start and the end of fertility. **Fertility** means being able to have children. Women should not feel ashamed about these changes.

Menstruation

Menstruation (the period) is a normal event in a woman's life cycle. It usually begins between the ages of 8 and 13. It is the start of the reproductive age called **puberty**. When a woman has her **period**, she bleeds through the vagina. It happens every month and usually lasts three to five days. Many women have cramps during this time.



COMMON PERIOD MYTHS

"You can't get pregnant during your period."

"Virgins shouldn't wear tampons."

"Women with their period shouldn't go swimming."

Periods Affect Your Body and Your Feelings

Menstruation affects how many women feel. This is called PMS (Premenstrual Syndrome). Some symptoms may continue after the period starts.



PHYSICAL SYMPTOMS

cramps
pain
headaches
bloating or
feeling fat
changes in
sexual desire
breast swelling
nausea

EMOTIONAL SYMPTOMS

getting annoyed
very quickly
tiredness
mood swings
depression

There are different things that women can do if they have PMS and period symptoms. Simple lifestyle changes can help. These include:

- heating pad or hot water bottle
- medicine
- regular exercise
- a healthy diet
- little or no alcohol or caffeine



Menopause

When a woman can no longer have a baby, she goes through **menopause**. This usually occurs when a woman is between 45 and 55 years old. Menopause is when a woman stops menstruating (having her period). It is a natural event and not a disease, but it is a big change that affects all women.

Menopausal women may experience many changes in their bodies. The following symptoms are common during menopause:

- **Hot flashes** make you feel hot all over the body.
- **Mood swings** are when you change from feeling happy to feeling sad very quickly.
- **Vaginal dryness** occurs because the body has less estrogen. Estrogen is a hormone that is higher in women. When women have less estrogen, sex may feel uncomfortable or painful.
- **Feeling tired or having trouble sleeping.**
- **Periods become irregular** and then stop.
- **Osteoporosis** is when bones become weak.
- **Weight gain** is more likely.



What Can I Do to Treat My Menopause Symptoms?

It may take time before you know what treatment is best for you.

BE PATIENT!

However, **hormone replacement therapy (HRT)** can treat menopause.

HRT treats and may change your hormone levels. Hormones are chemicals naturally released in your body. Different hormones make you feel a different way. When a doctor changes your hormone levels, the way you feel may change, too. Always ask your doctor what might happen.

Lifestyle Changes

There are easy lifestyle changes that you can make that may help you treat the symptoms of menopause. Relief may take longer, but there are fewer risks than hormone replacement therapy.

Women who maintain a healthy lifestyle before menopause often find it easier to cope with its symptoms. Eating a balanced diet and staying active are two major ways to stay healthy during menopause.

Keywords

cramps: pain near the pelvis during periods

fertility: being able to have a baby

estrogen: hormone strong in women

hormones: chemicals in the body

hormone replacement therapy: doctor puts extra hormones in your body to help you cope with menopause

menopause: when periods stop and you can no longer become pregnant

menstruation: monthly bleeding from the vagina

mood swings: changes in emotions

myth: something that is not true

osteoporosis: disease that weakens one's bones

periods: same as menstruation

puberty: usually starts between the ages of 8 and 13, as children grow into adult bodies

Treat Menopause with Lifestyle Changes



Keep a good diet.



Stay active.



Find ways to relax.



Avoid smoking.



Limit alcohol.



Dress in light layers.



Key Points

- Menstruation and menopause are natural and normal.
- Ask your doctor how to treat the symptoms of menstruation and menopause.

Check Your Learning

1. **What is menstruation?**
 - o A sign of being pregnant
 - o Bleeding through the vagina
 - o The end of puberty
2. **Which can be symptoms of menstruation or PMS?**
 - o Cramps, headaches, depression, and short temper
 - o Breast swelling, upset stomach, and bleeding from the vagina
 - o All of the above
3. **What is menopause?**
 - o Getting your period for the first time
 - o A disease that affects women
 - o When a woman stops having her period
4. **How can you treat menopause symptoms?**
 - o Smoke
 - o Eat healthy and be active
 - o Eat only fried foods

What to Expect During Your Pregnancy & Delivery

Women have many options to avoid **pregnancy**. Once a woman is pregnant, her body will go through many changes. Pregnant women also have many options to deliver and to take care of their babies.

Pregnancy

If a woman has not reached menopause yet, she may decide she wants a baby. If she does not practice birth control, she may become **pregnant**. This means that she is carrying at least one **fetus**. A fetus is a baby when it is still in the womb.



Conception is the start of the pregnancy. This occurs when sperm from a man reaches a female egg during sex. The first sign of pregnancy is usually a missed period.

What Can I Expect During Prenatal Care?

Questions about medical history

Physical examinations

Blood and urine tests

Ultrasound: pictures and video of the fetus

Before and during pregnancy, it is important to have special health care, or **prenatal care**. Your doctor will probably refer you to an **obstetrician** or **gynecologist**, for regular visits. This doctor is often referred to as an OB/GYN.



PRE = BEFORE

NATAL = BIRTH

PRENATAL = BEFORE BIRTH OR DURING PREGNANCY

During your prenatal visits, your doctor will likely talk to you about:

- eating a balanced nutritious diet
- **NO** smoking, drinking alcohol or taking drugs
- taking vitamins

You will also hear your doctor use the word **trimester**. Every pregnancy has three trimesters: the beginning, middle, and end of the pregnancy. Each trimester lasts for three months, and certain growth and symptoms occur in each one. For instance, morning sickness or feeling sick to your stomach is more common in the first trimester.



What Will Happen to My Body While Pregnant?

A Pregnancy May End Early

When it happens accidentally it is a **miscarriage**.

If it happens by a medical procedure it is an **abortion**.

The most obvious physical change in pregnancy is weight gain. As the baby grows, your belly will get bigger to make room for it.

Other symptoms may be:

- Back pain
- Constipation
- Sore breasts
- Feeling tired
- Wanting unusual foods
- Heartburn or nausea, especially in the morning
- Hemorrhoids
- Increased urination
- Swelling, especially of feet



MAKE SURE YOU KEEP YOUR DOCTOR'S AND THE HOSPITAL'S PHONE NUMBERS AVAILABLE FOR YOU AND YOUR FAMILY.

HAVE AN OVERNIGHT BAG READY.



When Does the Baby Arrive?

Childbirth usually occurs about 40 weeks after conception. This is considered being “at full term.” A baby will most often be stronger and healthier the closer it is to full term. More time in the womb gives the baby time to fully develop.

The pregnancy may feel very uncomfortable towards the end. Having your baby as close to full term usually increases your chances of having a healthy baby!

You should call your doctor when you have unusual symptoms. Do not wait too long to contact your doctor, because the symptoms may be warning signs.

| Unusual Pregnancy Symptoms Include: | |
|---|------------------------------------|
| a high fever | strong nausea, chills |
| hard pains | feeling dizzy |
| bleeding | contractions |
| baby moves less or does not move at all | having an accident or serious fall |

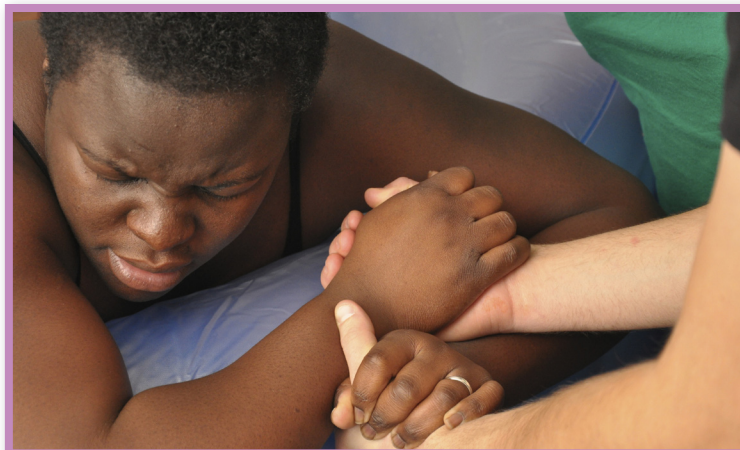
Three Major Signs That the Baby is Coming!

- When the baby is fully developed, it will be ready to come out. **Contractions** begin when the uterus starts getting ready to push and deliver the baby. They will feel like very strong cramps.
- The cervix will widen to make room for the baby. This is called **dilation**. You won't notice this, but the doctor can check it.
- The last major sign of childbirth is when the **water breaks**. There will be fluid leaking from the vagina when the bag surrounding the baby breaks.

The Baby is on its Way!

A normal delivery is a vaginal birth. This means pushing the baby out when having contractions.

However, if there are complications, the doctor may do a **C- section** or a Cesarean surgery. This means that the doctor takes the baby out in an operation.



Things You Can Do to Help Deliver the Baby

Ask your doctor about pain medication.

Sleep or walk between contractions.

Concentrate on breathing.

The baby's father, family member or friend can help you during labor.

Keywords

abortion: a medical procedure to end pregnancy

conception: getting pregnant

contractions: tightening of the uterus

C-section: baby taken out of mother through surgery

dilation: cervix widens so baby can come out

fetus: baby inside mother's body

miscarriage: losing the fetus naturally

obstetrician/gynecologist: a doctor for women and pregnancy care. Often referred to as an OB/GYN.

pregnancy: a woman carries a baby inside her body for nine months until it is born

prenatal care: taking care of yourself and seeing your doctor regularly when you are pregnant

trimester: the beginning, middle and end of a pregnancy. Each part lasts three months.





Key Points

- Pregnancy begins at conception, nine months before the baby arrives.
- Having a healthy pregnancy helps your baby.
- Visiting the obstetrician regularly and taking good care of yourself helps you have a healthy pregnancy.

Check Your Learning

1. **What is conception?**
 - o Miscarriage
 - o The start of a pregnancy
 - o When a baby is ready to be born
2. **What is a symptom of pregnancy?**
 - o Getting thinner
 - o Having more energy
 - o Morning sickness or an upset stomach
3. **What is a vaginal birth?**
 - o A C-section
 - o An abortion
 - o A normal delivery

Dialog

Caller: Hello, I am four months pregnant, and I am running a high fever.

Clinic: How high?

Caller: 101 degrees.

Clinic: Do you have any other symptoms?

Caller: I am also dizzy and have chills.

Clinic: Please go to the hospital right away. Check into the Emergency Room.





Choosing What's Right For Your Baby

When a baby is born, there are many things the new mother must do to feed and keep her baby safe.

Breastfeeding vs. Formula

One of the first decisions a mother will have to make is whether to breastfeed or to formula-feed her baby.

Breastfeeding is when the child drinks milk straight from the mother's breast. This may be difficult for some new mothers, but there are many benefits to breastfeeding.

If you are a new mother and are having trouble breastfeeding, your doctor or nurse can help you.

Store-bought baby **formula** is another way to feed a new baby. Formula must be prepared to provide nutrition for the baby.



BREASTFEEDING

VS

FORMULA

Free

Fights infections naturally

Convenient

Helps you lose weight

Mothers are totally responsible for feedings

Can prevent many diseases

Expensive

Mix correctly, keep in refrigerator

Wash bottles & bottle nipples thoroughly

Throw away unused formula

Father and others can feed baby

Warm carefully & test before feeding baby



Breast Pumps Can Help!

Babies can drink breast milk even while mothers are at work or away from the child. **Breast pumps** allow mothers to store breast milk for babies to drink later.

Health departments often have breast pumps you can borrow to encourage mothers to breastfeed their new babies. You can also buy them at many department stores and drug stores.

Vaccinations

It is very important that you take your baby and young children to the doctor for regular checkups. These visits with your child's doctor will help make sure your baby is healthy. Children's doctors are called **pediatricians**. Pediatricians also give your baby **vaccination shots**. Vaccinations are injections that prevent serious diseases.



*These visits are often called **well baby visits** because you go when your child is not sick.*

*You go to keep your child **WELL**.*



Keywords

breastfeeding: giving the baby your breast milk

breast pumps: allow women to pump breast milk to feed their baby later

formula: special powder that you can buy to feed your baby

pediatrician: children's doctor

vaccination: injections against disease

well baby visits: doctor appointments for children to prevent sickness

Check Your Learning

1. **What fights infections for babies?**
 - o Breastfeeding
 - o Water
 - o Formula

2. **What should you do during regular checkups for your baby?**
 - o Ask if your baby is developing ok
 - o Avoid follow-up questions
 - o Avoid asking any questions about vaccinations



Dialog

Pediatrician: I am so glad to see that Kyra is doing so well!

Mom: Thank you, Doctor. I just wondered if she should have a flu vaccine.

Pediatrician: Let me look at her record. She's 18 months old and has had all vaccinations. Since this is October, I suggest that we give her the flu vaccine.

Mom: What will this do for her?

Pediatrician: The flu virus strikes in the winter. It can be serious. The vaccine helps Kyra avoid getting the flu. Kyra has been very lucky and healthy. I think it's a good idea to give her the vaccine.



ENJOY YOUR BABY IN GOOD HEALTH!

Florida WIC

WIC is a free program for Women, Infants and Children.

WIC provides healthy foods, nutrition education, breastfeeding support and referrals to health care.

For more information and to see if you are eligible, call 1-800-342-3556 or visit www.doh.state.fl.us/family/WIC.

How Can I Learn More?

Information

Kids Health

<http://kidshealth.org>

The National Women’s Health Information Center

<https://www.womenshealth.gov/menstrual-cycle>

<https://www.womenshealth.gov/breastfeeding>

Family Doctor

<http://familydoctor.org>

What to Expect When You’re Expecting: Pregnancy Basics

<https://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-basics/art-20503433>

Pregnancy - Centers for Disease Control

<https://www.cdc.gov/pregnancy/index.html>

La Leche League International (website available in several languages) <http://www.llli.org>

Activities

Materials for During and After Pregnancy

<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-during-and-after-pregnancy>

Free or Low Cost Services

Breastfeeding Hotline

<https://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline>

<https://www.womenshealth.gov/breastfeeding/breastfeeding-resources>

Florida WIC

<http://www.floridawic.org>

PART II - STAY HEALTHY, STAY SAFE

Learning About Female Health & Safety



Cancers



Treatment



**Sexually Transmitted
Infections (STI's)**



Domestic Abuse

Be Safe! Know Your Body!

Women should check their bodies regularly. They need to look for any changes in their bodies. Women also should make regular visits to the doctor. This unit will discuss health and safety issues.

- **Cancer** is a disease that can attack the body in different ways. Small pieces of the body, called cells, grow too much, and create a tumor.
- **STIs** (Sexually Transmitted Infections) are diseases that spread through sex.
- **Domestic abuse** is when someone that lives with you hurts you. This can be very dangerous. If it happens, you should tell someone right away.



This chapter will answer these questions:



- How do I know if I have a cancer that women get?
- How can I prevent an STI?
- What should I do if someone is being abused?

Some Cancers Affect Mainly Women

WOMEN CAN GET:

breast cancer

(in the breast)

ovarian cancer

(in the ovaries)

cervical cancer

(in the cervix)

uterine cancer

(in the uterus)

How Do I Know If I May Have Breast Cancer?

Breast cancer affects many women. Women should look for breast cancer signs. See your doctor right away if you notice any of these changes:

- Lump or hard knot in or around the breast
- Swelling, warmth, redness of the breast
- Change in the size and shape of the breast
- Changes in the skin of the breast
- It appears as if the nipple pulls into the breast
- Fluid comes out of the nipple
- New pain in one spot that does not go away

It is very important to know what is normal for you and your body. A breast self-exam (BSE) is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts. If you notice any changes in your breasts, see your health care provider right away. He or she may send you to get a **mammogram**.

What is a Mammogram?

A **mammogram** is an X-ray or picture of the inside of a breast.

Women over 40 years old should get a mammogram every year. Ask your doctor which screening tests are right for you if you are higher risk.



Breast Self-Awareness (BSA) and Steps to a Breast Self-Exam (BSE)

1. Know your risk

- Talk to your family** to learn about your family health history
- Talk to your doctor** about your personal risk of breast cancer

2. Get screened

- Ask your doctor** which screening tests are right for you if you are at a higher risk
- Have a mammogram** every year starting at age 40 if you are at average risk
- Have a clinical breast exam** at least every 3 years starting at 20, and every year starting at 40

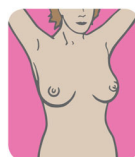
3. Know what is normal for you

- See your health care provider right away if you notice any of these breast changes:
 - Lump, hard knot or thickening
 - Swelling, warmth, redness or darkening
 - Change in the size or shape of the breast
 - Dimpling or puckering of the skin
 - Itchy, scaly sore or rash on the nipple
 - Pulling in of your nipple or other parts
 - Nipple discharge that starts suddenly
 - New pain in one spot that does not go away

4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake

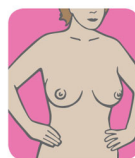
BSE is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts. If you notice any changes in your breasts, see your health care provider right away.



Step 1: Look for Changes

In front of the mirror:

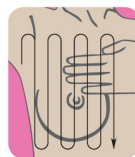
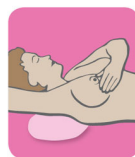
- Hold your arms at your side
- Hold your arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips



Step 2: Feel for Changes

Lying down:

- Lie down on your back with a pillow under your right shoulder
- Use the pads of the three middle fingers on your left hand to check your right breast
- Press using light, medium and firm pressure in a circle without lifting your fingers off the skin
- Follow an up and down pattern
- Feel for changes in your breast, above and below your collarbone and in your armpit
- Repeat on your left breast using your right hand



Step 2 can be repeated while bathing or showering using soapy hands.

Studies have shown that BSE used alone does not decrease mortality rates. Susan G. Komen for the Cure does not provide medical advice. ©2010 Susan G. Komen for the Cure® Item No. KOMED000400, English 5/10

For more information visit our website or call our breast care helpline.

www.komen.org 1-877 GO KOMEN (1-877-465-6636)

Studies have shown that BSE used alone does not decrease mortality rates. Susan G. Komen for the Cure does not provide medical advice.

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Risk Factors

A risk factor is something that may increase your chances of getting a disease. Some risk factors for breast cancer include:

- family history of breast or ovarian cancer
- getting older
- being overweight
- beginning menstrual periods before the age of 12
- going through menopause after 55 years old
- drinking alcohol
- hormone replacement therapy to treat menopause
- having the first child after age 35 years old

A **tumor** is a growth in the body that is not normal.

Benign tumors do not contain cancer, and they do not spread.
(*Benign means "not dangerous."*)

Malignant tumors are cancer. They can kill you.
It is very important to treat malignant tumors as soon as possible.
(*Malignant means "bad."*)

What Other Kinds of Cancer Can I Get?

Reproductive cancers may occur in the following organs:

- ovaries
- cervix
- uterus

These parts of the body are only in women.
Some signs of these cancers are:

- pain near the stomach
- hurts to urinate
- not as hungry as usual
- feeling sick/upset stomach
- diarrhea
- pain near or around the pelvis
- bleeding from the vagina



There may be different reasons for these signs. It is better to go to the doctor to find the reason. Get regular checkups and **pap tests** (Papanicolaou test). A pap test can save your life. It can find early signs of cervical cancer. If caught early, there is a very good chance of curing cervical cancer.



HPV Vaccine

HPV (the Human Papillomavirus) is a very common virus that can cause cervical cancer. Half of sexually active people have HPV. There is an HPV vaccine that can prevent some forms of cervical cancer. A vaccine is a shot or series of shots given by the doctor. Ask your doctor if the HPV vaccine is right for you.

What Are My Treatment Options?

The earlier you find cancer, the better your chances of successful treatment! Your doctor will help you decide what is the best option for you. There are several options for treating cancer.

- **Chemotherapy** - chemicals and medicine are put in the body to destroy cancerous tumors.
- **Radiation therapy** - Radiation and heat is applied to the body to destroy cancerous tumors.
- **Hormonal therapy** - A combination of hormones is added to the body to destroy tumors and cancer. Hormones are released naturally in the body. More hormones can be put into the body by a doctor.
- **Surgery** - A surgeon removes the tumor or cancer.

Keywords

benign tumors: tumors that do not contain cancer

breast: part of body that gives milk to babies

breast self-exam: a tool that may be used to know what is normal for you

cervix: connects the uterus and vagina

chemotherapy: chemicals and medicine are put in the body to destroy cancerous tumors.

eggs: tiny particles released by the ovary that turns into a baby with a man's sperm

fallopian tubes: tubes that connect the ovaries to the uterus

hormonal therapy: a cancer treatment that uses hormones

malignant tumors: tumors that are dangerous and threaten life

mammogram: a picture of the inside of a breast

nipple: tip of the breast that provides milk for baby

ovaries: female organs that make eggs

pap test: a test that looks for changes in the cervix

pelvis: area between the hips with female organs

radiation therapy: radiation and heat is applied to the body to destroy cancerous tumors.

surgery: doctors can remove tumors during surgery

tumor: an unusual growth somewhere in the body

uterus: a female organ that holds the baby until birth; also called the womb



Key Points

- Check your breasts to know what is normal for you and your body. See your doctor regularly.
- Get early treatment.

Check Your Learning

1. **Which one is a sign of breast cancer?**
 - o Not being able to sleep
 - o A lump in the breast
 - o Being hungry
2. **Which is a risk factor for breast cancer?**
 - o Getting older
 - o Drinking too much water
 - o Having brown hair
3. **What is a symptom of reproductive cancer?**
 - o Unusual vaginal bleeding
 - o Headaches
 - o Having too many children



Dialog

Doctor: Are you familiar with how your breasts look and feel?

Patient: No, how do I know?

Doctor: A breast self-exam may help you check your breasts for any changes.

Patient: Okay I will learn what is normal for me.

Doctor: Use this sheet with the steps to help you.

What Do STIs Look Like?

STI's (Sexually Transmitted Infections) are diseases or viruses that you can pass to another person when you have sex. This is a problem for men and women. Some STIs can pass from mother to baby before or during birth, or breastfeeding. Talk with your doctor about risk factors and see a doctor as soon as you see these symptoms.

| STI | SYMPTOMS | TREATMENT |
|---|---|--|
| Chlamydia <i>"Kla-MID-i-ya"</i> | A painless lesion appears at site of sexual contact. | Medicine |
| Genital Herpes <i>"JEN-i-tal HER-peeZ"</i> | Warts around genitals. | No cure, but medication can reduce outbreaks. |
| Gonorrhea <i>"GON-no-ria"</i> | Women: unusual bleeding, burning while urinating, irritation around the vagina. | Medicine |
| HIV/AIDS <i>(Human Immunodeficiency Virus & Acquired Immune Deficiency Syndrome)</i> | At first, there may be no symptoms. However later could be fevers, sore throat, muscle pain. The body eventually gets too weak to fight off infections. | No cure, but medicine can lengthen and improve quality of life. |
| HPV <i>(Human Papillomavirus Virus)</i> | Usually no symptoms. Genital warts may appear. | Vaccine can guard against some forms of HPV. |
| PID <i>(Pelvic Inflammatory Disease)</i> | Fever, unusual vaginal discharge that may have bad smell, pain during sex, when it hurts to urinate, irregular periods. | If it goes untreated long, the antibiotics might not be effective. |
| Syphilis <i>"SIF-a-lis"</i> | Lesions at infection site. | Medicine |
| Trich <i>(Trichomonas vaginalis)</i> | Discharge that may have a bad smell, when it hurts to urinate, itching around the groin, blood spotting. | Medicine |

Why Should I Practice Safe Sex?

Some STIs can be cured with medicine. All of them need to be treated by a doctor. This is why **safe sex** is very important. Safe sex means using condoms to avoid spreading STIs to other people. When a woman is not ready to have a child, she should consider practicing **birth control**. A doctor can help you decide which method is best for you.

COMMON BIRTH CONTROL METHODS

Some birth control methods can keep you safe from STIs, others may only prevent pregnancy.

Prevent STIs AND Pregnancy.



Abstinence means not having sex.



Latex condoms are rubber covers used by men.

Birth control for women that does not protect against STIs.



Depo-Provera shot



Birth control pills

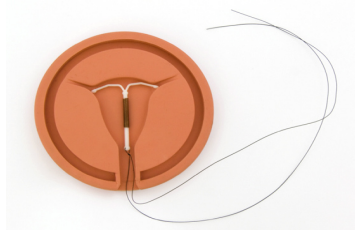


Vaginal ring



Diaphragm

Long-term birth control that does not protect against STIs.



An **IUD** is a T-shaped object put in the vagina by a doctor.



Surgery can prevent pregnancy for the rest of your life.

Check Your Learning

1. **Which can prevent an STI?**
 - o Birth control pill
 - o Diaphragm
 - o Latex condoms
2. **What should I do if I think I have an STI?**
 - o See a doctor
 - o Stay sexually active
 - o Ignore your symptoms



Key Points

- Know the symptoms for STIs (Sexually Transmitted Infections).
- See your doctor regularly.
- Use condoms.

Abuse is NEVER OK

Abuse is the act of hurting others. **Domestic abuse** happens within a household. For example, a man may abuse his wife, a boyfriend may hurt his girlfriend or a parent may abuse a child. The people being hurt are called **victims**.

What is domestic abuse?

- physical abuse like hitting or kicking
- threats
- being held against your wishes
- someone controls what you say or do

REPORT ABUSE!

Domestic or sexual abuse is a CRIME.
Contact your local police department, or call 911 if you or someone you know is being abused.



**THE NATIONAL
DOMESTIC
VIOLENCE HOTLINE**

Call to find what
help is in YOUR county.

1-800-799-7233

Some Signs of Domestic Abuse

Does your partner:

- Humiliate or yell at you?
- Treat you so badly that you are embarrassed for your friends or family to see?
- Have a bad temper?
- Hurt you or threaten to hurt you?
- Keep you from seeing your friends or family?
- Control where you go and what you do?

Sexual Abuse

Sexual abuse is any forced sexual act. Sexual acts do NOT have to be completed to be abuse.

Sexual abuse can be:

- If someone forces you to do anything sexual, this is called **sexual abuse**.
- An attempted, but not completed sex act
- Forced sexual contact or touching that does not feel right
- Threats of sexual violence

Keywords

abuse: when someone hurts someone else

birth control: different ways to avoid spreading STIs and pregnancy

domestic abuse: abuse that occurs within a household

rape: sexual assault involving sexual intercourse

safe sex: using condoms to avoid spreading STIs or unwanted pregnancy

sexual abuse: any forced sexual act

STIs: Sexually Transmitted Infections are diseases and virus you can get from sex

Check Your Learning

1. **What is an example of domestic abuse?**
 - o A wife and husband having an argument
 - o Two children fighting over a toy
 - o A man slapping his wife
2. **What can you do about domestic violence?**
 - o Report it to the police
 - o Ignore it
 - o Give the abuser a second chance



Key Points

- Abuse comes in many forms.
- Anyone can be abused.
- Always report domestic abuse!

Dialog



Caller: I think there is a problem next door.

911 Dispatcher: Why do you think that?

Caller: I hear screaming and crying.

911 Dispatcher: Please give me the address where this is happening.

Caller: We live at 500 Main Avenue, Jamestown, Florida. I think they live in apartment C.

How Can I Learn More?

Information

National Cancer Institute

<http://www.cancer.gov/cancertopics/types/breast>

<http://www.cancer.gov/cancertopics/types/cervical>

<http://www.cancer.gov/cancertopics/types/uterinesarcoma>

The National Women's Health Information Center

<https://www.womenshealth.gov/a-z-topics/mammograms>

Susan G. Komen for the Cure

<http://ww5.komen.org>

Centers for Disease Control

<http://www.cdc.gov/std>

National Domestic Violence Hotline

<http://www.ndvh.org>

Activities

National Breast Cancer Foundation - Breast Self-Exam

<https://www.nationalbreastcancer.org/breast-self-exam/>

National Women's Health Week

<https://www.cdc.gov/healthequity/features/nwhw/index.html>

Free or Low Cost Services

Florida Department of Health

<http://www.doh.state.fl.us/chdsitelist.htm>

Florida Abuse Hotline

<https://www.myflfamilies.com/services/abuse/abuse-hotline>

Florida Department of Children and Family

<https://www.myflfamilies.com/services/abuse/domestic-violence>

WOMEN'S HEALTH STUDENT EDITION - GLOSSARY

| Word & Pronunciation | Definition | You Can Find It Here |
|--|--|--------------------------|
| abortion ah bor SHON | a medical procedure to end pregnancy | 10 |
| abuse ah BYOUS | when someone hurts someone else | 27, 28 |
| benign bee NAIN | a tumor that does not have cancer | 21 |
| birth control berz kon TROL | different ways to avoid pregnancy and spreading STIs | 25, 26 |
| breast brEST | part of a woman's body that gives milk to babies | 7, 14, 19, 20, 21, 23 |
| breastfeeding brest FEE ding | when a mother gives her baby milk from her breasts | 14 |
| breast pump brest POMp | allows a woman to pump breast milk to feed to her baby later | 14 |
| breast self-exam bret self eCZAM | a tool that helps women know what is normal for their breasts and body | 19, 20, 23 |
| cervix SER viks | connects the uterus and vagina | 1, 11, 19, 21 |
| chemotherapy KEY mo THARE api | chemicals and medicine are put in the body to destroy cancerous tumors | 22 |
| conception kon SEP shon | getting pregnant | 8, 11, 13 |
| contractions kon TRAK shons | tightening of the uterus | 11 |
| cramps KRAMPS | pain near the pelvis during periods | 3, 4 |
| C-section SEE SEC shon | baby taken out of mother in a surgery | 12 |

WOMEN'S HEALTH STUDENT EDITION - GLOSSARY

| Word & Pronunciation | Definition | You Can Find It Here |
|--|---|----------------------|
| dilation di LA shon | cervix widens so baby can come out | 11 |
| domestic abuse do MES tik ah BYOUS | tiny particles released by the ovary that turns into a baby with a man's sperm | 1, 8 |
| eggs Egs | abuse that occurs within a household | 27, 28 |
| estrogen es tro YEN | hormone strong in women | 5 |
| fallopian tubes fa LO pian TIU bs | tubes that connect the ovaries to the uterus | 1 |
| fertility fer TI li ti | being able to have a baby | 3 |
| fetus fee TUS | baby when it is still inside the mother's body | 8 |
| formula FOR miu la | special powder that is mixed with water to feed babies | 14 |
| gynecologist gai ne KO lo yist | a doctor for women only | 9 |
| hormones hor MONS | a chemical in the body | 5, 21 |
| Hormone Replacement Therapy Hor MON REE plays ment THERE api | doctor puts extra hormones in a woman's body to help cope with menopause symptoms | 5, 21 |
| malignant ma LIG nant | a tumor that has cancer | 21 |
| mammogram ma mo GRAM | a picture of the inside of a breast | 19 |

WOMEN'S HEALTH STUDENT EDITION - GLOSSARY

| Word & Pronunciation | Definition | You Can Find It Here |
|---|--|----------------------|
| menopause me no POS | when periods stop | 2, 3, 5, 6, 7, 21 |
| menstruation mens TRUA shon | monthly bleeding from the vagina | 2, 3, 4, 7 |
| miscarriage mis CA riage | losing a fetus naturally | 10 |
| mood swings MOOD suings | changes in emotions | 4 |
| myth MITH | something that is not true | 3 |
| nipple NIPL | tip of the breast that provides milk for a baby | 19 |
| obstetrician obs te TRI shan | doctor for women only | 9 |
| osteoporosis os teo po RO sis | disease that weakens one's bones | 5 |
| ovaries OH varis | female organs that make eggs | 1, 19, 21 |
| pap tests PAP TESSts | a test that looks for changes in the cervix | 21 |
| pediatrician pe dia TRI shan | a doctor for children | 15, 16 |
| pelvis PEL vis | area between the hips with female organs | 1, 21 |
| periods PEE riods | same as menstruation; monthly bleeding from the vagina | 2, 3, 4, 5, 8 |
| pregnancy PREG nanci | a woman carries a baby inside for nine months until it is born | 2, 8, 9, 10, 11, 12 |

WOMEN'S HEALTH STUDENT EDITION - GLOSSARY

| Word & Pronunciation | Definition | You Can Find It Here |
|---|--|----------------------|
| prenatal care pre NATAL care | taking care of yourself when you are pregnant | 9 |
| puberty PIU berti | usually starts between the ages of 8 and 13, as children grow into adult bodies | 3 |
| radiation therapy RAY dee a SHUN THERE api | radiation and heat is applied to the body to destroy cancerous tumors | 22 |
| rape RAPE | sexual assault involving sexual intercourse | 27 |
| safe sex SAFE seks | using condoms to avoid spreading STIs or unwanted safe sex | 25 |
| sexual abuse SEKS shual ah BYOUS | any forced sexual act | 27 |
| STIs es TEE ays | Sexually Transmitted Infections are diseases and viruses you can get during sex | 24, 25, 26 |
| surgery SER yeri | a doctor goes inside a patient's body to fix a problem. Tumors are often removed in surgery. | 12, 22, 25 |
| trimester TRY mess tur | beginning, middle and end of a pregnancy. Each part lasts three months. | 9 |
| tumor TU mor | an unusual growth in some | 21, 22 |
| uterus IU terus | part of the body | 1, 11, 19, 21 |
| vaccination VAK si na shon | a female organ that holds the baby until birth; also called the womb | 15, 16, 22 |
| well baby visits uel BA bi VI sits | injections to prevent diseases | 15 |



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