

## 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

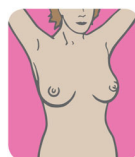
## 3. Know what is normal for you

- 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

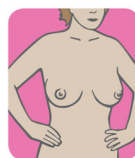
BSE is a tool that may help you learn what is normal for you. BSE includes looking at and feeling your breasts. If you notice any changes in your breasts, see your health care provider right away.



### Step 1: Look for Changes

In front of the mirror:

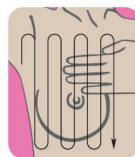
- Hold your arms at your side
- Hold your arms over your head
- Press your hands on your hips and tighten your chest muscles
- Bend forward with your hands on your hips



### 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](http://www.komen.org) 1-877 GO KOMEN (1-877-465-6636)

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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 &amp; 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

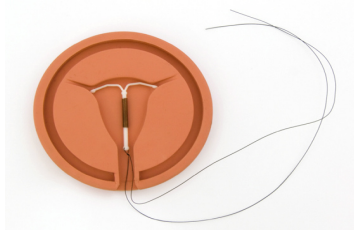


Vaginal ring



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 assault**.
- 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>