



Women's Health

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

TEACHER'S GUIDE

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

Teacher's Guide

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**Florida Literacy Coalition
Florida's Adult and Family Literacy Resource Center**

2010

This publication was made possible through a grant from the Florida Department of Education, Division of Career and Adult Education. Funding was provided through the Workforce Investment Act, Title II, Adult and Family Literacy, Section 223.

ACKNOWLEDGEMENTS

We would like to acknowledge and thank the following individuals and organizations for their support in the development of this publication.

**Florida Department of Education,
Division of Career and Adult Education**

Blue Cross and Blue Shield of Florida

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Heide Castañeda, PhD, MPH

Focus Group at Orlando Tech

Sonia Magarinos, Myriam Qualit, and their
students

Invaluable Others

The Susan G. Komen Race for the Cure

Quizaira Recio, Bryan McCormack, Erin Balleine,
Yari Payne, Raychel George, Sharon Smith, and
Jordana Frost

CREDITS

Stock Photography and Illustrations by

ISTOCKPHOTO®, BIGSTOCK®, DREAMSTIME®, and the Susan G. Komen Race for the Cure

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The opinions expressed herein do not necessarily represent the positions or policies of the Florida Department of Education. This resource is designed for educational purposes only. The information is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a doctor or qualified health care provider. This book provides links to websites to help you find health information and services. Florida Literacy Coalition does not necessarily endorse or recommend the organizations that produce these websites or the information they provide.

Staying Healthy: Women's Health

Correlation to Florida Adult ESOL Course Standards and CASAS Competencies

Florida Adult ESOL Course Standards:

Foundations

- 1.05.01 Identify several parts of the body.
- 1.05.02 Recognize symptoms of common illnesses.

Low Beginning

- 2.05.01 Describe basic problems/injuries to parts of the body.
- 2.05.02 Describe symptoms related to common illnesses.

Low Intermediate

- 4.05.01 Describe symptoms related to illness, injuries, or dental health problems.
- 4.05.02 Compare healthful and unhealthful behaviors and practices.

High Intermediate

- 5.05.01 Ask for and give advice on health topics using vocabulary for body parts, illnesses, and symptoms.
- 5.05.02 Recognize problems related to drug abuse, spousal abuse, child abuse, and elder abuse.
- 5.05.03 Complete sample accident and medical history forms.

Advanced

- 6.05.02 Discuss consequences of unhealthful habits and identify where to get help in the community.
- 6.05.03 Compare services offered by different health providers.

CASAS Competencies:

- 2.1.2 Identify emergency numbers and place emergency calls
- 3.1.4 Identify common types of medical and health practitioners and specialists
- 3.2.1 Fill out medical history forms
- 3.4.4 Interpret information about AIDS and other sexually transmitted diseases
- 3.4.7 Interpret health and danger alerts
- 3.5.6 Interpret information and identify agencies that assist with family planning
- 3.5.9 Identify practices that help maintain good health, such as regular checkups, exercise, and disease prevention measures
- 3.6.2 Interpret medical related vocabulary
- 3.6.3 Interpret information about illnesses, diseases, and health conditions and their symptoms
- 3.6.4 Communicate with doctor or other medical staff relative to condition, diagnosis, treatment, concerns
- 3.6.5 Interpret information on the development, care, and health and safety concerns of children

Staying Healthy: Women's Health

Teacher's Guide

This is a special addition to *Staying Healthy: An English Learner's Guide to Health Care and Healthy Living*. It is a broad overview of various women's health topics. Stages of women's health reproduction, pregnancy and early childcare are also addressed in this unit. It emphasizes certain cancers and diseases that many women face. This women's health unit also explains dangers like domestic and sexual abuse.

Learning Objectives:

- Identify female physical sexual stages: menstruation and menopause
- Understand preconception care and healthy pregnancy, miscarriage, abortion, labor and delivery
- Examine options for a baby's nutrition: breastfeeding vs. formula
- Identify signs and risk factors of female cancers
- Prevent sexually transmitted infections
- Recognize symptoms of sexually transmitted infections
- Access treatment for female cancers and sexually transmitted infections
- Identify behaviors of domestic violence and rape
- Know how to report incidents of domestic violence and rape

STUDENT BOOK TABLE OF CONTENTS

Overview: Female Reproductive System	Page 01
Part I: Healthy At All Ages	Page 02
Changes in Reproduction	Page 03
Pregnancy & Childbirth	Page 08
Breastfeeding & Vaccinations	Page 14
Part II: Stay Healthy, Stay Safe	Page 18
Breast & Reproductive Cancers	Page 19
Sexually Transmitted Infections & Contraception	Page 24
Domestic & Sexual Abuse	Page 27
Glossary	Page 30

KEYWORDS

Abortion	Eggs	Pap Test
Abstinence	Estrogen	Pediatricians
Abuse	Fallopian Tubes	Pelvis
Benign	Fertility	Period
Birth Control	Fetus	Pregnancy
Breast	Formula	Prenatal Care
Breastfeeding	Gynecologist	Puberty
Breast Pump	Hormones	Radiation Therapy
Breast Self-Exam	Hormone Replacement Therapy	Rape
Cancer	Malignant	Safe Sex
Cervix	Mammogram	Sexual Abuse
Chemotherapy	Menopause	STIs
Childbirth	Menstruation	Surgery
Conception	Miscarriage	Trimester
Condoms	Mood Swings	Tumor
Contractions	Myth	Uterus
Cramps	Nipple	Vaccinations
C-Section	Obstetrician	Vagina
Dilation	Osteoporosis	Well Baby Visits
Domestic Abuse	Ovaries	

SECTION 1: DISCUSSING & READING ABOUT WOMEN'S HEALTH ISSUES

Suggestions for Teaching Vocabulary

Keywords are bolded in the text. Most are listed with some visual clue in vocabulary boxes and listed again with more detail in the glossary. Help students locate and pronounce keywords before reading the text.

Suggestions for Teaching Women's Health Content

- Before reading, discuss the pictures on the page.
- Have students take turns reading paragraphs out loud.
- Discuss vocabulary. Have students use context clues to define key words.
- Have advanced students underline or highlight new information.
- Many immigrants do not go for checkups or get primary care. Many women immigrants do not have a gynecologist or go for their yearly exam. Discuss this issue with your students. Ask how things are done in their home country and what their habits are in the U.S. in terms of going to the doctor. This may help elicit discussion about different cultural practices relative to accessing health care for women.
- Ask students what they already know about U.S. health care for women. This will help integrate what they know about the topic with new information.

Issues to Address

Understanding Your Fertility

- Women should be aware of their bodies and cycles so that when changes occur they can accept and recognize them. For instance, if a woman is very familiar with her menstruation cycle, she would notice very quickly a missed period due to pregnancy.
- There are many different cultural interpretations of menstruation and menopause. Premenstrual Syndrome, for instance, is a very westernized concept. Some women may not feel moody or emotional. Ask students to describe how both menstruation and menopause is perceived in their culture.

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."
- "Legs shouldn't wear tights."
- "Women with their period shouldn't go swimming."


03

- Prenatal care and a healthy lifestyle are important for a healthy pregnancy! Women should not drink or smoke during pregnancy. Behaviors during pregnancy can have long-lasting effects on a child's life. For instance, if a woman is obese during her pregnancy, her child is more likely to have heart problems and Type II Diabetes.
- Pregnancy can be a different experience every time, even for the same mother. Symptoms may be different, or there may be problems in one pregnancy that a woman previously never had. Encourage women to be their children's advocates. If they feel something is wrong, they should tell the doctor. Encourage a discussion about different delivery options. One student's experience may open another student's mind to an epidural or perhaps a natural water birth.
- Babies greatly benefit from a mother's breast milk. Breast milk can keep a baby's immune system strong in a way that formula cannot. Remind women that if they are struggling with breastfeeding, they should ask their doctor, nurse, or a lactation consultant for help. Explain that there are people called lactation consultants whose sole job is to help women breastfeed.

What Can I Expect During Prenatal Care?

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. The doctor will often refer you to an **OB/GYN**.

Questions about medical history
Physical examinations
Blood and urine tests
Ultrasound pictures and video of the fetus



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. For instance, morning sickness or feeling sick to your stomach is more common in the first trimester.

09

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		Expensive
Fights infections naturally		Mix correctly, keep in refrigerator
"Convenience"		Wash bottles & breast nipples thoroughly
Helps you lose weight		Throw away unused formula
Mothers are totally responsible for feedings		Father and others can feed baby
Can prevent many diseases		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.

14 Women's Health - Part I: Healthy at All Ages

Knowing Your Body

- Explain that many dangers women face, like breast and cervical cancer, are usually more manageable if they are found early. This is why it is vital that women know their bodies and check them often.
- Explain that there are some medical issues that are unique to women and that they might consider finding a specialist like a gynecologist or an obstetrician (OB/GYN).
- For some, female health issues might be embarrassing to talk about, but it is essential that patients are honest when talking to their doctor. This is particularly true with Sexually Transmitted Infections (STIs). Remind students that STIs can be spread to their sexually active partners and possibly to their unborn children if they are pregnant.

What Do STIs Look Like?

STIs (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. See a doctor as soon as you see these symptoms.

STI	SYMPTOMS	TREATMENT
Chlamydia "the STD you don't see"	A painless lesion appears at site of sexual contact.	Medicine
Genital Herpes "20% are HSV-1"	Warts around genitals.	No cure, but medication can reduce outbreaks.
Gonorrhea "100% are curable"	Women: unusual bleeding, burning while urinating, irritation around the vagina.	Medicine
HIV/AIDS (Human Immunodeficiency Virus & Acquired Immune Deficiency Syndrome)	At first, there may be no symptoms, however later could be fever, 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 (Human Papillomavirus Virus)	Usually no symptoms. Genital warts may appear.	Vaccine can guard against some forms of HPV.
PID (Pelvic Inflammatory Disease)	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 "the great imitator"	Lesions at infection site.	Medicine
Trich (Trichomonas vaginalis)	Discharge that may have a bad smell, when it hurts to urinate, itching around the groin, blood spotting.	Medicine

24 Women's Health - Part II: Stay Healthy, Stay Safe

- Safe sex and birth control methods are something that can be empowering and intimidating for women. In some cultures and religions, a woman may not feel comfortable choosing a birth control method. Remind women that abstinence and condoms can protect against STIs and pregnancy. Inform your students that certain methods, like the pill, only protect against pregnancy and not against STIs.




Always Report Abuse

- Domestic and sexual abuse are extremely sensitive issues. Be aware that many students may hesitate to talk about it. Victims should always report abuse to the authorities. If they don't and the abuser never faces any punishment, someone else may get hurt in the future.
- While leaving an abusive relationship can be frightening, the risks of staying are usually greater. The good news is that there are many resources available for abused and battered women, including hotlines that provide advice; emergency housing where women and children can stay; even job training, legal services, and childcare. The Florida Coalition Against Domestic Violence operates a statewide hotline providing access to the nearest domestic violence centers. Call 1-800-500-1119. Information is available in English, Spanish, and Creole. One can also dial 2-1-1 to access your local information and referral center which also has information about domestic violence services.

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 help you stay safe from STIs, allowing you to 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 pill
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.
	 Vaginal ring	 Diaphragm

25

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.

Some Signs of Domestic Abuse

Does your partner:

- Humiliate or yell at you?
- Threat you so badly that you are embarrassed for your friends or family to meet?
- 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 **rape**.
- An attempted, but not completed sex act.
- Forced sexual contact or touching that does not feel right.
- Threats of sexual violence.

FLORIDA COALITION AGAINST DOMESTIC VIOLENCE
Call to find what help is in YOUR county.
1-800-500-1119

27

SECTION 2: ACTIVITIES

Pick and use as needed to develop skills.

Pronunciation Activity: Tap the Stress (X = LOUD tap, x = softer tap)

Teaching Steps (Use chart on following page.)

1. **You tap or clap the rhythm or the group being studied.** Tap loudly for the big X and softly for small X. For example, tap the rhythm Xx like this: TAP tap, TAP tap, TAP tap. Once you have set the rhythm, have students join you in tapping the rhythm. Keep tapping without saying anything until everyone is tapping in unison. Then:
2. **You say each word in time to the tapping.** Have students continue the beat as they repeat each word in unison after you. Repeat each word until students' rhythm and pronunciation are acceptable. Do not drag: Keep up the tempo.

X x	x X x	X x x	x x X x
cervix	abuse	abstinence	contra ception
rape	vagina	birth control	domestic violence
tumors	abortion	uterus	
condoms	con ception	hormones	
nipple	con traction	mammogram	
pelvis	dila tion	menopause	
fetus	nutri tion	ovaries	
		estrogen	

Grammar Activity: Question Words

This activity will help students understand and respond to questions related to medical information that use question words.

Have students work in pairs to practice the dialog in the chart below. Then have them create other medical situations relative to this unit to practice different questions and answers using question words.

Question Words	Things Asked About	Possible Answers
What	are your symptoms?	I think I felt a lump in my breast.
Which	breast?	My right breast.
Where	is it exactly? Show me!	it's here. (points to the spot)
When	did you first notice it?	Last month.
Why	didn't you come right away?	I was too scared!
How	soon can we schedule a biopsy?	As soon as possible (ASAP), please!

Math Activity

- Identify the date Sylvia’s last menstrual period started.
 - January 1, 2010
- Add seven days.
 - January 8, 2010
- Add nine months.
 - The due date October 8, 2010
- Calculate a range of 10 days before and two weeks after the due date to determine the normal range of delivery time of her baby.
 - September 28 – October 18, 2010

Question 1:

Sylvia thinks she might be pregnant. She began her last period March 1, 2010. When is her due date?

Answers:

Due date: December 8, 2010

Question 2:

Annette is pregnant. If today is November 16 and she is 14 weeks pregnant, when did she conceive?

Answers:

Approximately, August 10.

Hands-On Activity: Fill Out a Medical Health History Form

Worksheet on page 15

Have students go through a medical history form often used at a gynecologist’s office. Explain to students that medical history forms at this doctor’s office are often more complicated than at a regular doctor’s office. It might be good to gather the necessary information before you go to your appointment.

Gynecology Questionnaire					
Name: _____	DOB: _____	Today's Date: _____			
Reason for today's visit? <input type="checkbox"/> Annual visit		<input type="checkbox"/> Problem			
Who is your doctor? _____					
Gynecological History					
1. At what age did you start your periods? _____ (if you do not have periods, please skip to question 5)					
2. How often do you have your periods? _____ How long do your periods last? _____					
3. How is your flow? <input type="checkbox"/> Light <input type="checkbox"/> Moderate <input type="checkbox"/> Heavy Do you have pain with your periods? <input type="checkbox"/> Yes <input type="checkbox"/> No					
4. What is your current method of birth control? _____					
5. At what age did your period stop? _____ Are you taking Hormone Replacement? <input type="checkbox"/> Yes <input type="checkbox"/> No					
6. Do you have any spotting? <input type="checkbox"/> Yes <input type="checkbox"/> No Do you leak urine? <input type="checkbox"/> Yes <input type="checkbox"/> No					
7. Have you ever had any of the following:					
<input type="checkbox"/> Gonorrhea <input type="checkbox"/> Chlamydia <input type="checkbox"/> Genital Herpes <input type="checkbox"/> Syphilis <input type="checkbox"/> HIV/AIDS <input type="checkbox"/> Trich					
8. Date of last pap test? _____ Have you ever had any problems with your pap tests results? _____					
9. Date of last mammogram? _____ Have you been evaluated for fertility problems? <input type="checkbox"/> Yes <input type="checkbox"/> No					
10. What was the first day of your last period? _____					
PAST pregnancies					
Date MO/YR	Age at Conception	Birth Weight	Sex	Delivery Type	Complications with Pregnancy/Delivery/Baby
Social History					
1. Do you smoke? <input type="checkbox"/> Yes <input type="checkbox"/> No How much? _____					
2. Do you drink alcohol? <input type="checkbox"/> Yes <input type="checkbox"/> No How much? _____					
3. Do you use street drugs? <input type="checkbox"/> Yes <input type="checkbox"/> No If so, please list? _____					
4. Marital Status: <input type="checkbox"/> Single <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Other					
5. Are you sexually active? <input type="checkbox"/> Yes <input type="checkbox"/> No					

Technology Activity

Have each student use a search engine, such as Google, to find out more about a specific female health concern relative to this unit. They can voluntarily share the topic, website, and the main information they learned with the class.

Websites with information at lower reading levels:

- <http://www.webmd.com>
- <http://www.nlm.nih.gov/medlineplus>
- <http://familydoctor.org>
- <http://www.healthfinder.gov>

Possible topics:

- Breast cancer
- Cervical Cancer
- HPV vaccine
- Breast Self-Exam
- Breastfeeding
- Domestic Abuse
- Menstruation
- Menopause
- Other: _____

SECTION 3: DIALOGS

Suggestions for Teaching the Dialog

Help students read the dialogs. Then have them practice the roles in pairs. To change the dialog, substitute other appropriate words for the underlined words. Finally, encourage chain drills and free conversations on the topic.

1. In student guide, page 13

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.

2. In student guide, page 16

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 eighteen months old; she has had all the immunizations. Since this is October, I am recommending that we give her the flu shot.

Mom: What will this do for her?

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

3. In student guide, page 23

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.

4. In student guide, page 28

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.

SECTION 4: CHECK YOUR LEARNING

Suggestions for Checking Learning

Make sure that students understand how to complete an objective test. You might do the first item with them as an example. Then have each student complete each item individually. Walk around to assist them on HOW TO complete each item.

In student guide, page 7

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

In student guide, page 13

1. What is conception?

- Miscarriage
- **The start of a pregnancy**
- When a baby is ready to be born

2. What is a symptom of pregnancy?

- Getting thinner
- Having more energy
- **Morning sickness or an upset stomach**

3. What is a vaginal birth?

- A C-section
- An abortion
- **A normal delivery**

In student guide, page 15

1. Which fights infections for babies?

- **Breastfeeding**
- Water
- Formula

2. What should you do during regular checkups for your baby?

- **Ask if your baby is developing okay**
- Avoid follow-up questions
- Avoid asking any questions about vaccinations

In student guide, page 23

1. Which one is a sign of breast cancer?

- Not being able to sleep
- **A lump in the breast**
- Being hungry

2. Which is a risk factor for breast cancer?

- **Getting older**
- Drinking too much water
- Having brown hair

3. What is a symptom of a reproductive cancer?

- **Unusual vaginal bleeding**
- Headaches
- Having too many children

In student guide, page 26

1. Which can prevent an STI?

- Birth control pill
- Diaphragm
- **Latex condoms**

2. What should I do if I think I have an STI?

- **See a doctor**
- Stay sexually active
- Ignore your symptoms

In student guide, page 32

1. What is an example of domestic abuse?

- A wife and husband having an argument
- Two children fighting over a toy
- **A man slapping his wife**

2. What can you do about domestic abuse?

- **Report it to the police**
- Ignore it
- Give the abuser a second chance

Sharing With Others

Having students share what they have learned with others helps them check and reinforce their learning. However, these are very sensitive issues, so you need to be attuned to your students' level of comfort in discussing them from a personal perspective. Women may also want to share their experiences with menstruation, pregnancy, menopause, and domestic violence laws in their home country versus in the United States. This discussion can help other students who might be experiencing the same thing. A discussion about local resources can also be extremely useful.

SECTION 5: ADDITIONAL RESOURCES for *HEALTHY AT ALL AGES*

Visit these websites for more information on menstruation, menopause, pregnancy, and breastfeeding.

How Can I Learn More?

Information

Kids Health

<http://kidshealth.org>

The National Women’s Health Information Center

<http://www.womenshealth.gov/faq/menstruation.cfm>

<http://www.womenshealth.gov/breastfeeding/benefits>

Family Doctor

<http://familydoctor.org>

National Healthy Mothers, Healthy Baby Coalition

<http://www.hmhb.org/pregnant.html>

What to Expect When You’re Expecting: Baby Basics Series

http://www.whattoexpect.org/baby_basics

Healthy Roads Media

<http://healthyroadsmedia.org/topics/pregreproduction.htm>

La Leche League International (website available in several languages)

<http://www.llli.org>

Activities

Centers for Disease Control, pregnancy worksheets

<http://www.cdc.gov/hiv/topics/perinatal/1test2lives/materials.htm>

La Leche League Podcasts

<http://www.llli.org/podcasts.html?m=0,0,8>

Free or Low Cost Services

Breastfeeding Hotline

<http://www.womenshealth.gov/breastfeeding/programs>

Florida WIC

<http://www.floridawic.org>

As you work through the topic of health care with your students, keep a list of other local resources you find helpful.

ADDITIONAL RESOURCES for *STAY HEALTHY, STAY SAFE*

Visit these websites for more information on breast and reproductive cancers, sexually transmitted infections, and domestic abuse.

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

<http://womenshealth.gov/faq/mammograms.pdf>

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

Susan G. Komen, Breast Self-Exam Interactive Tool (Several Languages)

<http://ww5.komen.org/BreastCancer/InteractiveTools.html>

Love is Not Abuse Handbook

<http://www.loveisnotabuse.com/web/guest/womens>

Free or Low Cost Services

Florida Department of Health

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

Florida Abuse Hotline

<http://www.dcf.state.fl.us/programs/abuse>

Florida Department of Children and Family

<http://www.dcf.state.fl.us/programs/domesticviolence>

FILL OUT A MEDICAL HEALTH HISTORY FORM

Fill in this example Medical History Form. This Medical History Form is one you would get at the gynecologist's office. You will often need information about your periods and pregnancy history at the gynecologist office.

Gynecology Questionnaire

Name: _____ **DOB:** _____ **Today's Date:** _____

Reason for today's visit? Annual visit Problem

Who is your doctor? _____

Gynecological History

1. At what age did you start your periods? _____ (If you do not have periods, please skip to question 5)

2. How often do you have your periods? _____ How long do your periods last? _____

3. How is your flow? Light Moderate Heavy Do you have pain with your period? Yes No

4. What is your current method of birth control? _____

5. At what age did your period stop? _____ Are you taking Hormone Replacement? Yes No

6. Do you have any spotting? Yes No Do you leak urine? Yes No

7. Have you ever had any of the following:

Gonorrhea Chlamydia Genital Herpes Syphilis HIV/AIDS Trich

8. Date of last pap test? _____ Have you ever had any problems with your pap tests results?

9. Date of last mammogram? _____ Have you been evaluated for fertility problems? Yes No

10. What was the first day of your last period? _____

PAST pregnancies

Date MO/YR	Age at Conception	Birth Weight	Sex	Delivery Type	Complications with Pregnancy/Delivery/Baby

Social History

1. Do you smoke Yes No How much? _____

2. Do you drink alcohol? Yes No How much? _____

3. Do you use street drugs? Yes No If so, please list? _____

4. Marital Status: Single Married Divorced Other

5. Are you sexually active? Yes No

CHECK YOUR LEARNING

Look at the following questions. Select the best answer, and bubble in the circle in front of it. Your teacher will help you do the first question.

1. What is menstruation?

- A sign of being pregnant
- Bleeding through the vagina
- The end of puberty

2. Which can be symptoms of menstruation or PMS?

- Cramps, headaches, depression, and short temper
- Breast swelling, upset stomach, and bleeding from the vagina
- All of the above

3. What is menopause?

- Getting your period for the first time
- A disease that affects women
- When a woman stops having her period

4. How can you treat menopause symptoms

- Smoke
- Eat healthy and be active
- Get angry

5. What is conception?

- Miscarriage
- The start of a pregnancy
- When a baby is ready to be born

6. What is a symptom of pregnancy?

- Getting thinner
- Having more energy
- Morning sickness or an upset stomach

7. What is a vaginal birth?

- A C-section
- An abortion
- A normal delivery

8. Which fights infections for babies?

- Breastfeeding
- Water
- Formula

9. What should you do during regular checkups for your baby?

- Ask if your baby is developing okay
- Avoid follow-up questions
- Avoid asking any questions about vaccinations

10. Which one is a sign of breast cancer?

- Not being able to sleep
- A lump in the breast
- Being hungry

11. Which is a risk factor for breast cancer?

- Getting older
- Drinking too much water
- Having brown hair

12. What is a symptom of a reproductive cancer?

- Unusual vaginal bleeding
- Headaches
- Having too many children

13. Which can prevent an STI?

- Birth control pill
- Diaphragm
- Latex condoms

14. What should I do if I think I have an STI?

- See a doctor
- Stay sexually active
- Ignore your symptoms

15. What is an example of domestic abuse?

- A wife and husband having an argument
- Two children fighting over a toy
- A man slapping his wife

16. What can you do about domestic abuse?

- Report it to the police
- Ignore it
- Give the abuser a second chance



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**This publication was made possible through a grant from the
Florida Department of Education, Division of Career and Adult Education**