

WOMEN'S HEALTH OUTLOOK

Provided by the Olson Center for Women's Health and the Wellness Council of the Midlands



The Olson Center for Women's Health offers an array of women's health services for every stage of your life.

Primary Care

- General internal medicine
- Well-woman care
- Mental health therapy

Obstetrics & Gynecology

- Pregnancy care
- Family planning
- Annual exams
- Gynecologic care
- Menopause management
- Gynecologic oncology

Diagnostic Services

- Digital mammography
- Bone density screening (DEXA)
- Obstetrical ultrasound
- Fetal monitoring
- First trimester screening
- Urodynamics

Specialty Care

- Breast care
- High-risk obstetrics
- Cardiology
- Dysplasia (abnormal pap smears)
- Urogynecology (incontinence)
- Dermatology
- Pain management
- Physical therapy
- Infertility
- Maternal diabetes management
- Midwifery
- Gastroenterology
- Urology & sexual dysfunction

Counseling

- Genetics
- Social work
- Smoking/tobacco cessation
- Nutrition
- Weight management

Resource Center

- Health library
- Community education events
- Patient & family resources

On-site Support Services

- Interpretation
- Lab draw
- Massage
- Financial counselor

For appointments, call
(402)559-4500.

For comments or questions about
the Women's Health Outlook or to
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Sexually Transmitted Disease (STD)

A look at our community and this epidemic

A Sexually Transmitted Disease (STD) is any disease that is transmitted by sexual contact. In 2004, the Douglas County Health Department reported that the STD rate for the county had reached "Epidemic Proportions". Despite the efforts of community leaders and health care providers the rates in Douglas County continue to remain 50 percent higher than the national average.

WHY SO HIGH?

The director of the Douglas County Health Department, Dr. Adi Pour, has been quoted repeatedly that a lack of awareness is fueling the STD problem. She believes that parent's lack of communication with their teens keeps Omaha at the top of the list when it comes to rates of STDs. This lack of dialogue leaves teens uneducated on how diseases are spread and the serious long-term impact STDs can have. Dr. Elizabeth Bosky, who specializes in reproductive health, agrees. In her 2009 article [STD 101](#), she shared "STDs are some of the most difficult diseases in the world to catch. You have to be up close and personal to spread them. Why then, are STDs so common? Because people don't know how to treat, prevent and avoid them."

WHAT ARE STDs?

More than half of all sexually active people will acquire a STD in their lifetime. This could include one of the following: Bacterial Vaginosis, Chancroid, Chlamydia, Cytomegalovirus (CMV), Genital Warts, Gonorrhea, Hepatitis B, Herpes, HIV/AIDS, Human Papillomavirus (HPV), Intestinal Parasites, Molluscum Contagiosum, Nongonococcal Urethritis, Pelvic Inflammatory Disease, Pubic Lice, Scabies, Syphilis and Trichomoniasis. Three of the most common STDs will be highlighted..

HPV

The Center for Disease Control and Prevention reports that HPV is the most common STD. There are over 40 different types of the virus that can affect both males and females. HPV can result in warts of the genital area, but some people do not experience any symptoms at all. The CDC shared that most individuals who contract HPV don't even know they have the disease and go untreated until the disease is in advanced stages. This is what makes the virus so dangerous. When left untreated, HPV can lead to different forms of cancer in both men and women.

Chlamydia

Chlamydia can "hide" for weeks without any symptoms. Again, this is dangerous as chlamydia can have very serious long term effects, including infertility. These silent symptoms certainly contribute to the disease spreading at alarming rates. The CDC reported that over one million Americans were infected with the disease in 2006. Chlamydia



can infect both men and women, and fortunately is curable once diagnosed.

Herpes Simplex Viruses (HSV 1 and 2)

Herpes Simplex Viruses (HSV 1 and 2), which are most commonly associated with mouth sores and/or genital sores, can also appear as flu-like symptoms. This STD is also easily transmitted as symptoms can go undiagnosed for weeks. The virus can be transmitted even when the individual is not experiencing symptoms. The CDC states that HSV can suppress an individual's immune system leaving them vulnerable to other illnesses. There is no cure for HSV. The symptoms can be treated but the virus remains.

PREVENTION

One thing all STDs have in common is that they are all preventable. A very important reminder to always keep in mind is that many STDs are silent and may not always have signs or symptoms. So what can you do? Abstain or practice monogamy. Take charge of your body: educate yourself on STDs, signs and symptoms; talk to your health care provider about your questions and concerns; get your yearly pap; use protection (ask your partner to wear a condom; and know how to use a condom); know your partner and look out for visual

signs and symptoms. Respecting yourself is protecting yourself.

If you want to learn more about prevention or treatment there is support is available. If you have questions, think you are experiencing symptoms of a STD, or have tested positive, there are several affordable or even free testing/treatment sites in the metro area. You may also visit OlsonCenter.com under health information and newsletters for a list of these sites.

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NEBRASKA'S HEALTH SCIENCE CENTER

