



Bladder Chatter

TRU student health & wellness newsletter

Pelvic Exams and PAP Tests

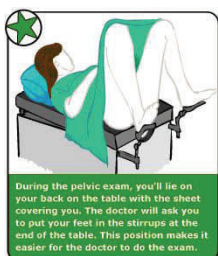
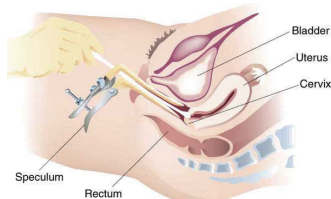


What is it?

A complete physical exam of a woman's reproductive organs.

Why should I have one?

Pelvic exams help detect certain cancers, sexually transmitted infections (STIs) and other problems.



How often?

This exam should be completed yearly.

Who needs them?

Women of all sexual orientations over the age of 18, regardless of sexually activity.

What to expect

- An inspection of the external genitalia to look for any abnormalities
- A speculum, a metal or plastic instrument that holds the vagina open, is inserted to view the vagina walls and cervix
- Cells are collected from the cervix to check for irregularities (PAP smear)
- The speculum is removed and the physician inserts two fingers into the vagina to perform the internal exam that checks the ovaries and uterus



Before the exam

- Do not use douches, tampons, vaginal medications, or vaginal sprays or powders for at least 24 hours
- Do not have sex for 24 hours prior to the exam as can semen interferes with test results
- Try to schedule the exam when you are not having your period



This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Chelsea at 828-5010 or ccorsi@tru.ca for more info

Check us out at www.tru.ca/wellness for more info on pelvic exams and other women's health issues!

Cervical Cancer

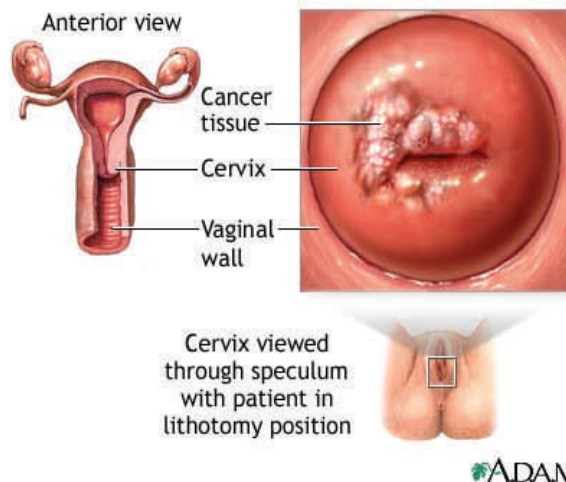
Risk Factors:



- Infection with human - papillomavirus (HPV)
- Not having regular pap tests
- Having multiple sexual partners
- Prolonged birth control use
- Smoking

Signs and Symptoms:

- Often no signs or symptoms are present
- Abnormal vaginal bleeding
- Abnormal amounts of vaginal discharge
- Pelvic or lower back pain
- Painful intercourse



HPV Vaccination:

- Recommended for females ages 9 to 26
- Protects against HPV strains responsible for 70% of cervical cancers



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Check us out at www.tru.ca/wellness for more info on cervical cancer and other women's health issues!

STI Screening

How is it done?

There isn't one test that screens for ALL STIs!

Methods may include:

- Visual inspection
- Pelvic exam
- Blood tests
- Urine sample
- Sample of body fluid from penis, vagina, rectum or open sore



! Important! !

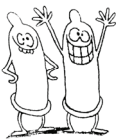
Not all physicians perform STI screening during pelvic exams—make sure you ASK!

When to get tested:

When you have any of the following symptoms:

- Unusual vaginal, urethral, or anal discharge
- Sores, bumps or blisters on genitals
- Pelvic pain
- Itching in genital region
- Pain during sex or when urinating

How to prevent contracting an STI:



ALWAYS USE A CONDOM!



Why is it important?

- Many STIs show few or no symptoms
- STIs can cause problems such as infertility and cancer if left untreated
- Early intervention may cure the STI or reduce the possibility of transmission to others



TRU WELLNESS CENTRE
LIVE TRULY WELL

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Child Friendly Spaces for a Parent Friendly TRU



Is TRU a child friendly campus? Are change-tables, booster seats, highchairs & other necessities important to have on campus? Come out & fill out a quick survey to have your voice heard!

Student Street:
Thurs, March 13, 11am-2pm
&
CAC Rotunda
Fri, March 14, 11:30am-1:30pm

Women's Sexual Health



Info Booth

Thursday, March 6
10:30-1:30am
Student Street

WIN PRIZES!!!!

Learn about various women's sexual health issues on topics including STI's, PAP tests, Breast Self-exam, Lesbian Health, Abstinence, etc.



TRU WELLNESS CENTRE
LIVE TRULY WELL

March Wellness Events

RECONSTRUCTING



Barbie

Did you know that if Barbie was a real person she would be 6'0", weigh 100 lbs, and wear a size 4? Her measurements would be: 39"-19"- 33"!

Come create your own 'real' Barbie and join a discussion about the unrealistic body image that Barbie presents.



When & Where:
Wednesday, March 12
6:30pm
Old Main 1772

FREE SNACKS!!!

Please register with Chelsea Corsi from the Wellness Centre by Tuesday, March 11 by phone 828-5010, or by email ccorsi@tru.ca

"Back to Basics" Campus Wellness Fair

Learn how to create and maintain a healthy lifestyle

Wednesday, March 26
10:00am - 1:30pm
Independent Centre



...we're talkin' some major PRIZES here!!!!

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