



Body Changes, Sexual Health, and Human Papillomavirus

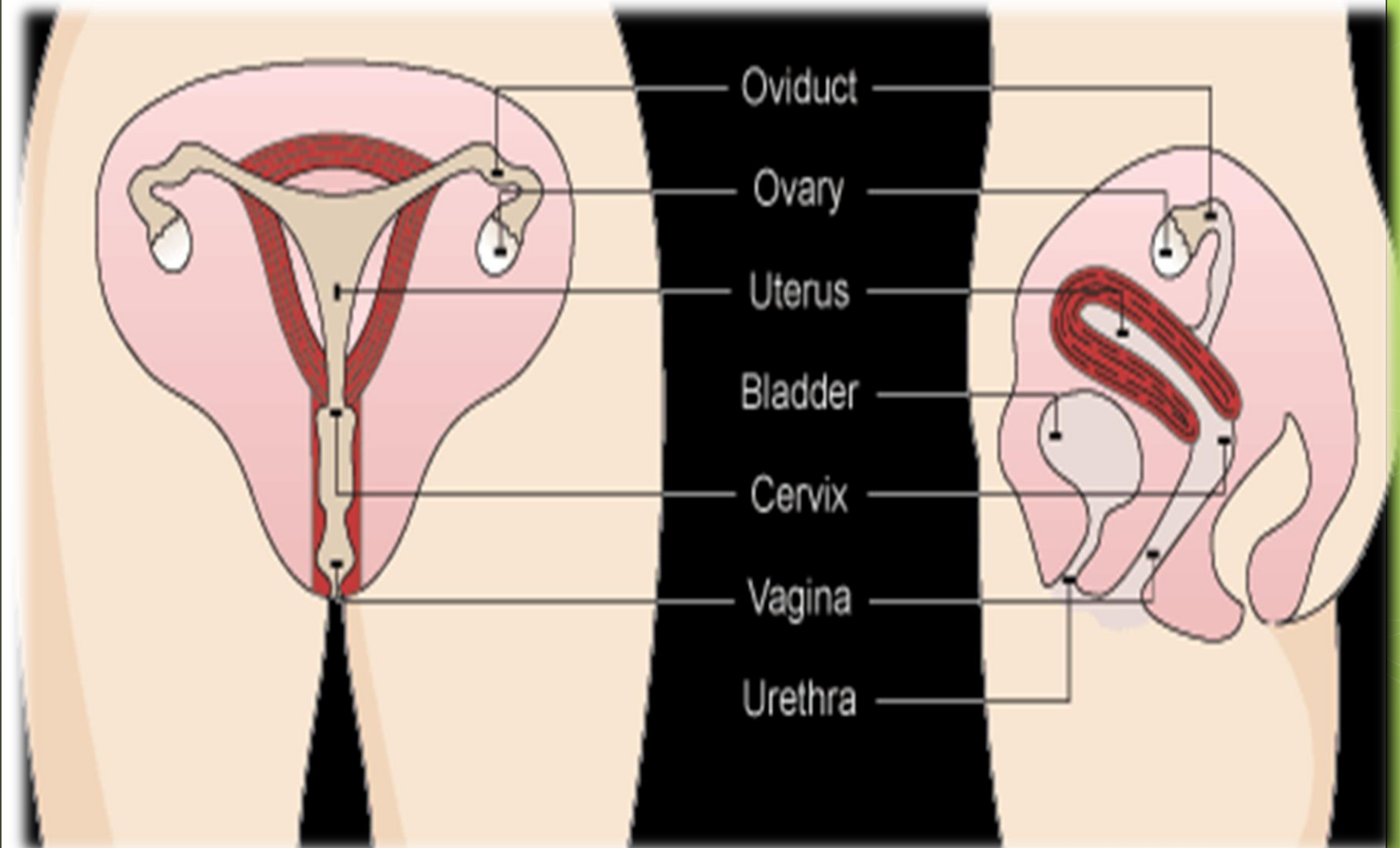
UAMS 12th Street Health and
Wellness Center

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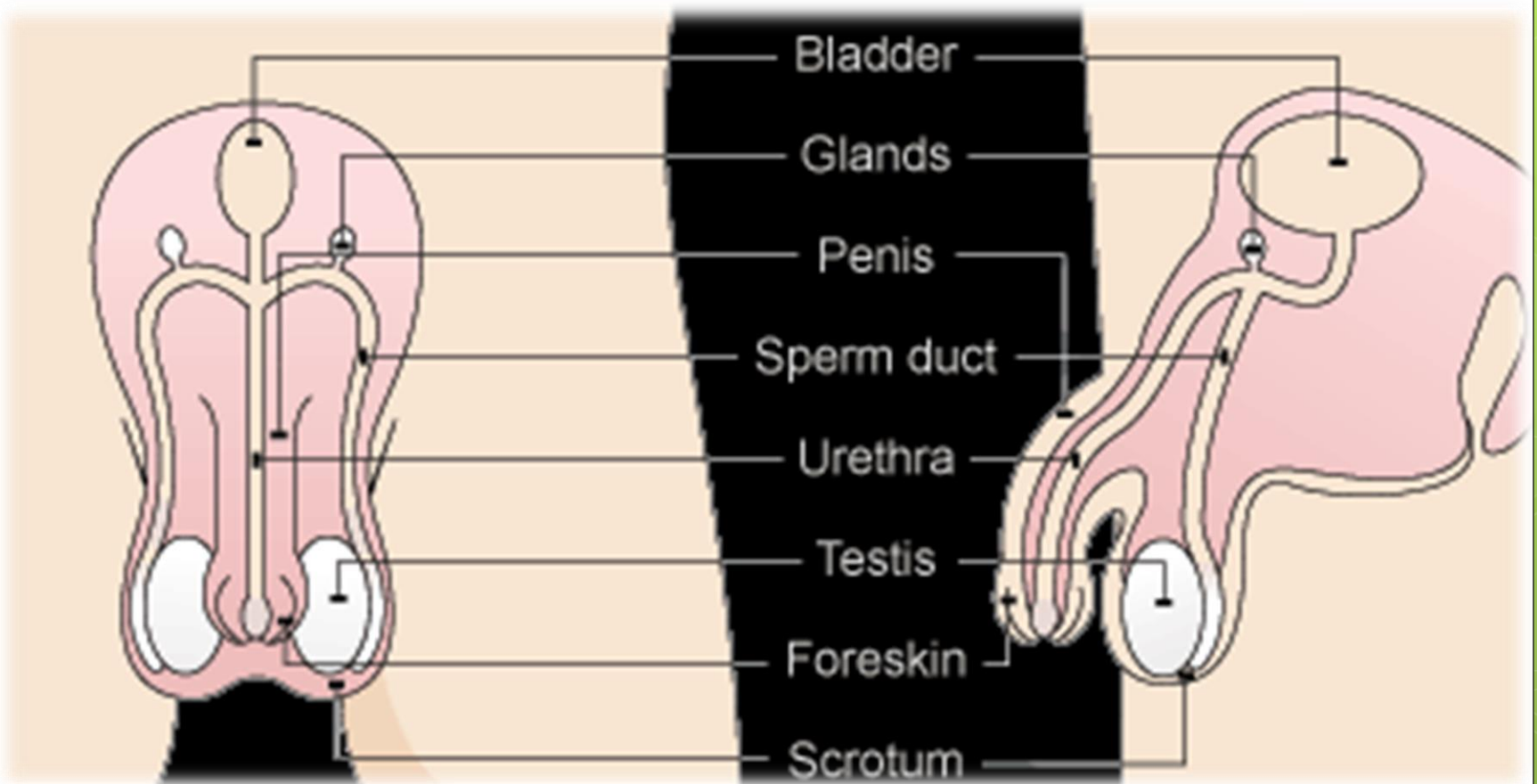
Ground Rules

- We respect:
 - That it is OK to ask questions
 - That we all have different points of view
 - Each other by listening

Female Reproductive System



Male Reproductive System



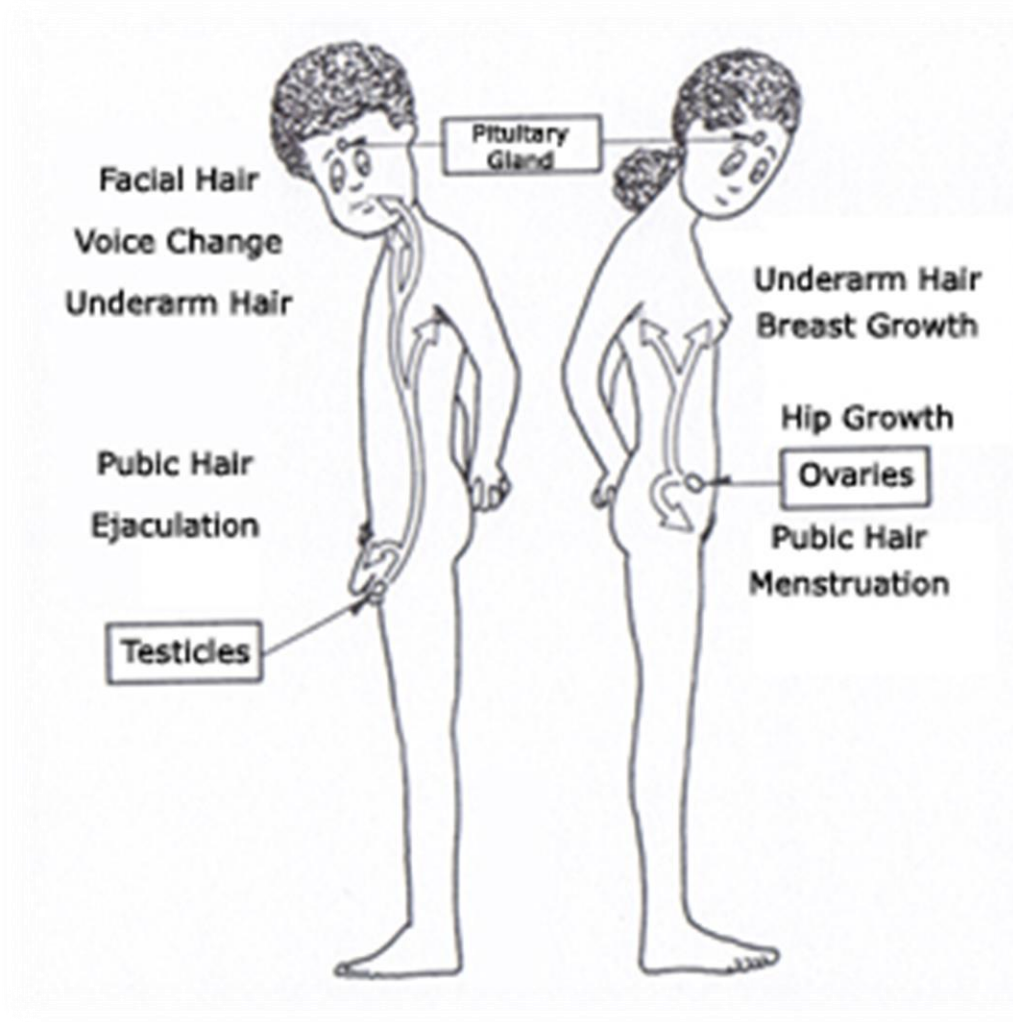
Body Changes

- Known as **puberty**
 - Internal: reproductive organs mature
 - External: physical shape changes, hair growth occurs in new places, new odors develop, ACNE!
- Girls and boys experience puberty at **different times, but this is completely normal!**
 - Girls: ages 8-12 years old
 - Boys: ages 10-14 years old
 - Some start earlier or later, but that's okay! This is normal, too.

Body Changes

- **Pituitary** glands
 - Pea sized gland at the bottom of your brain
 - Sends special hormones
 - Based on your gender, those hormones cause **different body changes**

What Happens During Puberty?



Hygiene

- What is hygiene?

- Paying attention to and sweat and new odors that come from body changes
- Helps keep bad germs away and keeps us healthy
- Makes us feel good; friends will enjoy being around us

- How can we practice good hygiene?

- Taking regular showers and baths when we notice an odor
- Wearing deodorant
- Brushing our teeth
- Regularly changing clothes, underwear, and socks and washing them when they are dirty

Hygiene Tips

- Hygiene tips for **girls**
 - Regularly changing pads and tampons during menstrual period
 - Washing underneath breasts
 - Using mild soap and water on the outside of the vagina (only use warm, moist towel on the inside)
 - Wear clean cotton panties (don't wear dark colors often)

Hygiene Tips

- Hygiene tips for boys
 - Wash area around testicles
 - Don't use deodorant while sweaty – it won't mask the odor!
 - If you are not circumcised, make sure to lift the foreskin on your penis and wash the area properly

Puberty

- Emotional changes
 - Hormone changes can make you more emotional, but this is normal
 - Talk to your parents, teacher, school counselor or someone you trust about your feelings
 - Don't feel embarrassed about your body changes, you are growing and developing into an adult!
 - Good hygiene and positive thoughts can help to build positive self esteem

Emotional Changes

- You may start grow an attraction to others
 - Having crush(es), having sexual thoughts
 - These feelings are normal, but it is important to be responsible
 - Abstinence is the safest method to prevent unplanned pregnancy, contract unwanted sexually transmitted infections, and maintain safe and healthy boundaries in relationships
 - Using condoms is another safe method, and can reduce but NOT eliminate the risk contracting sexually transmitted infections

Sexually Transmitted Infections

- Sexually Transmitted Infections (STI) are infections spread by sexual contact and sexual intercourse
 - They can spread via contact with an **infected partner's**:
 - Skin
 - Genitalia (private parts)
 - Bodily fluids
 - Mucous membranes (i.e., mouth)
- STI has replaced the previously used term Sexually Transmitted Disease (STD)
 - **Why?** STI includes infections that are asymptomatic (have no symptoms)

Why is important to learn about STIs?

- It helps one be able to **take care** of one's own body
- It helps a person **discuss** STIs with a partner
- Untreated STIs can cause problems for a person's health and future ability to have children
- It helps identify **myths**, like "It's easy to tell if someone has an STI/HIV because they look sick" that could prevent a person from **seeking help** or using effective **preventative methods**

STIs: caused by Bacteria, Viruses, & More

- We will focus on bacteria & viruses
- What are **bacteria**?
 - Single-celled living microorganisms that can exist either as independent (free-living) organisms or as parasites (dependent on another organism for life)
- What are **viruses**?
 - An infectious microorganism smaller than bacterium that require a living cell to grow and reproduce

Why is it important to differentiate between bacteria and viruses?

- **Bacterial infection?**

- Sometimes symptomatic

- Sometimes they aren't!

- Treated with **antibiotics**. Do you know antibiotics are?

- Cure: stop the bacteria from growing or kill the bacteria

- **Examples:** Chlamydia, Gonorrhoea, Syphilis

Why is it important to differentiate between bacteria and viruses?

- **Viral infection?**
 - **Often asymptomatic** for a period of time– NO symptoms
 - Possible to have it, and be unaware
 - Possible to pass it on to another person without either person knowing it
 - Can be treated with medications but NOT cured.
 - Examples: Human Immunodeficiency Virus (HIV)/Acquired Immune Deficiency Syndrome (AIDS), Herpes Simplex Virus, Human Papilloma Virus (HPV), Hepatitis B & C

Symptoms

- **Common Symptoms:**
 - **Burning** upon urination
 - **Itching**
 - **Discharge:** mucous/fluid substance from vagina or penis
 - **Sores, bumps, rash** on or around the genitalia
- Can someone have an infection and **no symptoms?**
 - YES! It is common to have NO symptoms at all
- **Complications:** infertility (M/F), urinary tract complications, cervical cancer, psychological impact, serious illness, death

Prevention of STIs

- **Abstinence**: No skin-to-genital, genital-to-genital, or body fluid-to-genital contact
 - Only option that **provides 100% protection** from pregnancy and STIs
- Use **condoms** correctly and consistently (every time)
- Limiting **number** of sexual partners
- **Communicating** with partners about sexual history
- **Regular STI testing** (at least every year, more often if multiple partners).
 - Additional reasons for testing:
 - Get tested before sex with a new partner
 - If your current or past partner has an STI
 - If you have STI symptoms
 - If you have been forced to have sex

Human Papillomavirus (HPV)

- **Most common** sexually transmitted infection in the United States
- Nearly all sexually active men and women will have it at some point in their lives
- Most people who have HPV don't know they have it
 - Most people never develop symptoms or health problems
- Transmitted via intimate skin-to-skin contact
 - So, someone can get it without having sexual intercourse

HPV

- Over 100 types of HPV
- Some of these types are associated with:
 - Warts on the anus and the genitalia (private parts)
 - Cancers in men & women. Cancers of the:
 - Cervix
 - Throat
 - Vagina
 - Vulva (outside the vagina)
 - Penis
 - Anus
- HPV infections can go away, or the virus can “hide” and lead to the cancers described above

HPV VACCINE IS CANCER PREVENTION

HPV vaccine protects against HPV types that most commonly cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers.

Every year in the U.S., 27,000 people get cancer caused by HPV.



That's 1 person every 20 minutes of every day, all year long.

Most of these cancers can be prevented by HPV vaccine.

HPV Vaccine

- 2 types: Gardasil & Gardasil 9
- Given to both girls and boys
- Vaccine is given in 2 doses:
- Best way to prevent many types of cancer
 - Provides near 100% protection against precancers and genital warts
 - Offers long-lasting protection against HPV infection and HPV associated disease
 - Vaccine is made from a protein in virus, and the vaccine cannot cause cancer or fertility problems

Where can I go for help?

- School Counselor
- School Nurse
- Teacher
- Family Doctor
- Walk in Clinic
- Sexual Health Clinic

Questions?