

Cervical Health Awareness Month

Cervical cancer affects approximately 10,000 women in the United States each year. Cervical cancer is the second-most common type of cancer for women worldwide, but because it develops over time, it is also one of the most preventable types of cancer. Deaths from cervical cancer in the United States continue to decline by approximately 2 percent a year. This decline is primarily due to the widespread use of the Papanicolaou (Pap Smear) test to detect cervical abnormalities and allow for early treatment. Most women who have abnormal cervical cell changes that progress to cervical cancer have never had a Pap smear test or have not had one in the previous three to five years.



Signs and Symptoms:

Notify your healthcare provider if you experience:

- Abnormal bleeding
- Bleeding between regular menstrual periods
- Bleeding after sexual intercourse
- Bleeding after douching
- Bleeding after a pelvic exam
- Pelvic pain not related to your menstrual cycle
- Heavy or unusual discharge that may be watery, thick, and possibly have a foul odor
- Increased urinary frequency
- Pain during urination
- For more information, visit <http://www.nccc-online.org/index.html>

Clayton County Board of Health, Reproductive Health Services

To receive information about cervical cancer screening, call (678) 610-7199, extensions 6535, 6536, 6537, or 6538, or call (678) 610-7641 to leave a message.

Appointments are scheduled M-F, between 8:00 AM - 10:00 AM

Appointment spaces fill up quickly.

“A Walk for Hope” 3K: January 28, 2012



On January 28 at the Loudermilk Center in Atlanta, The Spirit Foundation will host “A Walk for Hope,” a 3K walk to raise awareness about the Human Papillomavirus (HPV), as well as funds for HPV research. The virus responsible for the majority of cervical and anal cancers. Millions of women worldwide have an abnormal Pap or will be at risk for HPV and cancer. The survival rate for cervical cancer is high with early detection, treatment, education, and research. By participating in “A Walk for Hope” you can raise awareness about HPV, cervical and anal cancer, and support women and men all over the world who are affected by the consequences of HPV. For more information or to register, go to www.spiritfoundationinc.org or call 678-596-3554.

National Birth Defects Prevention Month

The CCBOH is joining the National Birth Defects Prevention Network (NBDPN) to increase awareness about birth defects, the leading cause of infant mortality in the United States. This year, the CCBOH is actively focusing on helping healthcare professionals and the general public take positive steps to reduce the risk of congenital heart defects. Congenital heart defects are some of the most common types of birth defects and can happen very early during pregnancy, sometimes even before a woman knows she is pregnant. A woman can increase her chances of having a healthy baby through healthy lifestyle choices and regular medical visits during pregnancy.



Several important steps women can take to get ready for a healthy pregnancy:

- Avoid all use of alcohol and illegal/recreational drugs.
- Don't smoke/avoid exposure to second-hand smoke, chemicals, and toxins.
- Take a women's multi-vitamin every day.
- Talk to a health care provider before taking any medications.
- Talk to your doctor about vaccinations (shots).
- Keep diabetes under control.
- Reach and maintain a healthy weight.
- See a health care professional regularly.

For more information, visit www.nbdpn.org or call the CCBOH Making Our Mothers Successful (MOMS) Program at (678) 610-7419.

Healthy Weight Week January 15-21, 2012

According to the National Eating Disorders Association, 50 percent of teen girls develop a significant eating disorder at some point in their adolescence. American kids worry about their weight, fear that food will make them fat, and often eat in ways that can be detrimental to their health and well being. Many say they "hate" their bodies. Healthy Weight Week, January 16-22, combats this by celebrating healthy non-diet lifestyles that can enhance better eating habits and prevent eating disorders and their life-threatening side effects. During the week, people



are encouraged to improve their health habits in lasting ways, such as eating well, living actively, and feeling good about themselves and others. It's a time to celebrate positive body image and help people shift focus from failed weight loss efforts to health at their natural sizes.

For more information, visit the Healthy Weight Week, visit www.healthyweight.net/hww.htm