

# Palm Beach Obstetrics & Gynecology, PA

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## An Adolescent Guide

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### AN ADOLESCENT BREAST AND PELVIC EXAM

There are many feelings that teenage girls may have before their first pelvic exam, and it's not surprising. Now that you are older and going through puberty (a name for when your body begins to develop and change), you need special attention as a woman. Some reasons you may need this exam:

1. **Routine check** -we recommend that a teenage girl should get her first gynecologic exam by the time she turns 18 or sooner.
2. **Prevention of pregnancy or infection**-if a teen is having sex, she should have a pelvic exam so that the health care provider screen for sexually transmitted diseases (STDs) and discuss methods of preventing pregnancy and infections.
3. **Plan for health and safety**-a teen can discuss abstinence and birth control methods, how to prevent infections, relationship issues and other important topics.
4. **Deal with a problem**-there may be many problems that your health care provider can help you with such as menstrual bleeding problems, pain, signs of infection, and any other issues.

What Happens when you come in for your exam:

1. The complete gynecological exam is usually referred to as a **GYN EXAM**. You will be asked to fill out some forms while you wait. These forms ask question about any illnesses or conditions you have, your health habits (smoking, alcohol, drugs), any family illnesses that you know of and your menstrual history. You should answer the entire question truthfully— nothing you write will be something the doctor or nurse practitioner hasn't seen before. You also need to know the first day of your last period.
2. When you go into the screening room, the medical assistant will record your weight, take your blood pressure and ask you the date of your last menstrual period. You will be taken into an exam room. A gown and paper sheet will be given to you. You will be asked to change out of your clothes. The gown will be put on with the opening in the front (like a coat) and the paper sheet you may lay across your lap as you sit on the end of the examination table. Your healthcare provider (HCP) will knock before entering the room. You may have your parent or friend with you during the exam.
3. The HCP will review your medical history and family history with you. They will ask various questions needed to provide you with appropriate care. If you are having any

- problems or concerns, this is your opportunity to make sure your health care provider knows what you need or want. After a discussion, the next part of the visit is the exam. Your aim is to make sure you'll get your questions answered.
4. After talking for a few minutes, you'll be asked to lie on your back on the table with your gown open. You'll have the paper sheet covering your lower half. The medical assistant may enter the room to assist HCP. The HCP will give you a breast exam. This is necessary to help look for "normal" lumps (Which are quite common and are harmless), cysts, or, in very rare cases, breast cancer.
  5. Although breast cancer is very unusual in teenage girls, it's important that you learn to examine your breasts yourself, since knowing how your breasts feel early on can help you detect problems later. The HCP will explain exactly how and when to do breast self-exams and answer any questions you have.
  6. **PELVIC EXAM:** Next will ask you to move down to the end of the table. You'll bend your knees and spread your legs. Your feet will rest in two stirrups, which are metal pieces that stick out from the end of the table. These are there to rest your feet in and keep you more comfortable. The HCP will ask you to spread your knees as far as they will go. It might feel a little funny at first to be lying there with your legs spread out, but it's important to relax and remember that millions of women have these exams every year.
  7. The HCP will put on gloves and examine the outside of your vagina. He or she will look to make sure there are no sores or swelling and that everything looks OK on the outside. Next, the HCP will want to look at the inside of your vagina and will do so with the help of a speculum A speculum is a thin piece of metal with a hinged piece on one end that allows it to open and close (like a hair clip). The speculum will be inserted in the vagina. The HCP will tell you that he or she is about to place speculum inside you and will warn you that it might feel a little cold.
  8. Once the speculum is in the vagina, it is opened. You will feel some pressure and some will feel a little tense. But since muscles that can contract or relax surround the vagina, it's important to stay calm. Try doing some deep breathing or hum to distract you from the pressure. Concentrate on keeping the muscles in the lower half of your body as relaxed as possible.
  9. When the speculum is in place, the HCP will shine a light inside the vagina to look for anything unusual, like inflammation (redness or swelling), discharge, or sores. They will do a **PAP SMEAR**, which is the taking of some microscopic cells from the cervix. The HCP uses what looks like a very long mascara wand to gently scrape the inside of the cervix. You may feel a cramp or a twinge that lasts only a second. The cells that have been collected are sent to a laboratory where they studied for any abnormal cells, which might indicate infection or warning signs about cervical cancer.
  10. If you are sexually active, the HCP will then test for Gonorrhea and Chlamydia. A cotton swab is used to collect the cells from the cervix and sent to the lab.
  11. Lastly, the HCP will want to check out your uterus and ovaries-but since they are so far inside you, they can't be seen at all, even with the speculum. So they have to feel them. While your feet are still in the stirrups, the HCP will put lubricant on two of their fingers and slide those fingers inside your vagina. Using the other hand, they will press on the outside of your abdomen (the area between your vagina and your stomach). With two hands, one on the outside and one on the inside, the HCP can make sure that the ovaries and uterus are the right size and free of cysts or other growths. During this part of the exam, you may feel a little pressure, bit it isn't painful.

#### **AFTER THE EXAM:**

The exam is complete! The entire pelvic exam really only takes about 3-5 minutes. You'll be left alone to get dressed. Some women may bleed a tiny bit from the Pap smear after the exam, so they like putting a pantiliner in their underwear, as they get dressed. If you bleed a tiny bit, it's no big deal, it's nothing like a period and it won't last. Make sure all your questions are answered—Don't be afraid of questions that sound stupid or silly chances are that they aren't stupid and it's the best time to get answers.

***NATURALLY, NO ONE LOVES GETTING AN EXAM, BUT HAVING A GOOD RELATIONSHIP WITH THE NURSE PRACTITIONER OR DOCTOR IS VERY IMPORTANT.***

**PUBERTY AND PERIODS**

When you begin to go through puberty (usually between the ages 8 and 13), your bodies and minds change in many ways. The hormones in your bodies stimulate all types of new development from curvier hips to several inches in height to bigger breasts. About 1 1/2 to 2 years after your breasts begin to develop, you will get her first menstrual period (known as menarche). Menarche doesn't happen until all the parts of your reproductive system have matured and are working together. About 6 months or so before getting her first period, you might notice an increased amount of clear vaginal discharge. This discharge, which shouldn't have a strong odor or cause itchiness, is common and shouldn't worry you. Girls are born with two ovaries, two fallopian tubes, and a uterus. The ovaries are ovalshaped and sit either side of the uterus in the lowest part of the abdomen called the pelvis. The ovaries contain eggs or ova. Each ovary holds thousands of these tiny eggs and believe it or not, they are all there when a girl is born. But nothing happens to the eggs for several years, because without the hormones that are secreted during puberty, the eggs are unable to mature. The fallopian tubes are long and thin like tow hollow strands of spaghetti (only thicker). Each fallopian tube stretches from the ovary to the uterus, which is a pear-shaped organ that sits in the middle of the pelvis. The uterus, or womb and stretch quite a bit as it become the home for developing baby. When the puberty hormones are ready, they stimulate the ovaries to begin producing 2 hormones called estrogen and progesterone. These hormones make the eggs in the ovaries "mature" and prepares the girl's body for pregnancy. Once a month, one egg matures and leaves one of the ovaries, heading down one of the fallopian tubes towards the uterus. During this time, while the egg is traveling, the uterus begins to build up its lining with extra blood and tissue, making the walls of the uterus thick and cushioned. If the egg reaches the uterus and is fertilized by sperm, it attaches to the cushiony wall of the uterus, where it uses the extra blood and tissue to nourish and protect itself as it slowly develops into a baby. In most cases, though, the egg isn't fertilized by sperm, and is just passing through instead. When this happens, the egg dissolves and the uterus, no longer needing the cushioning for the egg, sheds the extra tissue lining. The blood and tissue leave the uterus, going through the vagina on its way out of the body. This is a menstrual period. This cycle (an egg being released once a month and the uterus building itself up and then shedding its lining when it's not needed) will happen almost every month for several more decades-until a woman no longer releases eggs from her ovaries.

**NO TWO GIRLS ARE ALIKE**

Just as some girls begin puberty earlier or later than others, the same applies to periods. Some girls may begin to menstruate as early as age 9 or 10, but others may not get their first period until their late teen...Some girls will find that their menstrual cycle lasts 28 days, while others might have a 21 day cycle, a 30 day cycle or even a 45 day cycle. Irregular periods are common in girls who are just beginning to menstruate: it may take the body a while to sort out all the changes going on so a woman may have a 28 day cycle for 2 months then miss a month, or have two periods with hardly any time in between them. Eventually, the menstrual cycle will become more regular, although many women continue to have irregular periods into adulthood. The amounts of time that a girl has her period can vary. Some girls have their period for just 2 or 3 days while others may have it for up to 6 or 7 days. The menstrual flow-meaning how much blood comes out from the vagina-can vary widely for person to person. An entire period consists of anywhere from a few spoonfuls to a 1/2 cup of blood; how much depends on the individual. And even in the same girl, the flow and duration of her period may change from month to month.

**CRAMPS AND PIMPLES**

Some girls may have body or mind changes that they may notice around their period as well. Some girls may complain about menstrual cramps, which are pretty common. These cramps can be caused by prostaglandin, a chemical that cause the muscles of the uterus to contract. Depending on the person, these cramps can be dull and achy or sharp and intense. In either case, menstrual cramps tend to become less uncomfortable and sometimes disappear

completely as a girl gets older. Many girls find that taking an over the counter pain medication like acetaminophen or ibuprofen can give them relief from their menstrual cramps. If these over the counter medications don't help the menstrual cramps, a girl should visit her healthcare provider and discuss this with him or her. Some girls may feel depressed or easily irritated during the few days or week before her period. Others may get angry more quickly than normal or that they cry more than usual. Others may notice intense cravings for certain foods. These types of mental changes that occur may be the result of premenstrual syndrome, or PMS for short. As hormone levels rise and fall during a girl's menstrual cycle, she can affect the way she feels, both mentally and physically. In addition some feel intense emotions that they usually do, may feel bloated or puffy because of water retention and their breasts may become swollen and sore. USUALLY, PMS goes away soon after a period begins, but it can come back month after month. Exercise can help make her feel better. Acne flare-up during certain times of her cycle, again hormones is the cause of these breakouts and pimples. Periods sound like a complicated part of puberty and sometimes they can feel that way too. The most important thing to remember about menstruation is that it's completely normal. With very few exceptions, almost every grown woman in the entire world has menstruated during her lifetime!

### **OTHER PUBERTY SIGNS**

1. **HAIR**-One of the first signs of puberty is hair growing where it didn't grow before. Girls begin to grow hair under her arms and in her pubic areas. It starts out looking light and sparse.
2. **BODY ODOR**-A new smell develops under the arms when she enters puberty. The puberty hormones affect the glands under your arm and the glands make chemicals that smell bad. These chemicals put the scent in adolescent! A shower may be taken every day and deodorant may be used.

### **SEXUALLY TRANSMITTED DISEASES**

1. **CHLAMYDIA**-Chlamydia is a very dangerous STD that has no symptoms. 75% of infected women and 25% of infected men with show no symptoms.
2. **GONORRHEA**-Gonorrhea is one of the most frequently reported STD. 40% of victims contract Pelvic Inflammatory Disease (PID) if not treated, and it can cause sterility.
3. **HEPATITIS B**-a vaccine exists, but there's no cure; can cause cancer of the liver
4. **HERPES**-painful and episodic; can be treated but there's no cure.
5. **HIV/AIDS**-AIDS is the sixth leading cause of death among young men and women. The virus if fatal may involve a long and painful death.
6. **HUMAN PAPALLOMA VIRUS (HPV) & GENITAL WARTS**-33% of all women have the virus, which can cause cervical or penile cancer and genital pain.
7. **SYPHILIS**-untreated, can lead to serious damage of the brain and heart

### **CHLAMYDIA**

- **Type:** bacterial
- **Mode of transmission:** Vaginal and anal sex
- **Symptoms:** Mostly asymptomatic, may include abnormal genitals discharge, and burning during urination in both men and women. Women may also experience lower stomach pains or pain during sex and men may experience swelling or pain in the testicles.
- **Treatment:** Infection can be cured with antibiotics.
- **Possible consequences for the infected person:** If untreated in women, up to 30% have pelvic inflammatory diseases. Men with untreated chlamydia can cause inflamed testicles that may result in sterility.
- **Prevention:** Abstaining from vaginal and anal sex with an infected person is the only effective means of prevention. Latex condoms can reduce but not eliminate the risk of the disease

## GONORRHEA

- **Type:** Bacterial
- **Mode of Transmission:** Vaginal, anal, and oral sex
- **Symptoms:** When symptoms do appear, they appear within 2-10 days after exposure. Symptoms include discharge from vagina, penis or rectum and burning or itching during sex.
- **Treatment:** Infection can be cured with antibiotics
- **Prevention:** Abstain from vaginal, anal and oral sex.

## HEPATITIS B (HBV)

o **Type:** Viral

- **Mode of Transmission:** Vaginal, oral, and anal sex, sharing contaminated needles, contaminated instruments used for body piercing or dental procedures, received contaminated blood or blood products through transfusion
- **Symptoms:** About 1/3 people with HBV are asymptomatic. Symptoms may include: fever, headache, muscle aches, fatigue, loss of appetite, vomiting and dehydration. Symptoms of liver involvement include dark urine, abdominal pain, yellowing of the white of the eyes.
- **Treatment:** No cure. Vaccination is available. Some infections clear up by themselves.

## GENITAL HERPES (HSV-2)

- **Type:** Viral
- **Mode of Transmission:** Herpes is spread by direct sexual skin-to-skin contact with infected site during vaginal, anal, or oral sex. Another strain of the virus, Herpes Simplex Type I is most commonly spread by nonsexual contact and usually causes sores on the lips. Herpes can also be transmitted through oral sex and can cause genital infections.
- **Symptoms:** Symptoms are often very mild and may include an itching or burning sex. Blisters or painful open sores appear in genitals area, buttocks, anus, and thighs.
- **Treatment:** No cure. An antiviral drug is usually effective in reducing frequency and duration of HSV-2 outbreaks.

## HIV/AIDS

- **Type:** Viral
- **Mode of Transmission:** Vaginal, oral and especially anal sex; infected blood or blood products, sharing drug needles with infected person; and from infected mother to infant in birth or while breastfeeding.
- **Symptoms:** No symptoms when first infected. Fever, loss of appetite, weight loss, fatigue and enlarged lymph nodes that usually disappear within a week to a month, and the virus can remain dormant. However, it continues to weaken the immune system, leaving the individual increasingly susceptible to opportunistic infections.
- **Treatment:** No cure. Antiviral drugs are used to prolong the life of an infected person.

## HUMAN PAPILLOMA VIRUS (HPV)

- **Type:** Viral
- **Mode of Transmission:** Vaginal, anal or oral sex
- **Symptoms:** Painless fleshy, cauliflower-like warts develop on and inside the genital area
- **Treatment:** No cure. Chemicals, freezing tissue and surgery, can suppress warts.

## SYPHILIS

- **Type:** Bacterial
- **Mode of Transmission:** Contract through sex. It can be spread by non-sexual contacts if the sores (chancres), red mucous patches caused by syphilis come in contact with the broken skin of a non-infected individual
- **Symptoms:** The initial phase, the disease produces painless sores or chancres on the genital but can appear anywhere on the body, If untreated, the disease moves to other

- stages of infection which include a rash, fever, sore throat, hair loss and swollen glands.
- **Treatment:** Disease can be cured with Penicillin

### **SOME CONDITIONS CAUSED BY STDs**

- **Pelvic Inflammatory Disease**-is a broad term for a bacterial infection in the female organs. Symptoms may include: Persistent Cramps, Pain during or after sexual intercourse, Temperature of 102-104 degrees F, Unusual vaginal bleeding or foul smelling discharge, Tenderness in the lower abdomen, and Chills.
- **Cervical Cancer**-occurs when cells on the cervix which grow in an abnormal way. Symptoms include: Abnormal bleeding, such as between periods or after intercourse, foul smelling vaginal discharge, discomfort during intercourse.
- **Risk factors include:**
  1. Early onset of intercourse, women who begin having sex before age 20 are vulnerable to cell changes.
  2. Three or more sexual partners in one's lifetime
  3. Having a male partner who has had other partners
  4. History of genital warts

### **TEEN GUIDE TO EATING DISORDERS**

The two most common types of eating disorders are **ANOREXIA NERVOSA** and **BULIMIA NERVOSA**, as called anorexia and bulimia. Anorexia tends to occur in teenage girls and young women, and it's characterized by a very intense fear of being fat. When a person has anorexia, she hardly eats at all-and the small amount of food that she does eat becomes an obsession for her. A person with anorexia may weigh herself before she eats or compulsively count the calories of everything she puts in her mouth. She will often feel the need to exercise for a long time each day to burn off calories. Just feeling fit or trim isn't enough for a person who has anorexia; she wants to become as thin as possible. Bulimia is bit different form anorexia because someone with bulimia doesn't avoid eating. Instead, she eats a huge amount of food in a couple of hours, and then gets rid of it by quickly by vomiting or taking laxatives. This commonly known as "binge and purge" behavior and like anorexia it tends to affect girls.

Some people can have both anorexia and bulimia. Often, people with bulimia can be hard to pick out because their weight may be average or above average. No one is really sure what causes eating disorders, although there have some good ideas as to why they occur. Most girls who develop an eating disorder are between the ages of 11 and 14. At this time in their lives, many girls don't feel as though they have much control over anything; the changes that come along with puberty can make it easy for even the most confident person to feel a bit out of control. By controlling their own bodies, people with eating disorders feel as though they can regain some control-even if it is done in an unhealthy way. And even though it's completely normal for girls to gain some additional body fat during puberty, some girls respond to this change by becoming very fearful of this weight. They feel compelled to get rid of it any way they can. Some girls who develop eating disorders are depressed or have low self-esteem and their anorexia or bulimia gives them some way to handle the stresses and anxieties of being a teenager. It is easy to see why some girls might be more prone to developing an eating disorder: just turn on the TV or flip through a fashion magazine. Some supermodels, actresses, and TV personalities are often extremely thin.

Finally some scientists have found that eating disorders may be related to a chemical problem in the brain, much like depression. Eating disorders tend to run in the family. Whatever the cause of an eating disorders, the effects can be damaging-if not downright devastating. When a girl weighs at least 15% less than the normal weight for her height, she may not have enough body fat to keep her organs and her body parts healthy. A person with anorexia can do damage to her heart, liver, and kidneys by not eating enough. Her body slows everything down as if it was starving, causing a drop in blood pressure, pulse, and breathing rate. Because some girls come so close to starving themselves, they may stop getting their period. Lack of energy can lead to light headedness and an inability to concentrate. Anemia and swollen joints are common as are brittle

bones. Anorexia can cause hair to fall out, fingernails to break off, and soft hair called lanugo to grow all over the skin—all very unhealthy and unattractive qualities. In severe cases, eating disorders can lead to severe malnutrition and even death. People with bulimia often suffer from constant stomach pain or damage to the stomach and kidneys from so much vomiting. They may develop “chipmunk cheeks,” which occur when the salivary glands permanently expand from throwing up so often. Girls with bulimia may stop getting their period. Most dangerous of all, the constant purging can lead to a loss of the necessary mineral potassium, which can lead to heart problems and even death. Fortunately, someone with an eating disorder can get well and learn to eat normally again with the help of a professional. Since anorexia and bulimia involve the mind and body, medical doctors, mental health professionals, and dietitians will often be involved in the patient’s treatment. Slowly, the person with an eating disorder can learn to eat properly again and learn about the importance of good nutrition. Therapy or counseling is considered a critical part of treatment.

### **WARNING SIGNS OF EATING DISORDERS:**

#### **ANOREXIA**

- Drops weight to about 20% below normal
- Denies feeling hungry
- Exercises excessively
- Feels fat
- Withdraws from social activities

#### **BULIMIA**

- Has an excuse to go to the bathroom immediately after meals
- Eats huge amounts of food but doesn’t gain weight
- Uses laxatives or diuretics
- Withdraws from social activities

### **ADOLESCENT NUTRITIONAL NEEDS**

Teenage years are critically important with regard to developing healthy routines including life-long eating habits. For example, important accumulation of bone minerals occurs during this period. Therefore a major nutritional concern for adolescents and adult women younger than age 25 years is adequate intake of calcium and vitamin D as can be obtained by eating sufficient amount of milk products

### **BIRTH CONTROL OPTIONS**

#### **ABSTINENCE**

Abstinence means avoiding sex or not having sexual intercourse. Sex can have different definitions for different people. Some people define sex as penis-in-vagina intercourse. Others may include oral sex, anal sex, or even kissing and touching. The way you define sex determines what activities to avoid if you want to abstain. We will focus on abstaining from penis –in-vagina intercourse. Abstinence is the best way to avoid STDs and accidental pregnancy. PLEASE REMEMBER THAT IT’S OK TO GO THROUGH PERIODS OF YOUR LIFE OR PERIODS OF TIME WITHIN A SINGLE RELATIONSHIP, IN WHICH YOU WANT TO ABSTAIN AND PERIODS IN WHICH YOU WANT TO HAVE SEX. THE DECISION TO HAVE SEX IS YOUR DECISION, EACH AND EVERY TIME.

#### **ADVANTAGES:**

1. Abstinence is free and available to everyone
2. It’s extremely effective at preventing both pregnancy and infection
3. It can be started at any time in your life
4. Abstinence may encourage people to build relationships in other ways.
5. It may be the course of action, which you feel is right for you, and makes you feel good

about yourself.

### **DISADVANTAGES:**

1. If you're counting on abstinence and you change your mind in the heat of the moment; you might not have birth control handy. Some people would like to be prepared and have a condom or spermicidal available in case they change their mind. Others feel that having a contraceptive available might tempt them

### **THINK AND BE SMART!**

### **DEPO-PROVERA AND LUNELLE**

This is a hormone that is injected in a young woman to protect against pregnancy every 1- month (Lunelle) or 3 months (Depo-Provera). The hormone progesterin in the injection primarily works by preventing ovulation. The Perfect use failure rate is 0.25% and typical failure rate is 0.25%. Lunelle or Depo-Provera do not protect against any STDs. Some side effects are irregular bleeding between periods, or no periods at all, weight gain, depression and headaches.

### **BIRTH CONTROL PILL**

Birth control pills are hormones that woman take to prevent ovulation in pill form. The hormones estrogen and progesterone in the pill primarily work by preventing ovulation. One pill is taken each day about the same time every day. A young woman menstruates during the time in which those final seven pills are taken. If pills are skipped or forgotten, they don't offer protection against pregnancy and an alternative form of birth control, such as condoms, must be used. The perfect use failure rate is 0.5% and typical failure rate is 2%. The pill doesn't offer any protection against STDs. Temporary side effects include nausea, weight gain, breast tenderness and irregular bleeding between periods. These tend to go away after taking the pill for 3 months. Sometimes a HCP can prescribe a different brand of pill, which may work better with your body and have fewer side effects. Phoenix Ob-Gyn Associates, L.L.C. 3/20/03 12 Very rarely, the pill can cause blood clots (which can lead to heart attack or stroke), but this is rare in women under 35 who do not smoke. The pill also has some side effects that most young woman are HAPPY about: It often makes periods much lighter, reduces cramps, and can protect against ovarian cysts and uterine and ovarian cancer.

### **INSTRUCTIONS FOR USING CONDOMS**

When used consistently and correctly, latex or polyurethane condoms can help prevent reproductive tract infections, including infection with the human immunodeficiency virus (HIV). Condoms also provide good protection against unintended pregnancy. Bear in mind that condoms can fail or break, even when used properly.

### **BEFORE INTERCOURSE**

1. Have on hand an adequate supply of latex or polyurethane condoms and water-based lubricant if you might use one for intercourse. Have extra condoms available in case the first is damaged or torn before use or put on incorrectly or if you have repeated intercourse.
2. Discuss condom use before you have intercourse

### **AT TIME OF INTERCOURSE**

1. Open the condom package carefully to avoid damaging it with fingernails, teeth or other sharp objects.
2. Put on the condom before the penis comes in contact with the partner's mouth, anus or vagina. If the penis is uncircumcised, pull the foreskin back before putting on the condom. Keep the condom on the penis until after intercourse or ejaculation.
3. Unroll the condom a short distance to make sure the condom is being unrolled in the right direction. The rolled ring should be on the outside. Then hold the tip of the condom and unroll it down to the base of the erect penis. If the condom does not unroll easily, it is on upside-down and may expose the partner to infectious organisms contained in the preejaculate. Discard and begin with a new condom. Leave some extra rubber at the tip, this allows room

- for semen and makes it less likely that the condom will break
4. Adequate lubrication is important. For latex condoms, use only water-based lubricants like water; lubricating jellies (i.e. K-Y Jelly); or spermicidal creams, jellies, foams, or suppositories. AVOID oil-based lubricants like cold cream, mineral oil, cooking oil, petroleum jelly, and body lotions, massage oil. Or baby oil that can damage latex condoms. For polyurethane condoms, any type of lubricant can be used.
  5. If the condom breaks or falls off during intercourse but before ejaculation stop and put on a new condom.

### **AFTER INTERCOURSE**

Soon after ejaculation, withdraw the penis while it is still erect. Hold the condom firmly against the base of the penis to prevent slippage and leakage of semen.

1. Check the condom for visible damage such as holes, the wrap it in tissue and discard. Do not flush condoms down the toilet.
2. If the condom breaks, falls off, leaks, or is not used-
  - a. Gently wash the penis, vulva, anus and adjacent areas with soap and water immediately after intercourse to help reduce the risk of acquiring an STD. Then insert an applicator full of spermicide into the vagina as soon as possible.
  - b. Discuss the possibility of pregnancy or infection with your partner and contact your health care provider as soon as you can. Do Not Douche.

### **REPEATED INTERCOURSE**

1. Use a new condom from start to finish with each act of intercourse.
2. Do not reuse condoms.

### **TAKING CARE OF SUPPLIES**

1. Store condoms in a cool and dry place out of direct sunlight (heat may weaken latex)
2. Check the expiration or manufacture date on the box or individual package of condoms, Expiration dates are marked as "Exp"; otherwise, the date is the manufacture date (MFG). Latex condoms should not be used beyond their expiration date or more the 5 years after the manufacturing date. Latex condoms with spermicide should probably be used within 2 years of the manufacturing date. Condoms in damaged packages or that show obvious signs of deterioration (brittleness, stickiness, or discoloration) should not be used regardless of their expiration date.

- PERFECT-USE FAILURE RATE-2%
- TYPICAL FAILURE RATE-10%
- CONDOMS WITH SPERMICIDE:
- PERFECT-USE FAILURE RATE-1%

### **SIDE EFFECTS**

1. Allergic reaction to latex
2. Vagina irritation from lubricants

### **ALCOHOL INFORMATION FOR TEENS:**

Teens who drink put themselves at risk for many problems-problems with the law, at school, and with their parents, just to name a few. Deciding whether to drink is a personal decision that we each eventually have to make. Alcohol is created when fruits, vegetables, or grains are fermented, that is, when a microorganism-like yeast or bacteria-causes sugars in the original item to change into alcohol. Fermentation is used to produce many necessary items, such as cheese, penicillin, B-complex vitamins, and citric acid. When people drink, alcohol is absorbed into their bloodstream. From there, it affects the central nervous system (brain and spinal cord), which controls virtually all body functions. Alcohol is a depressant, which means it slows the function of the central nervous system. That's why drinking small amounts of alcohol reduce anxiety. Alcohol actually blocks some of the messages trying to get to the brain. This alters your perceptions, your emotions, and even your vision and hearing. More alcohol causes greater changes in the brain,

resulting in intoxication. People who have overused alcohol may stagger, lose their coordination, and slur their speech. They will probably be confused and disoriented. Intoxication can make people very friendly and talkative or very aggressive and belligerent. Reaction times are slowed dramatically. When large amounts of alcohol are consumed in a short period of time, alcohol poisoning can result. Alcohol poisoning is very dangerous.

Violent vomiting is usually the first symptom, as the body tries to rid itself of the alcohol. Extreme sleepiness, unconsciousness difficulty breathing, and even death may result. Many teens think that drinking alcohol will help them to relax and feel cool. Actually, drinking often makes people do stupid things. You may end up feeling embarrassed. Drinking also gives you bad breath, and having a hangover is the pits. It's sort of like having the flu: pounding headache, intense thirst, nausea, extreme sensitivity to light and noise, blurry vision, shakiness, exhaustion, and more. UGH! Drinking can really damage your ability to perform well at school and sports. Many parents disapprove of their teen's drinking and punishment often results. Some teens drink because they think it will help them escape from other problems. Although this may seem like a good idea, drinking always leads to even bigger problems. Teens who drink are more likely to get into fights and commit other crimes. This increases your chance of having legal problems or going to prison. In fact, research shows that 32% of teens under 18 who are in long-term juvenile detention centers were under the influence of alcohol at the time of their crime and /or arrest. Teens who drink can get seriously hurt or even die. Over 38% of all drowning deaths are alcohol-related. Use of alcohol greatly increases the chance that a teen will be involved in a car accident, homicide, or suicide.

If saying no to alcohol makes you feel uncomfortable, one effective strategy is to blame your parents or another adult for your refusal. Saying, "My parents are coming to pick me up soon," or "I already got in major trouble for drinking once, I can't do it again," can make saying no a little bit easier. You can also make sure that you and your friends have plans to do something besides just hanging out in someone's basement drinking beer. Plan a trip to the movies, the mall, a concert, or a sports event-anything that gets you out of the house. You might also organize your friends into a volleyball, bowling, or softball team-any activity that gets you moving.