



# For YOUR HEALTH

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## Sexual Health/ Sexual Assault Awareness Month

Sexual health is a state of physical, emotional, mental and social well being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. That is the definition of sexual health according to the World Health Organization. The DoN's Sexual Health

and Responsibility Program's (SHARP) mission is "to provide active-duty sailors and their families with health information, education, and behavior change programs for the prevention of sexually transmitted infections, including HIV, and unplanned pregnancies and collaborate with other

Navy and Marine Corps stakeholders to advance sexual health policies and activities, and support healthy sexual behavior and relationships." In doing this, the goal is to reduce the occurrence of STIs (Sexually Transmitted Infections) including HIV and unplanned pregnancies among the US Navy active-duty sailors and their families.



### Questions?

Contact Health Promotions @

DSN 629-6445 or email

[napleshealthpromotions@med.navy.mil](mailto:napleshealthpromotions@med.navy.mil)



**Sexual violence (sexual assault)** is a serious public health problem in the United States. Statistics underestimate the problem because many victims are afraid to tell the police, family, or friends about the violence.

*A sexual assault is about power, anger, and control. It is an act of violence and attempts to degrade someone using sex as a weapon.*

Sexual assaults can happen to anyone: children, students, wives, mothers, working women, grandmothers, the rich and poor, and boy and men. The assailants can be anyone: classmates, co-workers, a neighbor or delivery person, total strangers, outgoing or shy, often a friend or a family member. These crimes are often committed again and again, until the assailants are caught.





# SEXUALLY TRANSMITTED INFECTIONS



Yikes, just the mention of the STI's is enough to make one cringe. No one likes to talk about it and no one will ever admit it, but STI's are all too common, especially HPV and Chlamydia.

Name of STI	Prevalence	Symptoms in Men	Symptoms in Women	Treatment
<p><b>Human Papilloma Virus (HPV)</b></p> <ul style="list-style-type: none"> <li>The <b>most commonly transmitted STD</b>,</li> <li>Can affect the throat and the mouth</li> <li>Transmitted through vaginal, anal or oral sex</li> <li>40 different kinds of HPV</li> <li>Cause genital warts</li> <li>Can cause warts in the throat</li> <li>Recurrent exposure can cause cervical cancer in women</li> </ul>	<ul style="list-style-type: none"> <li>Approximately <b>20 million</b> Americans are <b>currently infected</b> with HPV</li> <li>An additional <b>6 million</b> people become infected every year</li> <li>So common that <b>50% of the population</b> will be infected with HPV at some point in their lives</li> <li>1% of sexually active adults with HPV will get genital warts</li> <li>Each year, <b>1,200 women get cervical cancer</b>.</li> </ul> <p><i>Almost all are associated with HPV</i></p>	<ul style="list-style-type: none"> <li>NONE</li> <li><b>Genital warts:</b> May appear in the genital area, May be small or large, single or multiple, raised or multiple or may resemble a cauliflower</li> </ul> 	<ul style="list-style-type: none"> <li>NONE</li> <li><b>Genital warts:</b> May appear in the genital area, May be small or large, single or multiple, raised or multiple or may resemble a cauliflower</li> <li><b>Cervical cancer</b> has no symptoms until the disease is <b>quite advanced</b>, important to get regular PAP smears</li> </ul> 	<ul style="list-style-type: none"> <li>There is no treatment, once diagnosed with HPV</li> <li>Surgical removal of genital warts</li> <li>Surgery and chemotherapy for cervical cancer</li> </ul> <p><b>Prevention:</b></p> <ul style="list-style-type: none"> <li>Vaccine: Gardasil &amp; Cervarix</li> <li>A <b>series of 3 shots</b>, best administered prior to the onset of sexual activity</li> <li><b>Protects girls</b> from most forms of HPV that cause <b>cervical cancer</b></li> <li>Also <b>protects boys</b> from <b>genital warts and anal cancers</b></li> </ul> <p>Available for males, ages 9 to 26</p>
<p><b>Chlamydia</b></p> <ul style="list-style-type: none"> <li>Caused by Chlamydia trachomatis</li> <li>acquired through sexual contact</li> <li><b>The 2<sup>nd</sup> most prevalent STD in the US</b></li> <li>Reportable to the CDC</li> </ul>	<ul style="list-style-type: none"> <li>Highest prevalence in females ages 15 to 19 and males ages 20-24.</li> </ul>	<ul style="list-style-type: none"> <li>No symptoms in up to 30% of cases</li> <li>Discharge from penis</li> <li>Pain, burning during urination</li> <li>Tenderness or pain in the testicles</li> </ul>	<ul style="list-style-type: none"> <li>Initially, no symptoms in 70% of cases</li> <li>Lower abdominal pain that continues to increase in severity</li> <li>Painful urination</li> <li>Can be confused with a UTI (urinary tract infection; bladder infection)</li> <li>Vaginal discharge</li> </ul>	<ul style="list-style-type: none"> <li>Can be cured</li> <li>Treated with antibiotics</li> <li><b>A cure does not mean that damage is not done (see Pelvic Inflammatory Disease)</b></li> </ul>
<p><b>Gonorrhea</b></p> <ul style="list-style-type: none"> <li>Also known as <b>"The Clap"</b></li> <li>Caused by the Nisseria gonorrhoeae organism</li> <li>3<sup>rd</sup> most common STD</li> <li>Reportable to the CDC</li> </ul>	<ul style="list-style-type: none"> <li>Highest prevalence in females ages 15 to 19 and males ages 20-24.</li> </ul>	<ul style="list-style-type: none"> <li>About 25% have no symptoms</li> <li>Male urethritis takes 2 to 14 days to show up</li> <li>Painful urination</li> <li>Painful penis,</li> <li>Yellowish-green discharge from the penis</li> <li>Unilateral scrotal pain and swelling</li> </ul>	<ul style="list-style-type: none"> <li>10% - 20% no symptoms</li> <li>Cervical infections take about 10 days to develop</li> <li>Painful urination</li> <li>Vaginal discharge</li> <li>Lower abdominal pain, bilateral</li> <li>Fitz-Hugh-Curtis syndrome- perihepatitis, right upper quadrant pain, fever, nausea, and vomiting, <b>looks like liver disease</b></li> </ul>	<ul style="list-style-type: none"> <li>Can be cured with antibiotics</li> <li>The damage done cannot be reversed</li> <li>Partner or partners will also have to be treated'</li> <li><b>Re-infection is possible</b></li> </ul>



# SEXUALLY TRANSMITTED INFECTIONS



Name of STI	Prevalence	Symptoms in Men	Symptoms in Women	Treatment
<p><b>Syphilis</b></p> <ul style="list-style-type: none"> <li>Often called “the great imitator”</li> <li>Caused by the bacterium, “<i>Treponema pallidum</i>”:</li> </ul>  <ul style="list-style-type: none"> <li>Transmitted through direct contact with a syphilis sore</li> <li>External genitals, vagina, anus, rectum, lips or mouth</li> <li>Transmitted during vaginal, anal or oral sex</li> <li>Pregnant women can pass syphilis on to their unborn child</li> </ul>	<ul style="list-style-type: none"> <li>Highest among males and females ages 20 to 24</li> </ul>	<p><b>Many people do not get any symptoms for years</b></p> <p><b>Primary Stage:</b></p> <ul style="list-style-type: none"> <li>Marked by the appearance of a single sore, called a “chancre,”</li> <li>Usually appear from 10 – 90 days,</li> <li>Average is 21 days and lasts 3 to 6 weeks</li> <li>Heals without treatment</li> </ul> <p><b>Secondary stage:</b></p> <ul style="list-style-type: none"> <li>Characterized by a skin rash and mucous membrane lesions</li> <li>Does <b>not</b> itch</li> <li>Appear during or after the chancre from the primary stage is healing or has healed</li> <li><b>Characteristic of a the rash is that it is on the palms of the hand and bottoms of the feet</b></li> <li>Other symptoms may include <b>fever, swollen lymph glands, sore throat, patch hair loss, headaches, weight loss, muscles aches and fatigue</b></li> <li>May resolve, with or without treatment, however the disease will continue to progress</li> </ul> <p><b>Latent stages</b></p> <ul style="list-style-type: none"> <li>Begins when symptoms of primary and secondary stage resolves</li> <li>Can last for years</li> </ul> <p><b>Late Stage:</b></p> <ul style="list-style-type: none"> <li>Characterized by <b>damage to the internal organs, including the brain, nerves, heart, blood vessels, liver, bones and joints</b></li> <li>Difficulty coordinating muscle movements, <b>paralysis, numbness, gradual blindness and dementia, death</b></li> </ul>		<p><u>Early stage:</u> antibiotics if the person has had syphilis for only 1 year</p> <ul style="list-style-type: none"> <li>A series of antibiotics if the person has had it longer</li> <li>Treatment will kill the bacteria but <u>will not repair the damage that was done</u></li> <li>Syphilis can be reacquired after treatment; <b>You cannot develop immunity</b></li> </ul> 
<p><b>Herpes Simplex</b></p> <ul style="list-style-type: none"> <li>Over 25 different types of Herpes viruses</li> <li><b>HSV-1</b> causes sores in the lips and mouth and are known as “fever blisters”</li> <li>Most <b>genital herpes</b> cases are due to <b>HPV-2</b></li> <li>However, HSV-1 can cause genital outbreaks through oral sex</li> <li>Not be confused with Herpes Zoster that cause cold sores and shingles and Herpes Varicella that cause Chicken Pox.</li> </ul>	<ul style="list-style-type: none"> <li>16.2% of the population in the U.S. ages 14 – 49 years of age have HSV-2</li> <li>This means, <b>1 out of every 6 people ages, 14 - 49 have HSV-2.</b></li> <li>More common in <b>women (1 in 5), than men (1 in 9)</b></li> <li>The rate has remained stable in the past few years</li> <li>Easier for <u>men to give it to women, than it is for women to give it men</u></li> </ul>	<ul style="list-style-type: none"> <li>Initially, no symptoms</li> <li>Within 2 weeks after infection, the initial outbreak can be quite severe</li> <li>Symptoms include <b>open sores in the genital area</b>, often accompanied with <b>fever and swollen lymph glands</b></li> <li>Outbreaks <b>occur 4 to 5 times/year</b></li> <li>Important not to have <b>sexual contact during an outbreak</b> because <b>transmission rate is higher</b>, however a <b>person can still be contagious</b> without symptoms</li> <li>Psychological distress – the “gift that keeps on giving”</li> </ul>		<ul style="list-style-type: none"> <li>There is <b>no treatment</b> for Herpes</li> <li>However, certain anti-viral medications can <b>lessen the severity and duration</b> of outbreaks</li> </ul>

## HIV / AIDS



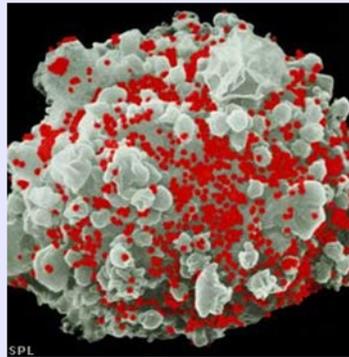
**Human Immunodeficiency Virus (HIV)**, name of the virus that affects the immune system

### Acute Stage of HIV

- *Flu-like symptoms* – fever, fatigue, muscle aches, headaches, sore throat, swollen lymph glands, nausea, vomiting
- Lasts for a about 2 to 3 weeks after infection
- The body is fighting the infection
- Eventually the immune system and the virus reach a stand-off point

### Chronic Stage of HIV

- There are usually no symptoms
- Can last up to 10 years
- Eventually the immune system (T-cells) will decrease
- Normal T-Cell count is 450-1200 cells/microliter
- When T-Cell count gets below 200, a diagnosis of AIDS is made



- Destroys the immune system.
- Without the immune system, a person cannot fight infections
- People with HIV/AIDS die from secondary diseases

### Treatment

- Antiretroviral drugs, AZT, Ritonavir
- Only keep the virus from multiplying
- Have to be taken for the rest of their life
- Not a cure

**Acquired Immune Deficiency Syndrome (AIDS)**, name of the disease that destroys the human immune system

### AIDS

- A person has no immune system
- Susceptible to all diseases
  - Karposi Sarcoma (cancer)
  - Pneumonia
  - Tuberculosis

### AIDS Symptoms

- Being tired all the time
- Swollen lymph nodes in the neck or groin
- Fever lasting more than 10 days
- Night sweats
- Unexplained weight loss
- Purplish spots on the skin that don't go away
- Shortness of breath
- Severe, long-lasting diarrhea
- Yeast infections in the mouth, throat, or vagina
- Easy bruising or unexplained bleeding

(www.cdc.gov)

## Pelvic Inflammatory Disease

Although some STDs are curable, the damage they do is NOT. In men, **painful inflammation of the testicles**  
In Women, **Pelvic Inflammatory Disease (PID)**

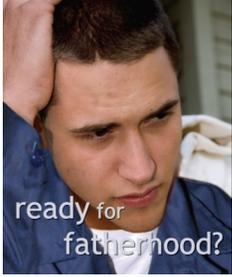
- 9% of women have ectopic pregnancies
- 10-30% of women will **lose the ability to become pregnant** after just **one episode** of Pelvic Inflammatory Disease (PID)



- 15% of all **infertile** women are infertile because of **tubal damage caused by Pelvic Inflammatory Disease (PID)**
- 18% of women develop **chronic pelvic pain**

An infection and/or inflammation of the female reproductive system  
Causes **scar tissue** to form in the fallopian tubes and the surrounding area of the female reproductive area  
**Leading cause of infertility in the U.S.**

(www.cdc.gov)



# Unplanned Pregnancy

In the Navy, many pregnancies are unplanned and jeopardize operational mission readiness.

## DID YOU KNOW???

In 2008, among active-duty enlisted aged 21 to 24, 1 in 10 survey men and 1 in 4 surveyed women experienced an unplanned pregnancy in the past 12 months.



Female Sailors reported that 74% of pregnancies were unplanned.

Only 31% were using birth control at the time they conceived.

7 out of 10 male Sailors contributed to an unplanned pregnancy of a fellow female Sailor.

The average pregnant female Sailor tends to be a 23-yr old *single* E-4.

When they became pregnant, 44% of enlisted female Sailors were assigned to sea (24%), deployable billets (16%), or in school (4%).

In the Navy, unplanned manpower losses from sea or deployable billets effects Navy operational readiness. Some of these unplanned losses, such as pregnancy, are preventable.

While a woman may elect to become pregnant at any time, pregnancy causes less disruption when it is planned during shore duty.

There are 7.6% single parents in the Navy. There are an estimated 6,000 single Navy mothers and 12,000 single Navy fathers. Over half of enlisted women are unmarried when their child is born.

Pregnancy may disrupt a Navy career by disqualifying a Sailor from her current duty position or from her current Navy school.

# Contraception



## Barrier

- **Blocks sperm from reaching the ovum**
  - Male/female Condoms
  - Diaphragm
  - Spermicide foams and gels
  - IUDs
- **Not as effective as hormonal method of BC**

## Three Types

- Abstinence
- Barrier
- Hormonal

## Abstinence

The only 100% effective form of birth control

## Hormonal

Hormones that **fool your body into thinking the body is pregnant and will not ovulate**

- Birth Control Pills
- Depoprovera injections (3-month shot)
- Nuva-ring™
- High effective rate, 99.9%



# Sexual Assault

## How You Can Protect Yourself

### Use Your Head

- **Be alert**—Walk with confidence and purpose.
- **Be aware of your surroundings**—know who's out there and what's going on.
- **Don't let alcohol or other drugs cloud your judgment.**
- **Trust your instincts**—if a situation or place makes you feel uncomfortable



### When You're Outdoors

- **Avoid walking or jogging alone**, especially at night. Stay in well-traveled, well-lit areas.
- Wear clothes and shoes that give you freedom of movement.
- **Be careful if anyone in a car asks you for directions**; if you answer, keep your distance from the car.
- **Have your key ready** before you reach the door—home, car, or office.
- **If you think you're being followed**, change direction and head for open stores, restaurants, theaters, or a house with its lights on.



### When You're Indoors

- **Make sure all doors (don't forget sliding glass doors) and windows have sturdy, well-installed locks, and use them.** Install a wide-angle peephole in the door. Keep entrances well-lit.
- **Never open your door to strangers.** Offer to make an emergency call while someone waits outside. Check the identification of sales or service people before letting them in. Don't be embarrassed to phone for verification.
- **Be wary of isolated spots**—apartment laundry rooms, underground garages, parking lots, offices after business hours. Walk with a friend, co-worker, or security guard, particularly at night.
- **Know your neighbors**, so you have someone to call or go to if you're uncomfortable or frightened.



### When You're in Your Car

- **Park in areas that will be well-lit and well-traveled** when you return.
- **Always lock your car**—when you get in and when you get out.
- **Look around and under your car and in the back seat before you get in.**
- **If your car breaks down**, lift the hood, lock the doors, and turn on your flashers. **Call police on a cell phone**, or use a Call Police banner or flares. If someone stops, roll the window down slightly and ask the person to call the police or a tow service.
- **Don't hitchhike, ever. And don't ever pick up a hitchhiker.**



# What you Need to Know about Sexual Assault Restricted and Unrestricted Reporting

By **Sindy Copeland, FFSC Sexual Assault Response Coordinator**



Sexual assault is the most underreported crime in the military. While the Department of Defense (DOD) prefers complete reporting of sexual assaults to both victim's services and law enforcement; it also recognizes that some victims desire only medical and support services and do not want command involvement.

Under the DOD's Confidential Policy, military victims of sexual assault have two reporting options: Restricted and Unrestricted Reporting. Victim Advocates and Sexual Assault Response Coordinators (SARC) are available to provide information on these reporting options.

## Restricted Reporting

A service member and their dependents who are 18 years of age or older may disclose a sexual assault to certain individuals without command or law enforcement notification to access information, support, advocacy and medical care.

As of 23 Jan 2012 service member's dependents who are 18 years of age or older have the option to make a Restricted Report (DODD 6495.01).

### Who may make a Restricted Report?

Restricted reporting is available to service members and their dependents who are 18 years of age or older

### To whom may I disclose the sexual assault?

To guarantee a RESTRICTED report, you may only disclose the sexual assault to:

- S.A.R.C. (Sexual Assault Response Coordinator)
- Victim Advocate
- Health Care Personnel
- Chaplain



## UnRestricted Reporting

It is available to all victims of sexual assault who want an official investigation of the crime. Unrestricted reporting follows standard chain of command and NCIS notification.

### Victims can report to?

- SAPR Victim Advocate
- SARC
- Supervisor/chain of command
- Medical personnel/FFSC counselors
- Law enforcement/Naval Criminal Investigative
- Chaplains
- Naval Legal Service office



### Who may make an Unrestricted Report?

All victims of sexual assault are eligible to make an unrestricted report.

### Victims' Services include...

- Victim Advocacy
- Medical Attention/Forensic Exam
- Counseling
- Investigation by law enforcement
- Legal Services
- Military protective order/civilian restraining order

### What are the exceptions?

- Victims cannot change from unrestricted to restricted reporting.
- If individuals other than VAs or SARCs are told about sexual assault, the restricted reporting option cannot be guaranteed.

A SAPR Victim Advocate is available 24/7 at NSA Naples, Italy. Please call 335-640-6621 for information and support.

If you are interested in becoming a SAPR Victim Advocate please call DSN: 629-6372 or Com: 081-811-6372 for more information.



Contact us to sign up for one of our classes!

Comm: 081-811-6315

DSN: 629-6315

E-mail:

napleshealthpromotions@med.navy.mil

## Up Coming Events

1st Trimester Class 4/4, 4/18, 0900-100  
 2nd Trimester Class 4/2, 0900-1200  
 3rd Trimester Class 4/16, 0900-1200  
 Breast Feeding Class 4/18 0900-1200  
 Infant CPR Class 4/16, 1300-1600  
 Smoking Cessation—WALK-INS or Group Classes

Check out our Website!  
[www.naples.med.navy.mil](http://www.naples.med.navy.mil)  
 And click on Health Promotions



**Are You Stressed?**  
 Come to the **Meditation Group**  
 Mondays @ 1900—1930  
 At the Chapel next to the Library  
 Call for more information



Call Health Promotions for the next upcoming class.

**Ready to Quit Smoking?**



Check out Health Promotions Individual Tobacco Cessation Counseling!  
 Call Health Promotions to set up your first visit **today!**



**QUIT TOBACCO.**  
**make everyone proud**

### Sempre Latte

Breastfeeding Moms are very important, not only to our babies, but to us. We can answer any questions about breastfeeding, provide the support needed to ensure a positive breastfeeding experience. Call Health Promotions today.



A Certified Lactation Counselor will be available to answer any questions you may have.

USNH

Frequently Called Numbers	
Central Appointments	629 6000
Emergency Room	629 6150
Family Practice	629 6271
General Surgery	629 6400
Internal Medicine	629 6291
OB/GYN	629 6404
Ophthalmology	629 6386
Orthopedics	629 6388
Pediatrics	629 6242
Pharmacy	629 6225
Physical Therapy	629 6183




An 8-week wellness course packed with nutrition information and fitness information to help you reach your healthy life-style goals.

Contact Health Promotions to sign up for the next **Ship Shape Class**

