



COMMUNITY NEWSLETTER



APRIL 2024



PROTECTING YOUR PARTS

Anyone sexually active is at risk for getting an STD, but the chances can increase based on the addition of sexual partners and unprotected sex. STDs affect people of all ages, and part of the problem is unawareness of the available free health resources offered in the community. According to the University of Colorado Health Sciences Center, Black women are at the highest risk of infection with an STD. Specifically, Black women are most likely to get Herpes and HSV-2. Many of the stats regarding the prevalence of STDs among Black women are influenced by sexual history & other social risk factors.

Have we mentioned that **pregnant women** are also at risk of contracting STDs? Regrettably, being pregnant does not offer additional defense against STDs. In fact, it often leads to complications for both the mother and the unborn child. Given that a newborn's immune system is not completely developed, they are especially vulnerable to issues affecting their central nervous system, vision, and hearing. Additional risks may involve stillbirth or giving birth prematurely.

In 2018 the Florida Department of Health conducted research stating that Leon County has the highest rate of Gonorrhea, Chlamydia, and Bacterial STDs in the state of Florida. Per 100,000 residents there's an estimate of 1,600 cases of Bacterial STDs.

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LET'S HAVE....
THE TALK

Explore the myths
versus facts
surrounding STDs.



Explore the
distinctions
between STIs and
STDs for further
understanding.

THE
Birds, Bees
AND
STD's



STI



STD

A sexually
transmitted
infection is caused
by someone with
bacteria, viruses, or
parasites in the
body.

A sexually
transmitted
disease is caused
by certain
symptoms and
can disrupt normal
bodily functions.

MYTH
vs
FACT

MYTH ❌

PREGNANT WOMEN CAN NOT
GET AN STD.

FACT ✅

PREGNANT WOMEN CAN GET AN
STD. THERE IS NO ADDITIONAL
PROTECTION AGAINST STDS.

MYTH
vs
FACT

MYTH ❌

IF YOU'RE ON BIRTH CONTROL,
YOU WILL NOT GET AN STD.

FACT ✅

BIRTH CONTROL PILLS ONLY
PROTECT PREGNANCY, NOT
STDS.

MYTH
vs
FACT

MYTH ❌

AN STD CAN IMPACT ME BUT
NOT MY BABY.

FACT ✅

AN STD CAN LIKELY AFFECT A
WOMAN AND THE BABY WITH
PREGNANCY COMPLICATIONS.



TREATING ME

RIGHT: *The importance of a patient-provider relationship*

A strong patient-provider relationship is built on a foundation of trust and mutual respect. Communication is key in fostering understanding and ensuring that the patient's needs and concerns are addressed effectively. By uplifting and supporting the patient, the provider can empower them to take an active role in their healthcare journey. Collaboration between the patient and provider allows for shared decision-making and a more personalized approach to care. This partnership results in confidence and peace of mind during the pregnancy journey, leading to lower stress levels. Through this partnership, the patient gains knowledge for the sake of themselves and the baby.

Seeing the same healthcare provider throughout pregnancy can enhance the quality of care. This is because the provider gains a deeper understanding of the patient's medical and personal history. This continuity strengthens the bond between patient and provider, contributing to a more personalized and satisfying healthcare experience. Ultimately, a positive patient-provider relationship during pregnancy not only supports the physical health of the mother and baby but also their emotional and psychological well-being - laying a strong foundation for a healthy start to life. Accountability on both sides reinforces trust and promotes a sense of responsibility towards one another.

RESOURCES

Leon & Wakulla County

Bond Community Health Center

1720 S Gadsden St. Tallahassee, FL 32310

850-576-4073

<https://www.bondchc.com/>

Offers STD Testing. Accepts insurance & offers sliding scale payment options

Big Bend Cares

2201 S Monroe St. Tallahassee, FL 32301

850-354-8765

<https://bigbendcares.org/testing/>

Provides free & confidential rapid testing for HIV and Syphilis

Smith-Williams Medical Center

2295 Pasco St. Tallahassee, FL 32310

850-224-2409

<https://neighborhoodmedicalcenter.org/>

Offers STD Testing. Accepts insurance & offers sliding scale payment options

Richardson-Lewis Health Center

872 W. Orange Ave. Tallahassee, FL 32310

850-300-7262

<https://neighborhoodmedicalcenter.org/>

Offers STD Testing. Accepts insurance & offers sliding scale payment options

Mosaic Sexual Health Center

2610 W Tennessee St. Tallahassee, FL 32304

850-765-4955

<https://mosaicclinictally.com/>

Free pregnancy testing and low cost STD testing

Women's Clinic

1605 E Plaza Dr. Suite 103, Tallahassee, FL 32308

850-656-9177

<https://womensclinictallahassee.com/>

Free pregnancy testing and testing for chlamydia and gonorrhea

Florida Department of Health in Wakulla County

48 Oak St. Crawfordville, FL 32327

850-926-0400

<https://wakulla.floridahealth.gov/>

Offers STD testing for individuals with Medicaid, CHP, & offers sliding scale payment options

Planned Parenthood

2618 W Tennessee St. Tallahassee, FL 32304

850-574-7455

<https://www.plannedparenthood.org>

Offers STD Testing. Accepts insurance & offers sliding scale payment options

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The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Belly Boutique



NEXT MONTH: Ultrasound Made Easy

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education, women's



health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



When putting your baby to sleep: Be sure to keep loose blankets, pillows, stuffed toys, bumpers, and other soft items out of the sleep space.

Your baby could roll into any of these items, which could block their airflow. These objects can increase your baby's risk of entrapment, suffocation or strangulation.

