

OAKLAND CUSD #5

**HS HEALTH**  
**APRIL 13-17, 2020**

BRIAN ANDERSON

# Week of April 13-17, 2020

## Mr. Anderson High School Health

Please pick 1 of the 3 activities to do for the week. Please submit to my email or if you don't have access or feel comfortable sharing electronically, you may turn in the assignment to the homework box located in the Lake Crest foyer. I'm really excited to see what you are doing, feel free to share a little note and let me know what you've been up to. Miss all of you, STAY SAFE.

My email is [brian.anderson@oakland5.org](mailto:brian.anderson@oakland5.org). My phone number is 217-218-5420, if you have any questions, do not hesitate to call. Like I mentioned earlier, assignments may be turned in to the homework box in the Lake Crest foyer, if they are not emailed. My office hours are 10am-Noon but feel free to call/email anytime outside of those hours as well & I will get back with you as soon as possible.

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
High School Health	<p><a href="https://www.bedsider.org/features/1383-pretty-much-everyone-you-know-has-had-hpv">https://www.bedsider.org/features/1383-pretty-much-everyone-you-know-has-had-hpv</a></p> <p>*Read the article *Write a ¾-1 page summary on what you learned from the article.</p> <p>*Email finished product to me or if handwritten, turn in to the Lake Crest foyer</p>	<p><a href="https://www.dailyillini.com/news/2016/12/08/std-rates-rising-likely-affecting-ui-students">https://www.dailyillini.com/news/2016/12/08/std-rates-rising-likely-affecting-ui-students</a></p> <p>*Read the article *Write a ¾-1 page summary on what you learned from the article.</p> <p>*Email finished product to me or if handwritten, turn in to the Lake Crest foyer.</p>	<p>Work on your mental Health. 2 options = choose 1.</p> <p>*Journal ¾-1 page about new stressors in your life. Tell me how you're dealing with these new stressors and anything else that you want to write/talk about.</p> <p>*Listen to a song that brings you peace/calm. Write a ¾-1 page reflection of why you chose this song, what you like about this song and other songs that you enjoy listening to when stressed/upset/sad.</p>

# Pretty much everyone you know has had HPV

## *And you've probably had it too*

by [Emma McGowan](#)

published 11/26/2019

You've very likely had human papillomavirus (HPV) at some point in your life, whether or not you realize it. Your best friend probably has too, as has your mom and your brother and the guy you work with and your neighbor and maybe even your grandma. HPV is the most common sexually transmitted infection (STI), and the CDC says that almost every sexually-active person who is not vaccinated against it will have at least one strain of HPV at some point in their lives. Yup, you read that right: almost everyone has already had it or will have it.

Now, you're probably thinking, *Wait a minute! What do you mean, "has had" it? Doesn't it stay with you forever?* And you're right. HPV is a virus and, as a rule, viruses aren't curable. But the funny thing about HPV is that many people clear the virus, especially if they get it before the age of 30. That means their immune systems recognize it, attack it, and then they become immune to that strain of HPV. Cool, right?

However, just because you're immune to one type of HPV, that doesn't mean you're immune to the more than 150 other identified types out there. But don't freak out! Here's everything you need to know about HPV, the most common STI.

## *How HPV is Spread*

First of all, let's talk about how this virus spreads. HPV is spread from skin-to-skin contact. Mucous membranes, like the delicate skin of the vagina, vulva, penis, anus, and throat, are more likely to get an HPV infection. Many HPV strains can be spread during oral, anal, or vaginal sex. HPV strains that are spread from skin-to-skin contact with other parts of the body, like the hands or feet, are not really considered an STI.

Unlike a lot of other STIs, HPV is not spread through bodily fluids. That means you can't get it from ejaculate, pre-ejaculate, vaginal lubrication, spit, or blood. (Though, of course, contact with those fluids often means contact with skin as well.)

## *The Not Scary Stuff*

Now let's talk about the different types of HPV, because—fun fact—they do very different things to your body. The majority of those 150 strains I mentioned are considered "low-risk" strains because they don't increase your risk of cancer. Some of the low-risk strains of HPV do, however, are the cause of genital warts. Genital warts are raised, pink or flesh-toned growths that can be as small as a poppy seed or much larger.

However! Most people who have these low-risk strains either don't show any symptoms at all (meaning they don't get warts) or if they have outbreaks, they are mild—one to two warts that are so small they don't even notice them. In general, warts don't itch. They don't bleed. They don't create sores. They're literally just little bumps around the genital area. But if you do have warts that become a problem or grow to be large, a provider may be able to help treat or remove them.

Also, the strains of HPV that are associated with warts are not associated with cancer. So if you get warts, no need to freak out about that issue, at least.

## *The Kind of Scary Stuff*

Of the about 150 known strains of HPV, some are considered "high-risk," which means they are associated with cervical, anal, and throat cancer. And two of the high-risk strains—HPV-16 and HPV-18—cause the majority of cancer cases. Because these strains don't have any visible symptoms, it's super important to get regular check-ups.

People with a cervix can get Pap smears to check for cancerous or precancerous cells on the cervix, with or without an HPV test. And all people can talk to a provider about their risk of HPV infection from anal sex and if they need an anal Pap smear.

### *Prevention: The HPV Vaccine and Barrier Methods*

You may have heard of Gardasil 9, which is the HPV vaccine. It protects against those two main cancer-causing strains—HPV 16 and HPV 18—as well as HPV 31, 33, 45, 52, and 58, all of which can also lead to cancer. It also protects against HPV 6 and HPV 11, which cause 90% of genital warts.

Getting the HPV vaccine before any sexual activity is the best way to prevent HPV infection, but if you're under 45 and haven't been vaccinated (or you started the vaccination series but didn't finish it), talk to your provider about getting the vaccine. While getting the vaccine won't clear any strains of HPV you've already been exposed to, it will protect you from the ones on that list that you haven't gotten yet.

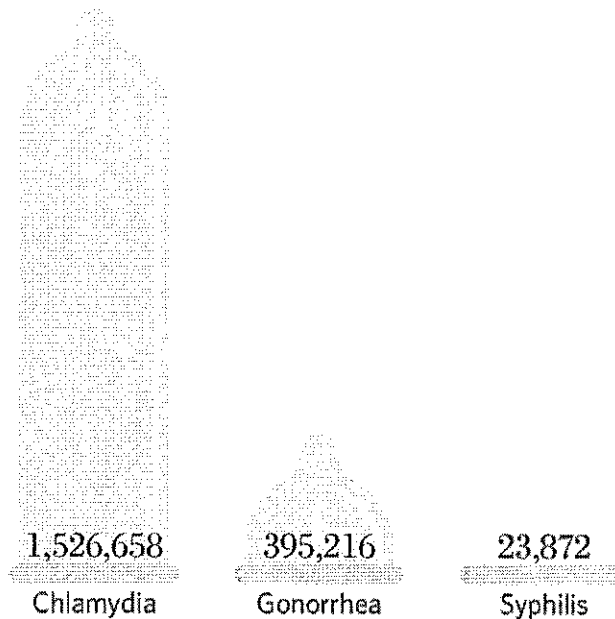
Finally, barrier methods like condoms, internal condoms, and dental dams do provide some protection against HPV, but it's not total. That's because HPV is transferred via skin-to-skin contact, so body parts that aren't covered up by a barrier method won't be protected. Still, it's always a good idea to use a barrier method if STI transmission is a concern for you.

# STD rates are rising, most likely affecting UI students

## STD rates are at an all time high

In 2015, combined rates of chlamydia, gonorrhea, and syphilis have reached the highest reported number of cases ever.

15-24 year olds reported  $\frac{2}{3}$  of chlamydia diagnoses and  $\frac{1}{2}$  of gonorrhea cases.



JACOB SINGLETON THE DAILY ILLINI  
SOURCE: CDC 2015 STD SURVEILLANCE REPORT

BY JESSICA BURSZTYNSKY, STAFF WRITER

DECEMBER 8, 2016

The rates of syphilis, gonorrhea and chlamydia are at an all-time high, and college-aged students are most likely to be affected by rising levels, according to a recent report from the Center for Disease Control. 15 to 24-year-olds reported almost two thirds of the 1,526,658 chlamydia cases and half of the 395,216 gonorrhea cases. Syphilis rates have also risen, with numbers now reaching 23,872.

“We know that young people are disproportionately affected by STDs, so the impact is greater among young people,” said Kim Rice, McKinley’s sexual health educator and sexual health peers advisor.

Rice contributes a few factors to rising rates among millennials. Young people may have less access to medical care, which leaves cases to go undiagnosed and untreated.

People tend to have more sexual partners at a young age, compared to older people in monogamous relationships. There is also an unwillingness to use condoms, a primary resource in preventing STDs. Chloe Coletta, a senior in AHS and Sexual Health Peers member, believes there's a stigma against the use of condoms among college students.

"I was passing someone on the Quad and I heard something like 'oh my gosh, and he pulled out a condom and I was so upset,'" said Coletta. "Because there's this whole thing like if the guy brings a condom then he was expecting sex, or something like that. So there's this kind of stigma around condoms and what the [gist] of that means."

About 70 percent of students at Illinois are sexually active, leaving many vulnerable to the rising rates of STDs, according to Coletta.

The harshness of stigmas can cause students to avoid testing for fear of judgment among peers. There is also a lack of education contributing to rising levels.

"From when we start learning about sex, that should be something that's talked about and it's definitely not," Coletta stated. "We definitely need to target people when they're younger, to say it's completely normal."

With only 20 states requiring schools to provide medically accurate sexual education, some Illinois students come to the University with limited knowledge about sexual health.

McKinley Health Center offers free, confidential meetings with a sexual health educator in order to combat any gaps in knowledge a student may have.

"Students can make an appointment to speak one on one with a sexual health educator in a confidential setting," Rice said. "They can ask any questions they might have, and we provide information to help them best protect their health."

Most STDs, including syphilis, gonorrhea and chlamydia, do not show symptoms, showing up on test results weeks after being infected.

"A lot of STDs are curable, so you have to be tested and treated for those," Rice stated. A person must be tested in order to know if he or she is infected and causing harm to others.

As a student, Coletta said she has had several friends around campus that have shared their personal history with STDs.

“I’ve known a lot of friends who have gotten both gonorrhea and chlamydia,” Coletta said. “It’s not to say that I’m friends with people who are super sexually active, or anything like that. They’re completely normal people and it’s really not that big of a deal.”

Coletta stressed that with a proper diagnosis and treatment, a person can resume their normal life within a couple of weeks, comparing common STDs to the mild inconvenience of a cold.

Dr. Robert Woodward, the Medical Director at McKinley Health Center, said he is unsure if STD rates will continue to rise, but that STDs will continue to affect the health of students.

If untreated, STDs can affect a person’s fertility levels in the future. There also is a certain amount of stress relating to being infected.

“The stress of having any STD can have a negative consequence on a student that may cause anxiety,” Woodward said in an email. “The anxiety may distract students from focusing on the main reason they are (on) campus which is to get an education.”

For those with a fear of being tested, Coletta recommends going to McKinley Health Center with a friend, where testing is free with the student fees.

“Just let them know it’s a very routine exam and the people at McKinley testing for these things do it every day,” Coletta added.

STD testing is also available for no cost at the Champaign-Urbana Public Health Department.

By combating rising rates with education, both Rice and Coletta believe that students will have a greater chance of protecting themselves against STDs.

“There’s a lot of stigma around it that needs to change, even on such a liberal campus like this,” Coletta said.