



DENTON COUNTY HEALTH DEPARTMENT

Women's Health Program

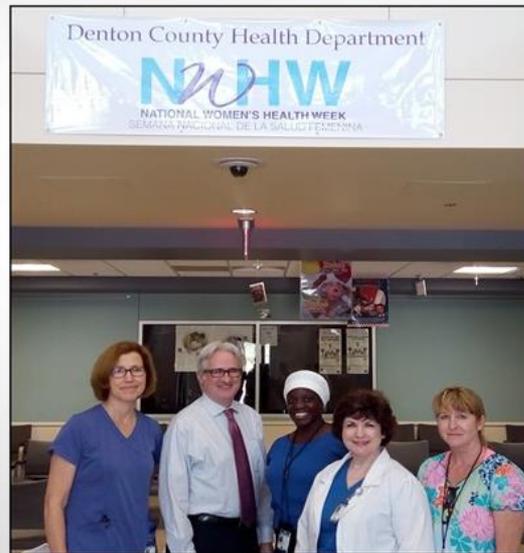
(Cuidado Para la Salud de la Mujer)



INTRODUCTION

❖ *Denton County Health department provides preventive public health services by assuring disease surveillance and working to prevent the spread of disease, protecting against environmental hazards, promoting and encouraging healthy behaviors, preparing and responding to disasters, and assisting communities in recovery efforts. Our mission is to improve the health outcomes of our residents in an effort to make Denton County a healthier place to live, work, and play.*

WOMEN'S HEALTH PROGRAM STAFF



Left to Right: Suzanne Fritts-Nurse, Matt Richardson- Director for Denton County Health Department , Priscilla Wachira-Community Health Worker, Stephanie Tatalos-Nurse Practioner, Vickie Bindel-Nurse

WOMEN'S HEALTH PROGRAM SERVICES

❖ *General woman exam*

- 1) *Well woman exam*
- 2) *Clinical breast exam*
- 3) *Screening and treatment for sexually transmitted infections*
- 4) *Treat urinary tract infections*
- 5) *Treat yeast infections*
- 6) *Prenatal care*

❖ *Examen para la mujer*

1. *Examen para el bienestar de mujer*
2. *Examen de los senos*
3. *Chequeo y tratamiento de infecciones de transmisión sexual*
4. *Tratamiento para infecciones de la orina*
5. *Tratamiento para infecciones vaginales*
6. *Cuidado prenatal*

SERVICES CONT.

❖ *Menstrual Irregularities*

- 1) *Painful periods*
- 2) *Heavy bleeding*
- 3) *Pelvic pain*
- 4) *Hormone replacement therapy*

❖ *Irregularidades Menstruales*

- 1) *Menstruaciones dolorosas*
- 2) *Sangrado excesivo*
- 3) *Dolor de pelvis*
- 4) *Terapia para el reemplazo hormonal*

SERVICES CONT.

❖ *Family Planning Services*

- 1) *Oral contraceptives*
- 2) *Depo-Provera “the shot”*
- 3) *Nexplanon*
- 4) *Condoms*
- 5) *Patch*
- 6) *Ring*
- 7) *Intrauterine device (IUD)*
- 8) *Abstinence counseling*
- 9) *Natural family planning*
- 10) *Pre-conception counseling (planning for healthy pregnancy)*

❖ *Servicios de planificación familiar*

- 1) *Anticonceptivos orales*
- 2) *Depo-Provera – Inyección*
- 3) *Nexplanon*
- 4) *Condomes*
- 5) *Parches*
- 6) *Anillo*
- 7) *(IUD) Dispositivo intrauterino*
- 8) *Asesoría para la abstinencia*
- 9) *Planificación natural familiar*
- 10) *Asesoría previo al embarazo (planificación para un parto saludable)*

SERVICES CONT.

❖ *Screening for*

- 1) *Anemia*
- 2) *Cholesterol*
- 3) *Thyroid*
- 4) *Colorectal cancer*
- 5) *Pregnancy*
- 6) *Prenatal care*

❖ *Examen para la mujer*

- 1) *Examen para el bienestar de mujer*
- 2) *Examen de los senos*
- 3) *Chequeo y tratamiento de infecciones de transmisión sexual*
- 4) *Tratamiento para infecciones de la orina*
- 5) *Tratamiento para infecciones vaginales*
- 6) *Cuidado prenatal*

WOMEN'S HEALTH RESOURCES

- ❖ <http://dentoncounty.com/Departments/Health-Services/Womens-Health-Care.aspx>
- ❖ <https://www.dshs.state.tx.us/wichd/>
- ❖ <http://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program-snap>
- ❖ <https://www.moncrief.com/>
- ❖ <http://lewisvillemedical.com/service/womens-services>
- ❖ http://dentoncounty.com/~media/Departments/Health-Services/PDFs/Distribution-Flyer-English_2008.pdf
- ❖ http://dentoncounty.com/~media/Departments/Health-Services/PDFs/Distribution-Flyer-Spanish_2008.pdf
- ❖ <http://studentaffairs.unt.edu/womens-health>
- ❖ <http://www.twu.edu/student-health-services/health-services.asp>
- ❖ <http://komemorthtexas.org/>
- ❖ <http://www.dentonprc.org/>
- ❖ <http://www.inannabirth.com/>
- ❖ <http://www.womenscentre.net/>
- ❖ <http://cfwdenton.com/>
- ❖ <http://www.solismammo.com/denton>
- ❖ <http://www.healthntx.org/#prenatal-care/c1853>
- ❖ <https://www.texashealth.org/denton/Pages/Services/Women-and-Infant-Services.aspx>

LOCAL EVENTS

- ❖ *September 23rdth, 2016—Air 1 Single Mom's Night Event (Irving, TX)*
- ❖ *September 30th, 2016- - Kick up you Heels for the Cure (Fort Worth, TX)*
- ❖ *October 1st , 2016- - Sister to Sister Fitness Festival (Cedar Hill, TX)*
- ❖ *October 1st , 2016 - - Texas Women's University Dig for the Cure Volleyball Game (Denton, TX)*
- ❖ *October 8th, 2016- -Susan G. Komen Race for the Cure (Wichita Falls, TX)*
- ❖ *October 15th, 2016- - Susan G. Komen Race for the Cure (Dallas, TX)*
- ❖ *October 16th, 2016- - Texas Women's University Kick for the Cure Soccer Game (Denton, TX)*
- ❖ *October 29th, 2016- - October 29th , 2016- - Making Strides of North Texas (Arlington, TX)*
- ❖ *November 5th, 2016- 6000 Sisters, 6000 Steps for hope: Breast Cancer Walk and Expo (Dallas, TX)*



SOCIAL MEDIA

❖ *This toolkit provides a selection of sample posts, many with optional links. You can access these posts as they are—or as a starting point for your own customized posts. Ideally, these messages are about 250 characters or less. This allows the entire post to be viewed in the newsfeed.*

SOCIAL MEDIA CONT.

❖ Facebook Post examples:

Week 1 Introduction to breast Cancer

10/3 -What is breast cancer?

- Breast cancer is a disease in which malignant (cancer) cells form in the tissues of the breast. The damaged cells can invade surrounding tissue, but with early detection and treatment, most people continue a normal life.
- <http://www.nationalbreastcancer.org/what-is-breast-cancer>

10/4 -Facts about Breast Cancer in the United States

- One in eight women will be diagnosed with breast cancer in their lifetime.
- Breast cancer is the most commonly diagnosed cancer in women.
- Breast cancer is the second leading cause of death among women.
- <http://www.nationalbreastcancer.org/breast-cancer-facts>

10/5- Facts about breast cancer in our area

- According to the Texas Cancer Registry between the years of 2011 and 2012 there were 707,536 women at risk of breast cancer in Denton County. Out of 707,536 women 776 were diagnosed with breast cancer. (<http://www.cancer-rates.info/tx/>)

SOCIAL MEDIA CONT.

❖ *Week 2 Prevention and Detection*

10/6-What can I do to reduce my risk of breast cancer?

- *Lifestyle changes have been shown in studies to decrease breast cancer risk even in high-risk women. The following are steps you can take to lower your risk:*
- *Limit Alcohol*
- *Don't Smoke*
- *Control your weight*
- *Be physically active*
- *Breast feed*
- *Limit dose and duration of hormone therapy*
- *Avoid exposure to radiation and environmental pollution*

10/7-What is a mammogram

- *A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer.*
- *Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives. (http://www.cdc.gov/cancer/breast/basic_info/mammograms.htm)*

SOCIAL MEDIA CONT.

10/8-When should I get a mammogram?

- *The United States Preventive Services Task Force recommends that women should have mammograms every two years from age 50 to 74 years. Talk to your health professional if you have any symptoms or changes in your breast, or if breast cancer runs in your family. He or she may recommend that you have mammograms before age 50 or more often than usual.*

(http://www.cdc.gov/cancer/breast/basic_info/mammograms.htm)