

Taking control of infections means:

- If you think you have an infection, visit your doctor.
- Practice safer sex; use a condom.
- Limit your number of sexual partners.
- Visit a dentist for a check-up and cleaning.
- Brush and floss teeth daily.
- Avoid douching.
- Develop social supports to help reduce stress.

Every woman needs her own health care provider. Contact a community health center, hospital or health department to help you find yours.



ADDITIONAL RESOURCES

American Diabetes Association
(800) 342-2383
www.diabetes.org

American Heart Association
(800) 242-8721
www.americanheart.org

Planned Parenthood
(800) 230-PLAN
www.ppwi.org

Wisconsin Family Planning Waiver
(800) 362-3002

Wisconsin Maternal and Child Health Hotline
(800) 722-2295

Special thanks to Pinellas County Public Health Department.



MS C630A, PO Box 1997, Milwaukee, WI 53201-1997
(414) 266-2743 . Fax (414) 266-3338 . www.idcw.org

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Take CONTROL of your body



EARLY DETECTION CAN SAVE YOUR LIFE

- Do a monthly breast self-exam.
- Schedule an annual physical.
- Have an annual Pap smear.
- Talk to your doctor about the human papillomavirus vaccine. Studies show it can prevent most genital warts and most cases of cervical cancer.



TAKE CONTROL OF YOUR BODY AND LIFE

Give yourself space

If you have had a baby, give yourself time to get your strength and energy back before getting pregnant again. Planned babies are healthier babies and have healthier moms.

- Talk to your doctor about your birth control choices.
- Mark your calendar and renew your birth control on time.
- Talk to your doctor before you stop taking birth control.
- Be protected every time.
- Consider the physical, financial and emotional impact of a baby before becoming pregnant.

Help in reducing unplanned pregnancies can be found through the Wisconsin Family Planning Waiver program.



TAKE CONTROL OF INFECTIONS

Get tested – get treated

Half of women diagnosed with cervical cancer never had a Pap smear.

At least 1 in 4 sexually active teens will contract a sexually transmitted disease during her life.

The Centers for Disease Control and Prevention estimates there are 19 million new sexually transmitted infections every year.



Common infections in women include:

- Sexually transmitted infections, including syphilis, gonorrhea, chlamydia, herpes and HIV.
- Bacterial vaginitis, which often has no symptoms.
- Urinary tract infections.
- Gingivitis (gum disease), which has been linked to heart attacks, strokes, diabetes and premature babies.