In December 1994, the Women’s Health Resource Center opened its doors as a community education center focusing on breast health. Twenty years later, the Resource Center provides education to many different women’s health issues. Since opening, the Resource Center has held or participated in 2,181 events and reached 78,802 women.

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Will I need a Pap today?
Most women do not need to be screened for cervical cancer each year.

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Do you like our new look?
We are celebrating our 20th anniversary at the Olson Women’s Health Resource Center and we thought it would be timely to re-brand our logo this year.

STDs At A Glance
- Douglas County has higher than average rates of chlamydia, gonorrhea, and even syphilis in the U.S.
- HPV, gonorrhea, chlamydia, syphilis, human papillomavirus, hepatitis B, and hepatitis C will also be transferred from one person to another during oral sex.
- Colon exams do not provide 100% protection against STDs.
- Most teenagers cite discussions with friends as the primary reason for using protection against STDs.
- Condoms do not provide 100% protection against STDs.
- The latest guidelines should only be applied to those women with a normal immune system status. If you have an underlying condition or a medication that weakens your immune system yearly Paps or treatment and surveillance intervals after normal follow-up studies show that it is safe to stop.
- Pap smear screening is important for women with complex medical histories.
- This is a common question we are asked during well-woman visits in the Olson Center. By now, most women have heard that the Pap smear is a no-longer-mandated annual test. It is understandable that it is not always easy for providers and patients to feel comfortable about the guidelines that call for less Pap smear screening.
- Women and why fewer Pap smears would bother them more. It is a good time to start to answer this question it is important to be comfortable with your care.
- The bottom line is that your health care provider will try to explain where you fit in terms of these new guidelines. The Provider will try to explain where you fit in terms of these new guidelines.
- The disease process from cervical infection with the HPV virus to cervical cancer takes many years to develop, and generally, the HPV infection is cleared instead of persisting to cause precancer and cancer of the cervix. The cervix is a very simple organ and the Pap is effective at picking up early changes.
- Do you like our new look?

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Current HIV Research at UNMC

The human immunodeficiency virus (HIV) causes the acquired immunodeficiency syndrome (AIDS), a condition in humans in which progressive failure of the immune system allows opportunistic infections and diseases to thrive. The Center for Disease Control estimated that 1.1 million people are living with HIV infection in the United States and about 40,000 new infections are diagnosed every year. Anti-retroviral drugs have prolonged the life of infected patients substantially. The drugs suppress viral replication but cannot get rid of the virus from the body. Stoppage of drug therapy results in viral rebound and reactivation. The ultimate goal for HIV research is to be able to put a drug that can effectively eradicate the virus. The scientists are now close to developing a vaccine that can prevent infection as well. "In the human body, there is no good experimental animal model which can mimic human HIV infection. This fact makes it difficult to study the dynamics of how HIV causes AIDS and to evaluate new treatments before testing in patients," the paper’s authors say. While there have been promising new models for HIV infection, these experiments are done on mice. The authors have conducted a different experiment in a new platform: the brain. This approach is an attempt to find a way to eliminate the virus from the brain. The researchers have found that brain infection is not only costly but harmful. The fact of the matter is that too frequent screening, which has an inherent false positive rate, is not only costly but harmful. There is an app on a mobile device that helps the provider determine the need to do a Pap smear. "Yes, it may be more complicated, but it truly is better care. As the approach to screening patients has been subjected to scientific analysis it became apparent that we were screening patients too often."

In the developing world, mortality rates from this disease have also fallen. The Pap smear has been instrumental in reducing the incidence of cervical cancer in the developing world. Minorly rates from this disease have also fallen. As the approach to screening patients has been subjected to scientific analysis it became apparent that we were screening patients too often. The fact of the matter is that too frequent screening, which has an inherent false positive rate, is not only costly but harmful. There is an app on a mobile device that helps the provider determine the need to do a Pap smear. "Yes, it may be more complicated, but it truly is better care."

Urinary Incontinence in Women

Urinary incontinence is one of those things that most women would prefer not to talk about. A lot of women don’t talk about it and many physicians don’t think about it,“ says Kristin Rooney, MD, Obstetrician and Gynecologist. "What women need to know is that these problems are not normal and there are multiple treatment options that can improve a woman’s quality of life."

Urinary incontinence is the most common type of pelvic floor disorder, followed by fecal incontinence and pelvic organ prolapse. "We start to see an increase in these problems at age 50 when women are in their perimenopausal and menopausal years," the paper’s authors say. Increasing age and childbirth are among the two most common factors that increase the risk of urinary incontinence. Other contributing factors include hip dysplasia, obesity, cigarette smoking and chronic constipation. There are two primary types of urinary Incontinence. Stress incontinence involves urine leakage that occurs when coughing, sneezing, laughing or physical stress on the bladder. Urge incontinence includes a strong urge to void that may result in leakage. Other types of incontinence, including overflow and functional incontinence, occur in patients who need to empty their bladder more than 15 times a day. There is a very different treatment option depending on the type and severity of a woman’s incontinence as well as her expectations," the paper’s authors say. Urinary incontinence can be caused by behavioral changes, medications, procedures, and surgery. "The most common procedure performed is myotomy, which makes some behavior adjustments by lessening the pubic bone and bladder muscle, feeling pelvic organs, and other surgical procedures that will be easy," the paper’s authors say. If natural solutions are not enough, several surgical techniques are available. "Women with less than 50 percent of cure rate, " says Dr. Rooney. "The most common is the incontinence patch which can achieve 60-70 percent success rate. This surgical procedure involves placing a patch inside the urethra to reposition the urethra to prevent the incontinence."

Women are in their peri-menopausal and menopausal years. "A lot of women don’t talk about it and many physicians don’t think about it,“ says Kristin Rooney, MD, Obstetrician and Gynecologist. "What women need to know is that these problems are not normal and there are multiple treatment options that can improve a woman’s quality of life."

Urinary Incontinence in Men

Incontinence is one of those things that most men would prefer not to talk about. "All men do it, but most men do not talk about it when they do," says Dr. Rooney. "What men need to know is that these problems are not normal and there are multiple treatment options that can improve a woman’s quality of life."