

# Volume 8

March, 2009

USA Population  
305,756,138

## Quote of the Month:

**“Life is like riding a bicycle. To keep your balance you must keep moving.”**  
**-Zameen**



## What's Included

- ◆ Syphilis Information
- ◆ Marijuana Health Info.
- ◆ March Madness
- ◆ Tucson Events
- ◆ Teen Programs

*Did you know?!?!?!?*

When hippos are upset, their sweat turns red..

## University of Arizona Project Information

### Project DAP:

Project DAP (Determining Another Path) is a program for adolescents aged 12-17. One of the goals of the program is to promote healthy behaviors among youth, especially with regard to the prevention of HIV, STI's, and unintended pregnancies.

### Proyecto de las Mariposas:

Las Mariposas is a project serving adolescents in an outpatient substance abuse treatment program and is free of charge to those who qualify. The project uses effective models of Adolescent Community Reinforcement Approach (ACRA) along with ongoing support through Assertive Continuing Care (ACC).

# Sexual Health

**Let's talk sex! We know you think it so let's talk....**



A sexually transmitted infection (STI) is an infection that is caused by either a bacteria, virus, or a parasite. A person can get an STI by having unprotected oral, vaginal or anal sex with an infected person. In some cases a person can get STI's by skin to skin contact with an infected person.

## **\*\*\*STI of the Month: Syphilis\*\*\***

**Syphilis is caused by a BACTERIA and can be treated and cured with medications.**

### **Syphilis is passed from one person to another by:**

direct contact with a syphilis sore. Sores occur mainly on the external genitals, vagina, anus, or in the rectum. Sores also can occur on the lips and in the mouth. Transmission of the organism occurs during vaginal, anal, or oral sex. Pregnant women with the disease can pass it to the babies they are carrying. Syphilis cannot be spread through contact with toilet seats, doorknobs, swimming pools, hot tubs, bathtubs, shared clothing, or eating utensils.

Many people infected with syphilis do not have any symptoms for years, yet remain at risk for late complications if they are not treated. Although transmission occurs from persons with sores who are in the primary or secondary stage, many of these sores are unrecognized. Thus, transmission may occur from persons who are unaware of their infection.

### **Symptoms and signs of Syphilis are:**

#### **Primary Stage**

The primary stage of syphilis is usually marked by the appearance of a single sore (called a chancre), but there may be multiple sores. The time between infection with syphilis and the start of the first symptom can range from 10 to 90 days (average 21 days). The chancre is usually firm, round, small, and painless. It appears at the spot where syphilis entered the body. The chancre lasts 3 to 6 weeks, and it heals without treatment. However, if adequate treatment is not administered, the infection progresses to the secondary stage.

#### **Secondary Stage**

Skin rash and mucous membrane lesions characterize the secondary stage. This stage typically starts with the development of a rash on one or more areas of the body. The rash usually does not cause itching. Rashes associated with secondary syphilis can appear as the chancre is healing or several weeks after the chancre has healed. The characteristic rash of secondary syphilis may appear as rough, red, or reddish brown spots both on the palms of the hands and the bottoms of the feet.

However, rashes with a different appearance may occur on other parts of the body, sometimes resembling rashes caused by other diseases. Sometimes rashes associated with secondary syphilis are so faint that they are not noticed. In addition to rashes, symptoms of secondary syphilis may include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches, and fatigue. The signs and symptoms of secondary syphilis will resolve with or without treatment, but without treatment, the infection will progress to the latent and possibly late stages of disease.

### **Late and Latent Stages**

The latent (hidden) stage of syphilis begins when primary and secondary symptoms disappear. Without treatment, the infected person will continue to have syphilis even though there are no signs or symptoms; infection remains in the body. This latent stage can last for years. The late stages of syphilis can develop in about 15% of people who have not been treated for syphilis, and can appear 10 – 20 years after infection was first acquired. In the late stages of syphilis, the disease may subsequently damage the internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints. Signs and symptoms of the late stage of syphilis include difficulty coordinating muscle movements, paralysis, numbness, gradual blindness, and dementia. This damage may be serious enough to cause death.

### **How to prevent Syphilis:**

The surest way to avoid transmission of sexually transmitted diseases, including syphilis, is to abstain from sexual contact or to be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected.

Avoiding alcohol and drug use may also help prevent transmission of syphilis because these activities may lead to risky sexual behavior. It is important that sex partners talk to each other about their HIV status and history of other STDs so that preventive action can be taken.

If someone you know has had unprotected sex and thinks he/she might have an STI or be pregnant, below are organizations who can provide services and offer free condoms:

- Pima County Health Department (STI/HIV testing only) #624-8272
- PCHD Family Planning North #887-0715
- Kino Teen Center #740-4600

Seeking further health information?  
Visit the following:  
<http://www.cdc.gov>  
<http://www.emedicinehealth.com>  
<http://www.health.gov>

*Did you know?*

A chicken with red earlobes will produce brown eggs, and a chicken with white earlobes will produce white eggs.

Here is you're very own Men's NCAA March Madness Bracket. On selection Sunday, March 15, you can fill in this bracket to follow you're favorite teams to the National Championship on April 6.

# MARCH MADDNESS

## Important Dates:

**Selection Sunday™**

**Round 1**

**Round 2**

**NCAA Sweet 16®**

**Elite Eight®**

**Final Four®**

**National Championship**

**March 15**

**March 19, 20**

**March 21, 22**

**March 26, 27**

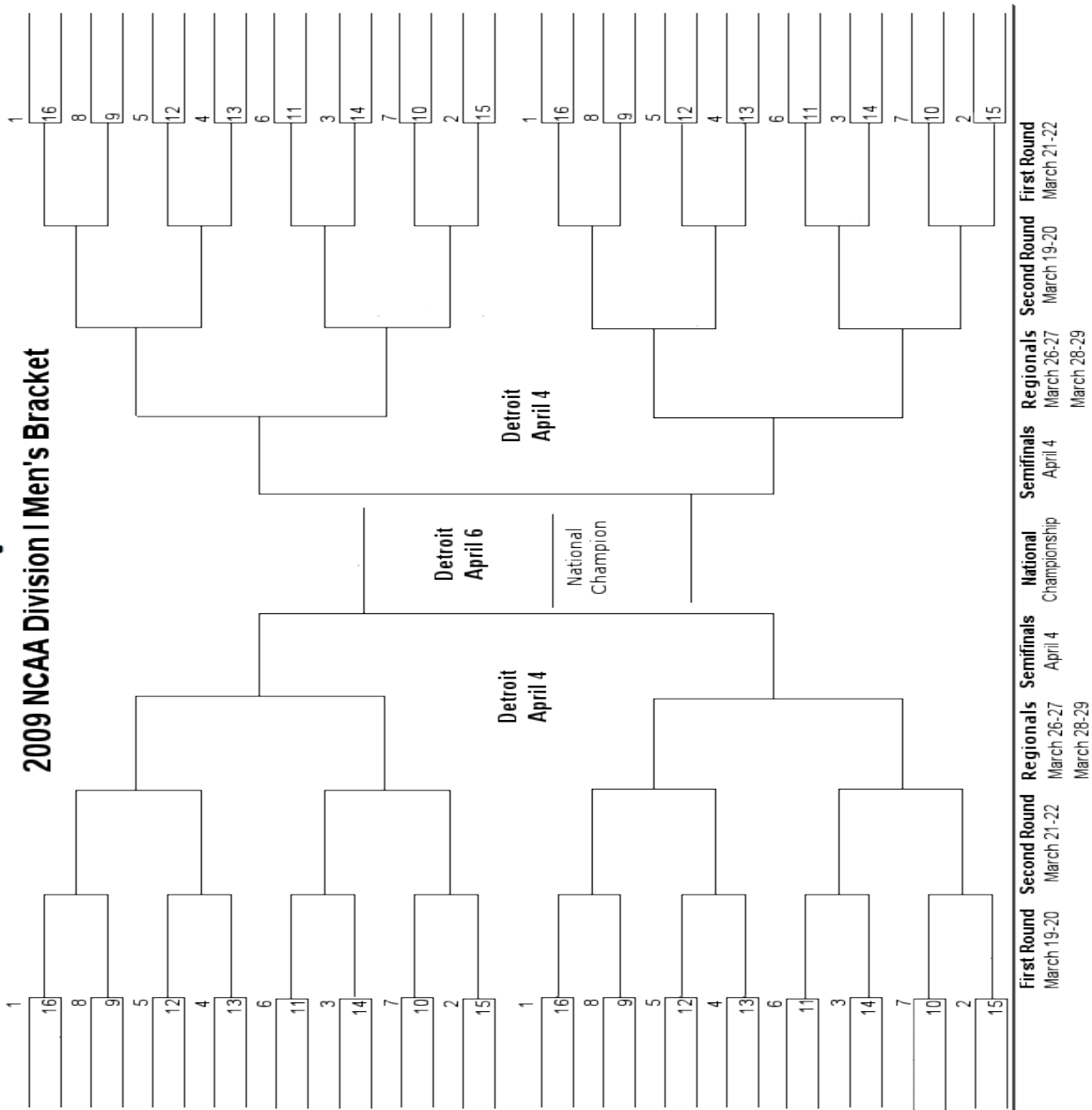
**March 28, 29**

**April 4**

**April 6**

**Chiff.com**

**2009 NCAA Division I Men's Bracket**



# HERE'S TO YOUR HEALTH!

In today's world, health has become a serious factor that people of all ages and ethnicities should pay close attention to. I'm sure you care about what outfit, hairstyle, shoes or even what CD you'll listen to for the day therefore, why not be concerned about your health, right?

## **Marijuana** **Effects**

### **Heart**

One study found that an abuser's risk of heart attack more than quadruples in the first hour after smoking marijuana. The researchers suggest that such an outcome might occur from marijuana's effects on blood pressure and heart rate (it increases both) and reduced oxygen-carrying capacity of blood.

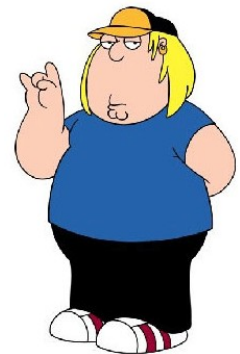
### **Lungs**

Numerous studies have shown marijuana smoke to contain carcinogens and to be an irritant to the lungs. In fact, marijuana smoke contains 50 to 70 percent more carcinogenic hydrocarbons than tobacco smoke. Marijuana users usually inhale more deeply and hold their breath longer than tobacco smokers do, which further increases the lungs' exposure to carcinogenic smoke. Marijuana smokers show deregulated growth of epithelial cells in their lung tissue, which could lead to cancer; however, a recent case-controlled study found no positive associations between marijuana use and lung, upper respiratory, or upper digestive tract cancers. Thus, the link between marijuana smoking and these cancers remains unsubstantiated at this time.

### **Daily Life**

Research clearly demonstrates that marijuana has the potential to cause problems in daily life or make a person's existing problems worse. In one study, heavy marijuana abusers reported that the drug impaired several important measures of life achievement including physical and mental health, cognitive abilities, social life, and career status. Several studies associate workers' marijuana smoking with increased absences, tardiness, accidents, workers' compensation claims, and job turnover.

There's a reason they call it dope.  
- Chris Griffin



### **Anonymous Question Box**

Q: When is it most common for a girl to get pregnant?

A:

*Answered by Isaac Durgin*

Seeking further health information? Visit the following:  
<http://www.aids.gov>  
<http://www.hivandhepatitis.com>  
<http://www.fda.gov>  
<http://www.health.gov>

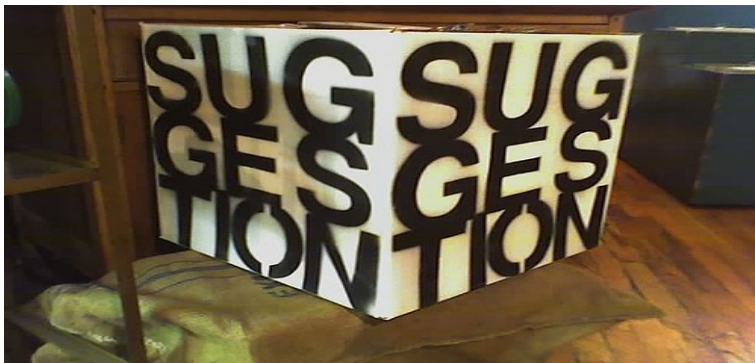
**HI**



A failure is a man  
who has  
blundered, but is not  
able to cash in on  
the experience.  
*-Elbert Hubbard*

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Are there things in this newsletter that caught your eye, anything you have suggestions on or would like to read about—let us know! We want to provide you the information. Please feel free to submit suggestions to [dbernal@email.arizona.edu](mailto:dbernal@email.arizona.edu) or mail to 181 S. Tucson Blvd, Tucson, AZ 85716

Pictures and the information in this issue are curiosity of:  
[theteacherscorner.net](http://theteacherscorner.net)  
[hivandhepatitis.com](http://hivandhepatitis.com)  
[aids.gov](http://aids.gov)  
[alcoholism.about.com](http://alcoholism.about.com)

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