

# SCHOOL NURSE DAILY NEWSLETTER

## Scripture of the Month

Matthew 1:1-2 (NIV)

"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you."


## Topic of the Month

**MY CERVIX, MY RESPONSIBILITY –  
THE CERVICAL TALK**

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November's  
Activity  
Highlight!



Hi everyone, welcome once more to a new school term! I already uploaded a 'Welcome Back' blog with a few updates, so you can go ahead and check it out [HERE](#).



## WHY IS IT IMPORTANT?

From where I'm standing, not many women (females) are concerned with cervical cancer. In our eyes, having cervical cancer is a LONG shot! So, many of us would be shocked to know that cervical cancer is the 4th most common cancer in women globally, with a total of 342,000 deaths in 2020! (WHO, 2023) In April 2023, the Hon. Juliet Cuthbert-Flynn was urging parents to get their girls vaccinated, and every sexually active individual to have a pap smear done. It was also stated that cervical cancer is the second leading cause of cancer-related deaths among Jamaican women! Can you imagine! (Hodges, 2023)



## WHAT DOES HPV HAVE TO DO WITH CERVICAL CANCER?



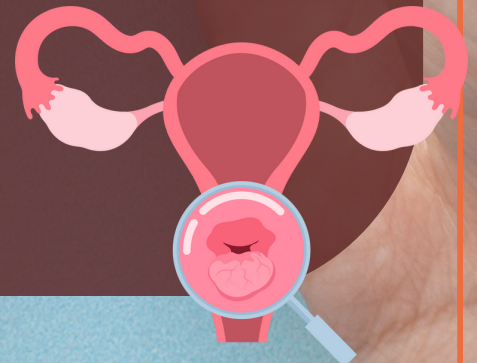
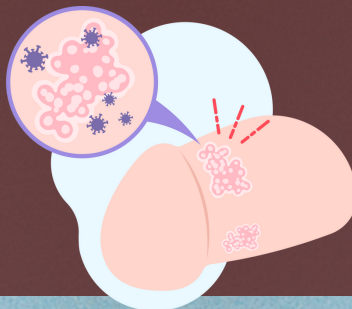
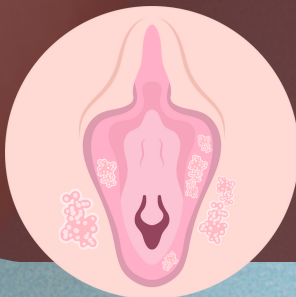
70% of cervical cancer cases are caused by the human papillomavirus (HPV). It is also interesting to know that almost everyone who is sexually active will eventually contract HPV, but it is usually harmless and goes away on its own (Hodges, 2023).

HPV is contracted through sexual intercourse (vaginal or anal) and close skin-skin touching during sex such as the fingers, mouth, and skin contact (Pecta et al, 2020).



## HOW DO I KNOW I HAVE CONTRACTED HPV?

Within the bounds of my school, there is some form of hesitancy towards the HPV vaccine, even with the education that is done. It may be attributed to the fact that 9 out of 10 individuals that have HPV do not show signs or symptoms of the virus. However, with the 1/10 that does show symptoms, they present with genital warts and cancer. The genital warts appear as a small bump or groups of bumps in the genital area (CDC, 2022).





## HOW CAN I PREVENT MYSELF FROM DEVELOPING CERVICAL CANCER?



Being vaccinated against HPV is the most effective way to prevent cervical cancer, along with getting treatment for pre-cancer lesions. It is also amazing that cervical cancer can be cured if it is in its early stages, and treatment is done promptly (WHO, 2023).

It is also important to get screened for the preventable disease by getting a yearly pap smear done. (Hodges, 2023)

*If you have the opportunity to prevent yourself from developing at least one cancer, why not take it?*

**Take care  
of your body**



HELPFUL TIPS

# Nurse D's Tip & Dear Parents

I have noticed that not many of our parents have jumped at the opportunity to have their children vaccinated from HPV, and I believe it is mostly due to our (still present) COVID vaccine conspiracy theories that has now spilled over into the HPV vaccine momentum. We believe that 'if it wasn't available before and we are fine, why do we need it now? It is just another plot to control us and control our wombs' (the grapevine is very active about this vaccine).

I "♥" GOT VACCINATED

But, as humans (I would say Jamaicans, but I believe this is a 'human' thing), if we are not directly affected by something and if adapting to something will not be beneficial to us, then we are less likely to change (Tsaousides, 2022). I urge you all to not be that individual, be the one who takes the precaution, take the vaccine and have your children vaccinated.

Yes, like any other vaccine there will be side effects, we can't get away from that; but the pros outweigh the cons. And, if you ever need further information on this, you can always contact your nearest clinic and speak with your Public Health Nurse (PHN).





# Den Cu Yah!



Both males and females can be vaccinated against HPV. The males may not develop cervical cancer, but they can transfer the virus, that is why it is important for them to get vaccinated (Blackburn, 2018).

Disclaimer: The content on this newsletter should not be used in place of medical/professional consultation or advice, but to be used for educational purposes only.



## References

Blackburn, K.B. (2018, June). HPV vaccine: What age is too late?. The University of Texas MD Anderson Cancer Center. <https://www.mdanderson.org/publications/focused-on-health/focused-on-health-june-2018/hpv-vaccine--when-is-it-too-late-.html#:~:text=The%20bottom%20line%3A%20All%20males,the%20benefits%20of%20the%20vaccine.&text=The%20HPV%20vaccine%20is%20most%20effective%20if%20it%27s%20given%20before%20HPV%20exposure.>

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Petca, A., Borislavski, A., Zvanca, M. E., Petca, R. C., Sandru, F., & Dumitrascu, M. C. (2020). Non-sexual HPV transmission and role of vaccination for a better future (Review). *Experimental and therapeutic medicine*, 20(6), 186. <https://doi.org/10.3892/etm.2020.9316>

WHO (2023). Cervical Cancer. World Health Organization (WHO). <https://www.who.int/news-room/fact-sheets/detail/cervical-cancer#:~:text=Key%20facts,%2D%20and%20middle%2Dincome%20countries.>

Thank  
YOU!



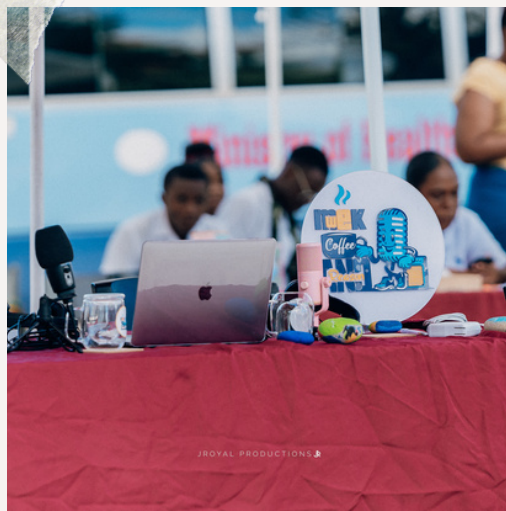
# INTERACTIVE WELLNESS FAIR

For the month of November, we hosted a wellness fair that was in recognition of World AIDS Day, which is celebrated on December 01. We has the HIV tests and health checks done by the Clarendon Health Department, a drama piece by the drama club, the launch of the Mek Wi Coffee n Reason Podcast, a Creative Hands Club Auction, and ended with a panel discussion.



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