To: Local Newspaper
From: Lorrie Youngs, RN, CRNP
RE: National Condom Week
Release Date: Immediately (February 2014)

National Condom Week

If you really love your partner, spouse or mate, don’t be a fool and have a healthy and loving relationship. Always remember that all sex should be safer sex.

National Condom week is recognized in the United States (US) the week of Valentine’s Day. This week was chosen to coincide with one of the most romantic holidays. This week is used to educate about prevention of sexually transmitted diseases (STD’s) and unplanned pregnancies. The only way to prevent STD’s and pregnancies is abstinence. Sex and sexuality are vital throughout our lifespan and there is no on or off switch. Young or old, gay or straight, male, female, or transgender, we are all human and we are all sexual. With this being said promotion of condoms use for prevention is the key.

Condoms have been produced from many different products. The first rubber condom was produced in 1855, after the discovery of natural rubber, in 1839.

The state statistics for STD’s are disheartening due to the fact that these diseases are preventable with abstinence or the proper use of condoms. Chlamydia is the most highly reported infection in the nation and in Michigan. Michigan reported the following cases of STD’s in 2012: 48,727 Chlamydia cases, 12,770 Gonorrhea cases and 757 Syphilis cases. The estimated prevalence of HIV/AIDS in Michigan for 2012 is 19,300; and almost 4,000 residents are unaware of their HIV/AIDS infection. Michigan ranks 10th in the United States for Chlamydia and Gonorrhea cases.

Early diagnosis and intervention is an important part of decreasing the chance of spreading infections. The Centers for Disease Control and Prevention (CDC) estimates that there are approximately 19 million new STD infections each year; and almost half of them are among young people ages 15 to 24. The cost of STD’s in the US health care system is estimated to be as much as
$15.9 billion annually, because many cases of STD’s go undiagnosed and some common viral infections such as human papillomavirus (HPV, genital warts) and genital herpes, are not reported to the state or CDC at all. This cost only represents the STD’s that are reportable.

Central Michigan District Health Department is alerting the public to the need for safe sex. The need for condom awareness and consistent and proper use is needed to control and stop the spread of STD’s and unplanned pregnancies. For more information on condoms, the proper use of condoms, and STD and pregnancy information call one of the local health department branch offices and someone will be of assistance to you.

Arenac County: (989) 846-6541 ext. 8409  Isabella County: (989) 773-5921 ext. 8409
Clare County: (989) 539-6731 ext. 8409  Osceola County: (231) 832-5532 ext. 8409
Gladwin County: (989) 426-9431 ext. 8409  Roscommon County: (989) 366-9166 ext. 8409

CMDHD offers STD screening and pregnancy tests, as well as education. CMDHD will be offering free condoms during the week of February 10th through February 14th.

If you would like an opportunity to get involved to prevent Sexually Transmitted Diseases or unplanned pregnancies, consider joining Together We Can. Together We Can is a community project aimed at improving health status in the central Michigan area. For more information LIKE Together We Can Health Improvement Council on Facebook, visit our website at www.together-we-can.org or email us at TogetherWeCan@cmdhd.org.

This article has been brought to you by Central Michigan District Health Department, which serves the counties of Arenac, Clare, Gladwin, Isabella, Osceola and Roscommon. Visit our website at www.cmdhd.org and LIKE Central Michigan District Health Department on Facebook.

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