

WOMEN'S HEALTH HANDBOOK



**The Francine LeFrak
Wellness Center**

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Dear Friends,

Thank you for being part of the NJRC family, and thank you for taking the important steps to receive quality healthcare. We value your healthcare, and we are most committed to your access to the best professional medical and behavioral healthcare available. We recognize the importance and necessity of access to healthcare for all persons; it is through the efforts of NJRC that such healthcare is provided to you.

NJRC recognizes that women, whose healthcare needs differ significantly from that of men, must have access to the necessary resources and services to live healthily. As such, we strive to provide women with whatever healthcare services they may need, whether medical or behavioral.

In the *Women's Health Handbook*, you will find a comprehensive resource that details important women's health and medical information, including about women's health exams, and services that are available to you. Additionally, you will find general information about NJRC and the many different services, beyond those pertaining to healthcare, that are available to you. We hope that this handbook will allow your healthcare needs to be quickly addressed and that your health remains a priority.

In closing, NJRC cares deeply about your health and that your healthcare needs are indeed met. We recognize that for anyone to live a valuable and productive life, their health must be a priority.

Thank you, and in health,

Dr. Gloria Bachmann, MD
Medical Director, NJRC

Contents

What is women’s health?	5
Internal Anatomy	6
Family planning and prevention	8
Making an appointment	13
What to discuss with your provider	14
B. R. A. I. N. S	
helping make a decision about your health	18
The Women’s Health Exam	19
After the Exam	23
Hygiene	27
Other Routine Exams	28
Healthy Relationships.....	30
What is NJRC: New Jersey Reentry Corporation.....	31

What is women's health?

External Anatomy

The labia (lips)

Folds of skin around the opening of your vagina. The outer labia is covered with pubic hair and varies in appearance from pink to brownish in color and can be short, long, wrinkly or smooth.

The clitoris

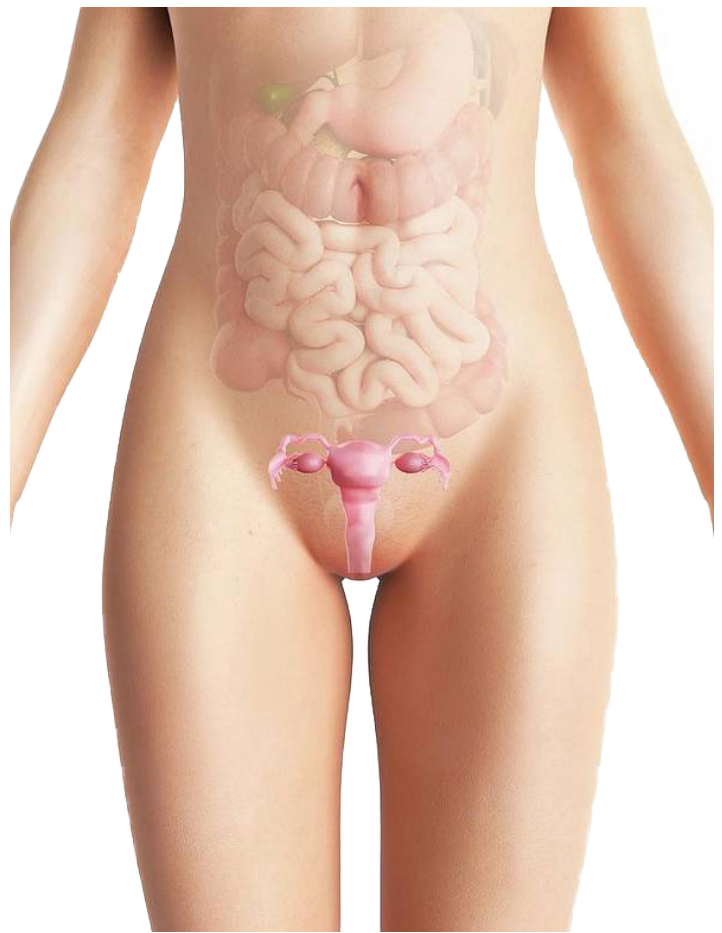
An area of tissue that has thousands of nerve endings which means this area is extremely sensitive to sensation and often this area allows you to feel aroused during intercourse.

Opening of the urethra

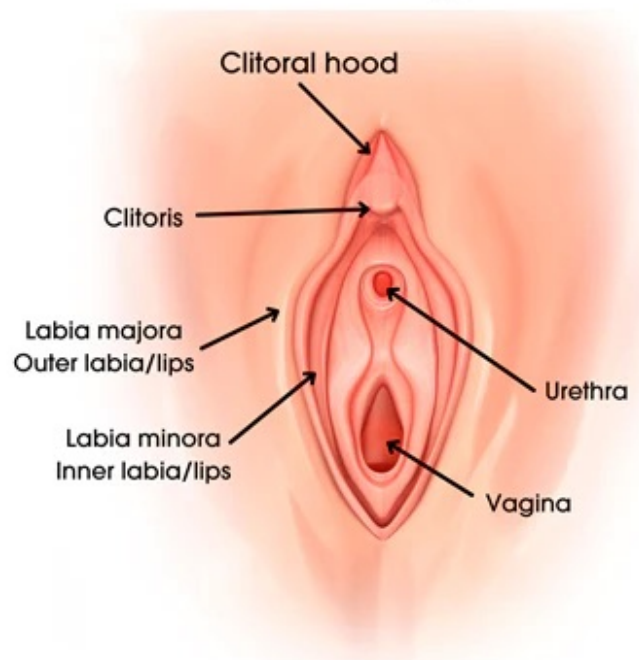
Is a hole located above the vagina opening, the urethra connects to your bladder and allows urine to drain, which is where your pee comes from when you urinate. Females have a shorter urethra compared to men, which is why females tend to have UTIs (urinary tract infections) more frequently than men. Signs of UTIs include: pain when pees, frequent peeing, and abnormal discharge, if you have any of these symptoms you will want to see your provider to get treated as soon as possible.

Opening of the vagina

Is just below the opening of the urethra. Your vagina is where menstrual blood drains from during your period and also babies are born through the vaginal opening. Penises, fingers, sex toys, tampons, and menstrual cups are a variety of things that can go inside your vagina. When having intercourse you should not feel discomfort or pain in your vagina, if you do please speak to your provider. You will also notice a discharge that comes out of your vagina, this is normal and you will have discharge during the day, when you are aroused, and it will change textures depending on your cycle. A normal discharge is clear in color and does not smell, if your discharge is fishy in smell or very lumpy and different in color you will want to see your provider to be elevated.



External Anatomy/Vulva



Internal Anatomy

Female Reproductive System

Vagina

The vagina is a tube that connects your external vulva to your cervix and uterus. This portion is what comes in contact with anything that is inserted into the vagina such as penis, fingers, or tampons.

Cervix

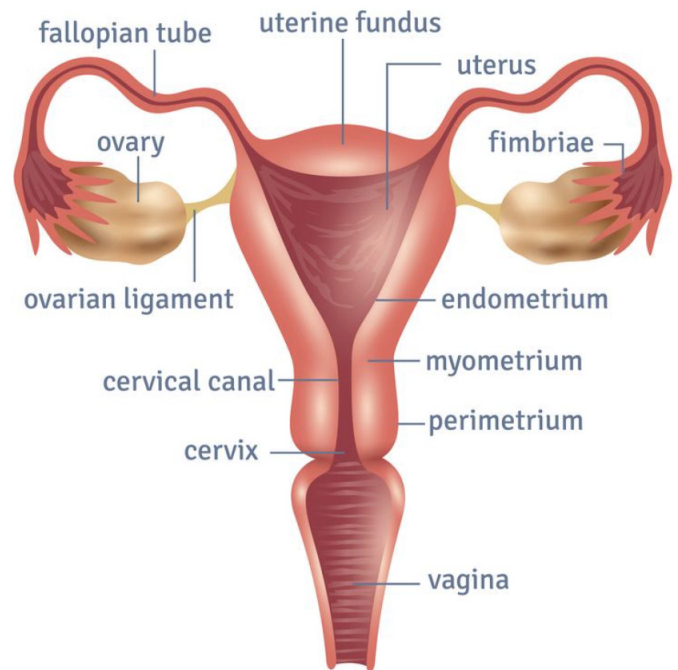
The cervix is the opening to your uterus, it has a small opening in the middle which connects your vagina to your uterus. Sperms enter the uterus through the cervix. During childbirth your cervix dilates from one centimeter to ten centimeters. When you get a pap smear, the provider takes a sample of tissue from your cervix.

Uterus

The uterus is a pear shaped organ the size of a fist. Your uterus is lined with tissues that has a rich blood supply, around the time of ovulation the wall of your uterus is preparing for a fertilized egg to implant so the uterus blood supply increases. If an egg does not implant, then the lining of your uterus will shed and you will have a period/menses as the blood leaves out of your uterus through your cervix and out of your vagina. In the case a fertilized egg does implant into the uterus wall, it will grow inside the uterus and develop into a fetus during pregnancy.

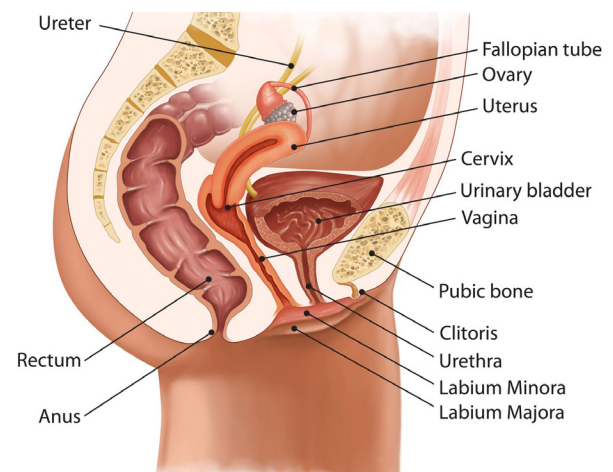
Fallopian tubes

You have two fallopian tubes which are two narrow tubes that connect the uterus to your ovaries. Sperm will travel from the vagina, through the cervix and uterus, and into the fallopian tube where it will wait to fertilize an egg. The opposite end of the fallopian tube catches the ovulated egg from the ovary.



Ovaries

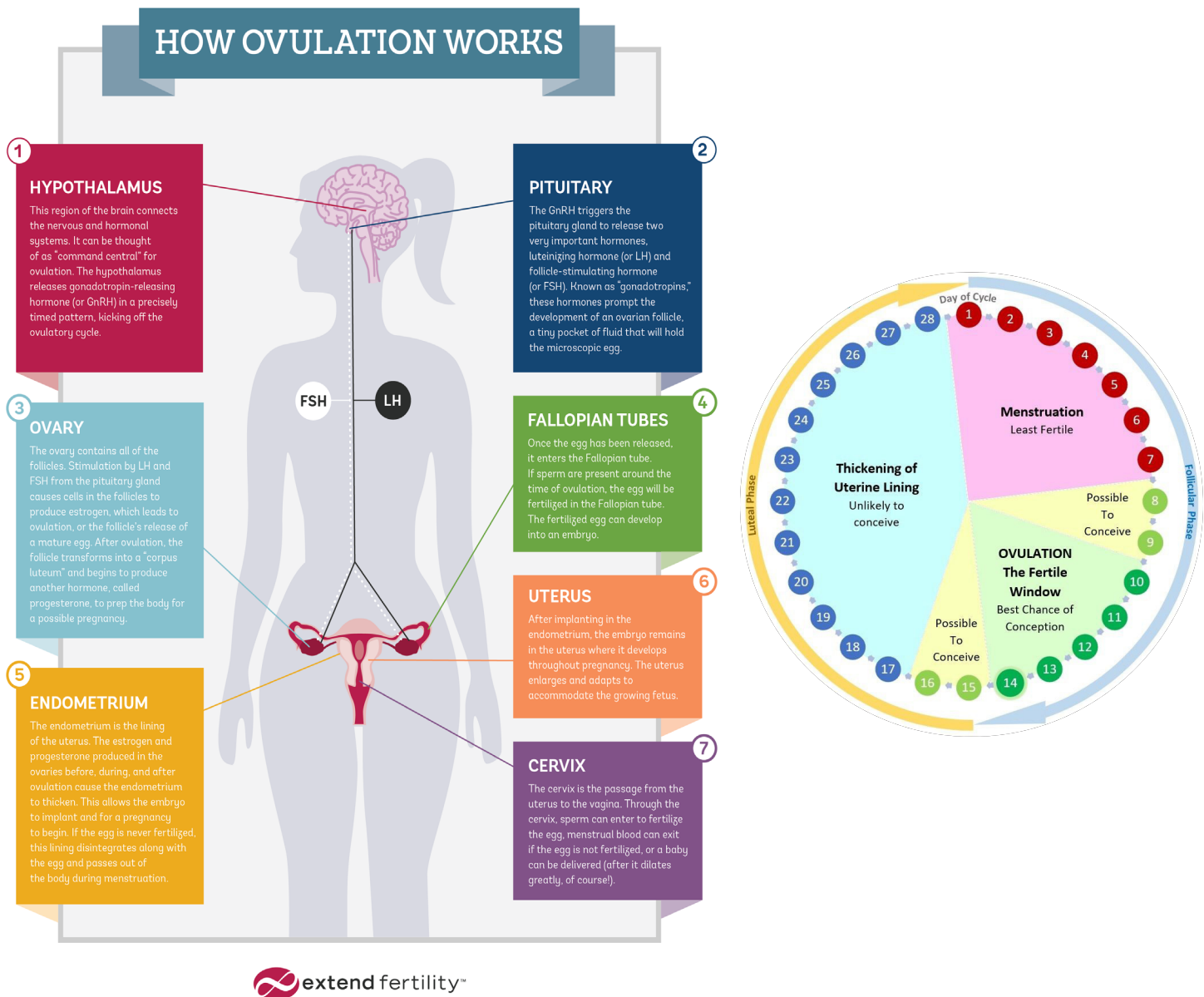
You have two ovaries, one on each side of your uterus. Ovaries store eggs and produce hormones including estrogen, progesterone, and testosterone. These hormones control your menstrual cycle and work in a balance to influence your ovaries to release an egg each month. The egg released from your ovaries contacts your DNA and when combined with the DNA from sperm, it will create a fetus that will grow for nine months in the uterus.



Menses and ovulation

After puberty, your body will have a shift in hormones that allows your ovaries to release an egg each month. This means that each month you have the possibility of becoming pregnant if you are sexual active. Your ovaries function in a cycle that allows your body to ovulate, releasing one to two eggs each month. If the release egg is not fertilized by sperm, then your body will shed the lining of your uterus and as a result you will bleed and experience a period. As a female it is important to familiarize yourself with your anatomy as well as learn more about your menstrual cycle. Every female's cycle is different and it is helpful to use a calendar to mark the start and stop of your period.

The start of your period is the first day of your cycle and a cycle usually lasts 28-31 days. Your period can last around 4 - 10 days depending on how long you bleed and you can either be a light or heavy bleeder. You want to record the last day of your period and then count 5 days, this will start the beginning of your fertility window. Typically 14 days after the first day of your period is when you will ovulate releasing an egg, your body will wait a few days preparing your body for a possible pregnancy. If the egg is not fertilized, then your uterus will shed its lining and you will have a period. The first day of your next period starts a new cycle.



Contraception methods



Family planning and prevention

The decision to become pregnant is a very important personal choice. If you wish to become pregnant or to prevent an unwanted pregnancy your provider is there to help you.

Contraception is a birth control method used to prevent an unwanted pregnancy. There are several different contraceptive/ birth control options available to you and your provider can help you choose which method of contraception is best for you. In addition, some contraceptives also help prevent the transmission of sexually transmitted infections (STIs).

Condoms

Condoms are the most commonly used method of contraception. There are condoms made for both males and females. Condoms serve as a barrier to prevent sperm from entering the female body. In addition, condoms prevent the transmission of sexual transmitted infections therefore if you are using another form of contraceptive to prevent pregnancy it would also still be important to use a condom as well to prevent STIs. Condoms can be purchased in the convenience store.



Birth control pills

Birth control pills as a pack of pills prescribed by your doctor. The pill is taken once daily ideally around the same time each day. The pill contains a balance of hormones that mimic the hormones your body already makes. In specific the hormones in the pills prevent a female body from ovulating, which means your ovaries will not release an egg (as it usually does every month). Without ovulation, sperm will not be able to fertilize the egg and this will prevent a pregnancy. Your provider will discuss how effective the pill is at preventing pregnancy and if there are any side effects and risks. The pill does not protect against STIs.

IUD

IUD is a medical device that is coated with medication. This medical device is inserted into the uterus by a doctor and will stay there until taken out by the doctor. The device makes it difficult for sperm to fertilize an egg and survive. Your provider will discuss how effective an IUD is at preventing pregnancy and if there are any side effects and risks.

Injections and Implants

There are two birth control methods that use the hormone progesterone to prevent pregnancy. It is available as an injection called Depo-Provera that is given once every three months. Or it is available as an implant form, that goes into the arm, called Nexplanon.

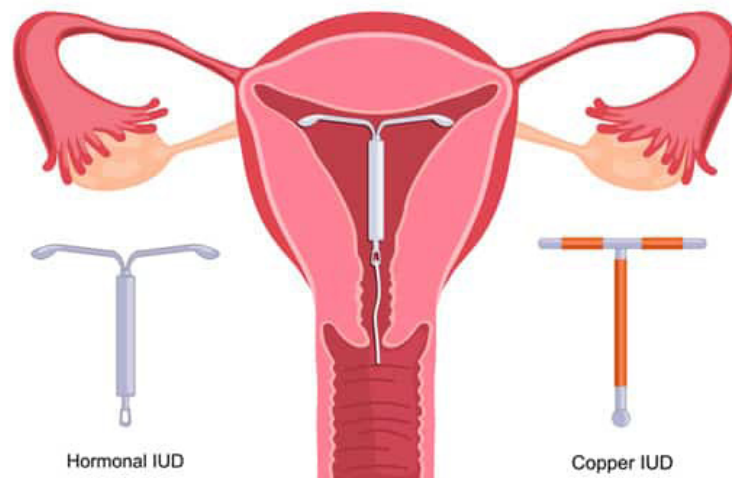
Hyperlink resources:

[type of contraceptives,](#)
[how contraceptives work,](#)
[how to use a condom,](#)
[how birth control pills work,](#)
[injections, implant, IUD.](#)

<https://www.plannedparenthood.org/learn/birth-control>



Intrauterine Device (IUD)



Planning Pregnancy

Cancer screening

Starting at age 21 years old, it is recommended you get your first cervical PAP smear and this is done during your annual checkup visit. Depending on your age and risk for cervical cancer, a cervical PAP smear should be done every 3-5 years.

Pap smear details

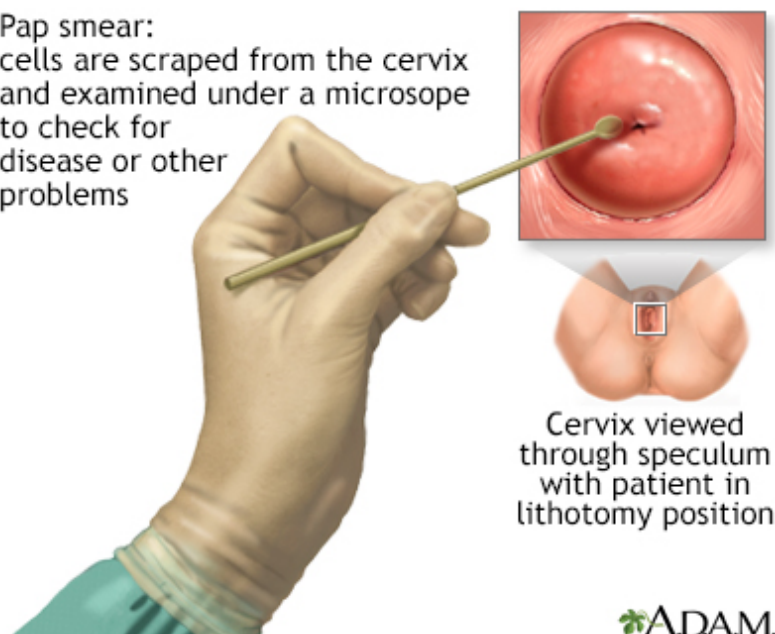
<https://www.hopkinsmedicine.org/health/treatment-tests-and-therapies/pap-test>

Breast health

Breast exams are very important to screen for breast cancer. This can be done by yourself monthly, by the doctor during your exam, or through a mammogram.

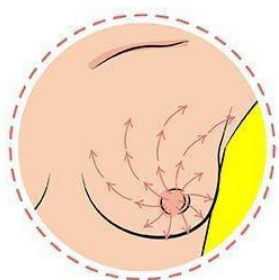


Pap smear:
cells are scraped from the cervix
and examined under a microscope
to check for
disease or other
problems



Cervix viewed
through speculum
with patient in
lithotomy position

ADAM.



WEDGES



EXAMINE BREASTS IN THE MIRROR
FOR LUMPS OR SKIN DIMPLING...



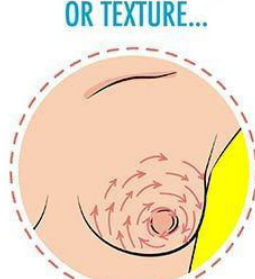
...CHANGE IN SKIN COLOR
OR TEXTURE...



EXAMINE BREAST AND ARMPIT
WITH RAISED ARM



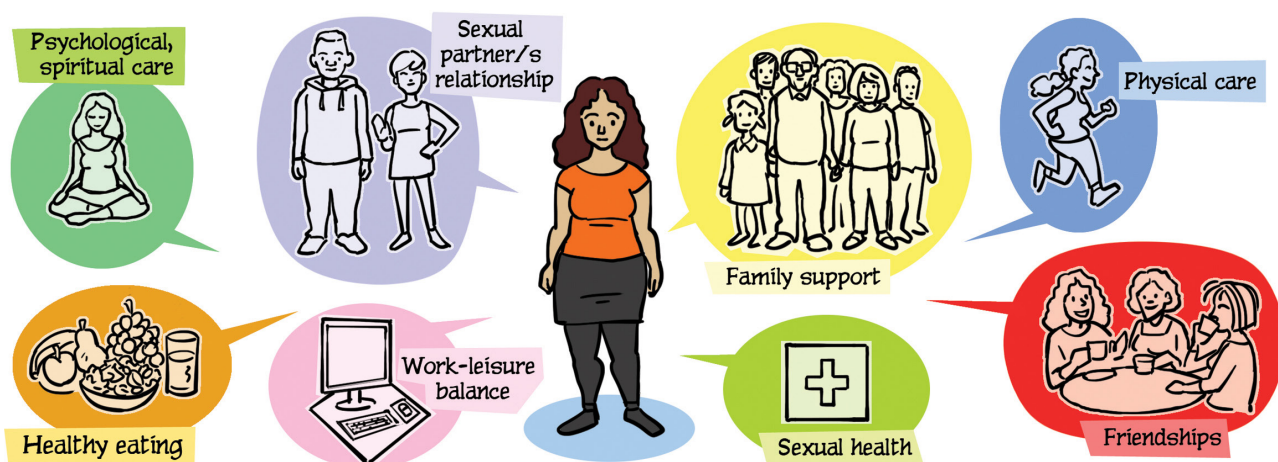
UP AND DOWN



CIRCLES

Sexual health

Your sexual health is also an important topic to discuss with your doctor. Your doctor can help you if you have any questions or are experiencing problems.



Pregnancy care

Deciding to become pregnant is a very important choice. Your doctor is available to help you plan for pregnancy, answer any questions you have, and offer prenatal screenings. Once you are pregnant, your provider will routinely see you in the office to ensure the health of the pregnancy and your baby.



Something is not right...

If you ever feel something is wrong, painful, or different from your normal health such as pain while peeing or abnormal bleeding from your vagina, it would be a good idea to make an appointment with the doctor.

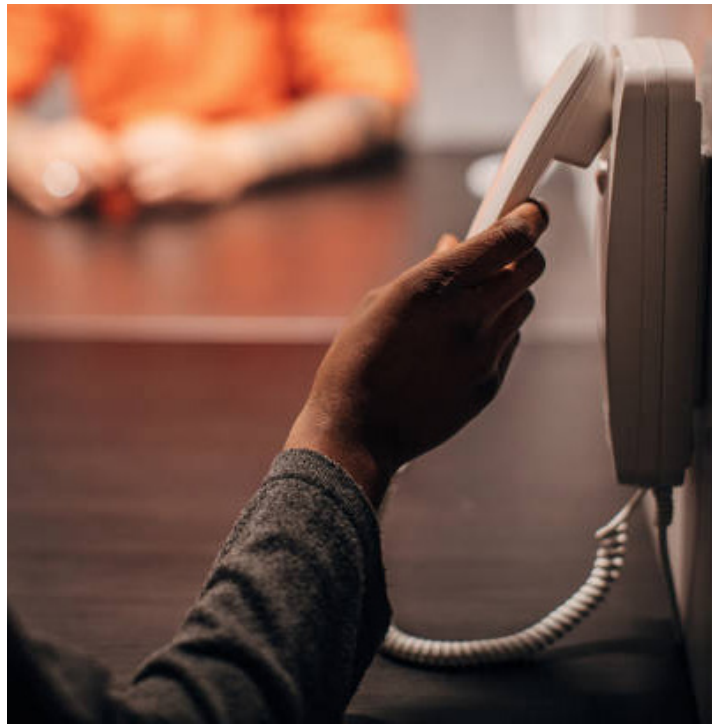


Making an appointment

Find a doctor for a Women's Health Exam

If you already established care with a primary care provider, they may be able to perform the women's health exam for you. If not, they should be able to refer you to a provider who can perform the exam. Alternatively, you can ask your friends or family who they see. Another option when looking for a provider is searching on the internet.

- Upon leaving Edna Mahan Correctional Facility for Women or county jails, you should be able to contact Constance Kusi at 201-515-1661 or ckusi@njreentry.org. Your healthcare navigator can assist you in finding a medical provider. Contact her if you have not received a case manager or health care navigator
- If you are a participant of the NJRC, the Women's Navigation Project was established to support reentry women in their search for healthcare providers.
 - The nurse navigator will be able to assist in connecting you with primary care providers with whom you can establish care.
- The Francine A LeFrak Wellness Center is a clinic for NJRC participants to obtain medical assessments and is a place for most healthcare needs. Participants will be able to have medical, behavioral/mental health, and dental diagnostic screenings. You will also find nutrition and healthy lifestyle resources at the center.
 - Medical assessments are conducted by a nurse practitioner on-site and referred to a doctor close to their home.
 - Clara Mass medical assistant helps to remind clients of their appointments and work out logistics of the appointment. The medical assistant is also in contact with social workers from NJRC to ensure that clients do not have to navigate hurdles prior to their medical assessment.



- To schedule an appointment at the Francine A LeFrak Wellness Center, go to their website to fill out an appointment form:
 - <https://www.njreentry.org/Francine-Le-Frak-Wellness-Center>
- To contact someone from the office: Emily Roemer, Administrative assistant, eroemer@njreentry.org or 973-982-6537 ext 253
- Located at the Governor's Reentry Training and Employment Center
 - 195 Campus Dr, Kearny, NJ 07032

The Women's Project Resource Guide

This online guide, compiled by NJRC, lists out clinics and medical centers per county where reentry women can seek care by looking for the locations that have "Women's Health Care" as one of their services.

https://www.njreentry.org/application/files/5316/4087/8465/The_Womens_Project_-_Resource_Guide_2021.pdf

Do they accept your health insurance?

Ask doctors office when you make an appointment, number on the back of the insurance card to call and ask.

Online health insurance portals can also tell you which providers are in network

Asking for an interpreter

When making an appointment, best time to let them know you need one and which language so that one can be provided to you at time of your appointment/office is prepared.

What to bring to your appointment

ID card
Health insurance card
Questions for the doctor
Family, friend, support

Getting to appointment

Ask friend/family, public transportation
(bus, Uber, Lyft)

Most appointments take an hour, but waiting times may increase the time you will be in the office, plan your day and your transportation

What to discuss with your provider

Why do you need to see the provider today?

Why do you need an appointment? Is it for a check-up or is something wrong?

- Your appointment can be either a focused annual check-up, during this visit the doctor will go over routine questioning and screening.
- If your appointment is because something is wrong, then this visit will be more problem focused to see what is going on and if there are any tests and treatments that may need to be done.

Medical care providers you may encounter during your visit

Secretary

This person you will encounter when you first arrive for your visit. You will check in with them to let the doctor know you have arrived. When you



leaving this person will also help you schedule any future appointments.

Nurse

This person will take you from the waiting room and into your assigned exam room. The nurse will ask what your appointment is for, go over your history and medications. The nurse will also take your vital signs such as weight, heart rate and blood pressure.

Physician/ physician assistant/ nurse practitioner

these three types of providers are able to see you for an annual visit or if something is wrong. They equally care about your health and are able to answer any questions you have. When speaking to the provider, this is the person you want to give full details to. This person will also be the person to do your exam. If your provider is a male and there is a vaginal exam, they will bring in a female nurse to supervise.

Things your provider may ask about include: Chronic Medical Conditions

Your chronic medical conditions include anything you have been diagnosed with in the past examples include: diabetes, high blood pressure (hypertension), genetic conditions, thyroid problems, as well as anxiety or depression.

Allergies

Allergies are an abnormal immune reaction to things such as food, pollen, and medication. If you ever noticed you have seasonal allergies or a reaction to a medicine, make sure to let the staff know what you are allergic to and the reaction you have. Ex: Allergic to penicillin, reaction- hives and itching.

Medication

Are you taking any medication? Medications include prescribed drugs, over the counter drugs, vitamins, and herbal supplements. Let the provider know the name of the medicine, the dose (how much), and how often you take the medication. If you have pictures of your medication, or are able to bring them in to the office, that would be even better.

Surgery

Have you ever had an operation? Tonsil removed, wisdom teeth extracted, appendix removed? You will want to let your provider know what procedure you had, what year it was done, and if there were any complications.

Family History

Your provider will ask you about your family medical history. Knowing your family medical history will help your provider look for any problems you may have now or when you get older. For example, if your mother had/has breast cancer, this is important for your provider to know so they make sure you are up to date with your breast health screening.

LMP, Menstrual Cycle

Your provider will want to know about your menstrual cycle or period. They will want to know what age you first got your period, when you last had your period, and how many days it usually lasts.

Pregnancy History

Deciding to become pregnant is an important choice. Your provider will ask questions such as: Have you ever been pregnant? How many pregnancies have you had? Have you ever experienced a miscarriage? Have you even had an abortion? Have you had any complications in prior pregnancies?

Menopause

Menopause is when a woman stops getting her period. The provider will ask you (if applicable) when your period stopped and any symptoms you may have as a result.

Pap smear

A pap smear is a test your provider does in the office to check for cervical cancer. This is done starting at age 21. If you ever had a pap smear in the past the provider would like to know when you had one and what the results were.

Sexual Activity

- Your sex health is important to the provider. They will want to know if you are sexually active, if you use protection and what kind, how many sexual partners

you have. They will also ask how often you have sex and if you have sex with men, women, or both. The provider may also ask if you have a history of abuse.

- This will be a good time to discuss with your provider if you are having any problems or pain during sex or if you ever bleed after sex.

STIs - Sexually Transmitted Infections

If you are having sex, there is a risk for getting sexually transmitted infections such as chlamydia, gonorrhea, and syphilis. Your provider will ask if you ever had an STI before? If you have, they will want to know what it was, when it happened, and how it was treated.

Breast Health

Your provider will want to check if your breasts are healthy and screen for breast cancer. Sometimes your breast will change or hurt during your period, and this is normal. However, if you ever notice pain, leaking, new bumps or marks on your breast this is important to share with your provider. Some questions you may be asked include: Have you ever felt any lumps in your breast? Do you ever have pain in your breasts? Does any fluid come out of your nipple?

Bladder Health:

Your bladder is a part of your body that stores urine/pee. Your provider will want to ask you questions to check if your bladder is healthy. Questions they may ask include: Do you have trouble urinating (peeing)? Does it hurt or burn when you urinate? Does your urine smell weird? What color is your urine?





TODAY'S HEALTH CARE VISIT

COMPLETE BEFORE THE VISIT

My Name: _____

Today's Date: _____

Who is with me today? _____

Current list of my medications, pills, and vitamins
(attach it for the doctor or nurse)

Do I have a plan or card that pays for my medicine?

Yes / No (list) _____

Did I recently go see any other doctor or dentist?

Yes / No (who?) _____

What was the reason? _____

Why am I at the doctor's or clinic today?

(Things like illness, check-up, follow-up from previous visit, need forms filled out, need medication change or refill, etc.)

QUESTIONS I WANT TO ASK TODAY

ANSWERS TO MY QUESTIONS

MY TAKE-AWAY INFORMATION

Were there any Medication or Diet Changes?

YES / NO *If yes:*

Medication Name: _____

I am to take this _____ times per day, at _____

I am to stay on this for _____ days (or specify _____)

Why do I need to take this? _____

Medication Name: _____

I am to take this _____ times per day, at _____

I am to stay on this for _____ days (or specify _____)

Why do I need to take this? _____

Are there medications I don't need to take
anymore, or anything else I should know?

**Information about today's treatment plan,
recommendations, and/or follow-up**

(Things like illness, check-up, follow-up from previous visit, need forms filled out, need medication change or refill, etc.)

medical professional signature

date

staff or provider signature

date



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B. R. A. I. N. S - helping make a decision about your health

<https://www.tiktok.com/t/ZTRUfw98V/?k=1>

- Making decisions when it comes to your health may be difficult. Here is a helpful acronym to use to help you navigate making a decision. You can use these 6 approaches by yourself or together with your provider.
 - Benefits - What are the benefits of the screening, treatment, or test?
 - What are the benefits of getting a pap smear? Your provider can answer this.
 - Risks - What are the risks of the screening, treatment, or test?
 - What are the risks of getting a pap smear? Your provider can answer this.
 - Alternatives - Are there any alternatives beside the screening, treatment, or tests being recommended?
 - Is there an alternative test to check for cervical cancer beside a pap smear? Your provider can answer this.
 - Instinct - What is your instinct telling you to do?
 - How do you feel about getting a pap smear?
 - Nothing - What if you decided to do nothing?
 - What if you decide not to get a pap smear? Provider can answer this.
 - Space - After speaking to the provider, take 5 minutes by yourself to think about what they said and to think about what you would like to do.
 - Take 5 minutes of alone time to think about the benefit, risk, and alternatives of a risk and decide if you would like to get a pap smear or not.

The Women's Health Exam

Introduction:

Scheduling a woman's health exam once a year is a great way to monitor your reproductive health as well as your overall health. It allows you to set a foundation of care with your provider to discuss your current health and long-term health goals. It also gives you a great opportunity to ask questions about your body.

- One goal of annual visits is to catch any health problems as soon as possible and treat them in order to prevent any future health complications from occurring.
- During an annual well-woman's exam you can expect to have a
 - A full physical exam where the provider checks your weight, blood pressure, heart rate and listens to your heart and lungs.
 - A gynecological exam where the provider examines your breast and reproductive organs including your vagina and bladder.
 - In addition during your visit you can discuss birth control options, family planning, get screening tests done such as Pap smear, get your vaccine up to date, and also schedule your next annual exam.
- When you arrive to your appointment you will first check in with the receptionist, they will ask for your insurance and photo ID. You may need to sign consent forms in order for the doctor to see you and fill out a questionnaire. Then you will wait in the waiting room until a nurse will call your name and bring you to the exam room. The nurse will check your weight, blood pressure, and heart rate. The nurse will also ask you to change into a gown and remove all your clothing, including your bra and underwear. Then the provider will shortly come in after and ask you a series of questions first and then do the physical exam.

Interview

- During every visit, the provider will first begin with asking you a series of questions. They will ask if you have any new symptoms, problems, or concerns? They will ask if you have any questions for them and will provide you medical information if necessary. Once the provider gets a better overall sense of how you currently are doing they will then ask you a series of questions about your health history including past medical history, medications, allergies, surgeries, family history, social history, last menstrual period, and any previous pregnancies.

General Exam

During an annual exam, the provider will start with a general physical exam before moving on to the breast and pelvic exam. The provider will take a look at your eyes, skin, thyroid, abdomen, legs, and listen to your heart and lungs.

Breast Exam

Next the provider will move onto your breast exam. The purpose of your breast exam is to look for any signs that may be a concern for breast cancer. The provider will have you lay on your back, have you raise your arm behind your head, and they will examine each breast and armpit with their hands to feel for any abnormal lumps. The provider may also squeeze on your nipples to check if there is any fluid that comes out. You can ask your provider to teach you how to do a self-breast exam, so that monthly you can check the health of your breast and see if there are any lumps or changes. If at any point you feel uncomfortable you can ask the provider to stop. Lastly, depending on your age or if anything abnormal was felt on your exam the provider may give you a prescription to go get a mammogram.

Pelvic Exam

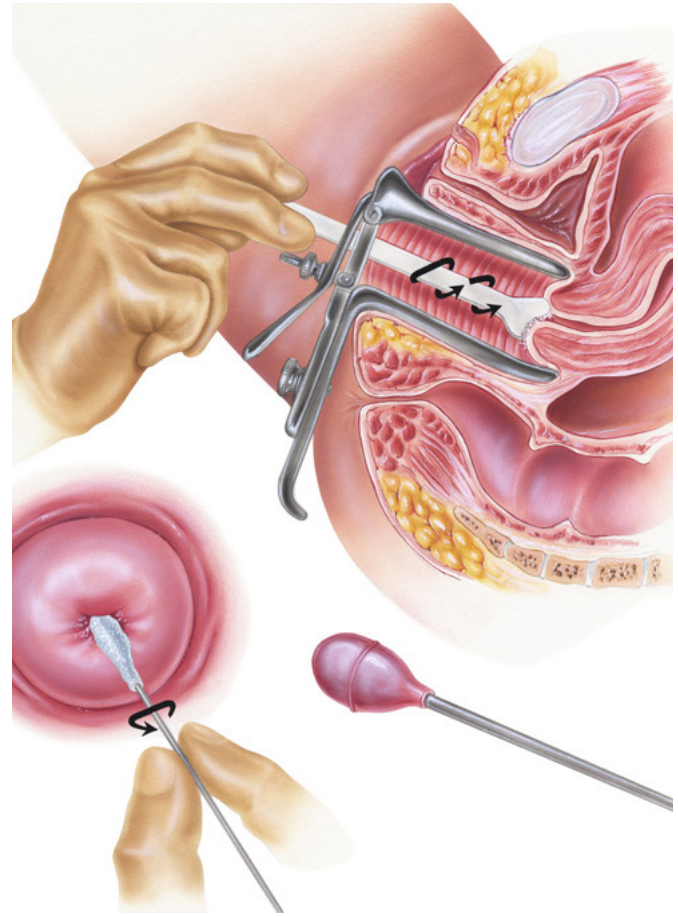
- Next is a pelvic exam, this exam will look at your external genitals such as your vulva, as well as your internal organs such as your vagina, cervix, uterus, and ovaries. At the start of the exam the nurse and provider will help you put both of your

feet in the foot rests at the end of the exam bed, the provider will ask you to move your bottom closer to the end of the table and face your knees outward.

- Your provider will then look at the external genitalia checking for any redness, swelling, irritation, or signs of infection.

Pap Smear

- Next the provider will insert a speculum into your vagina using lubrication. A speculum is a plastic medical device that allows your vagina wall to be opened so the provider can look at your vagina and cervix. While the speculum is placed, the provider will do a pap test, where a sample of your cervix tissue is collected using a swab with a bristled end. You may feel a slight discomfort, but the pap test only takes a few seconds.
- ***ADD what is being tested for with a pap smear ***

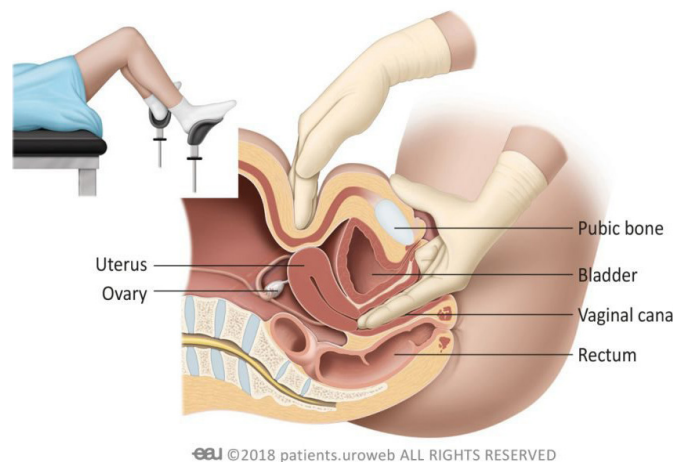


Screening for sexually transmitted infections

- STIs are sexually transmitted infections that spread due to having unprotected sex with an infected individual. Some common STIs include chlamydia and gonorrhea. In order to screen for STIs the provider will use a cotton swab to take a sample of your cervical discharge and send it for testing and you will also be asked to give a urine sample.
- The cervical discharge sample is often taken at the same time as the pap smear

Bimanual Exam

- Now the speculum will be removed and the provider will do a bimanual exam. For this exam, the provider will put on gloves and lubricate two fingers and insert their fingers into your vagina. With the other hand, the provider will press down on your abdomen. This will allow the provider to check the size and shape of your uterus and your ovaries. This will allow the provider to feel for any irregularities such as tumors or cysts.




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If you have HIV/AIDS

- For individuals who have HIV or AIDS your annual well exam is just as important. The providers are well educated on HIV/AIDS and know all the necessary precautions to take when doing your exam and drawing any blood.
- It is important to share with the provider if you have HIV/AIDS, what medications you are taking, and your most recent viral load.
- If you are pregnant or wish to become pregnant the provider will make sure to educate you and work with you during your pregnancy to ensure the safety of your baby and to minimize the possibility of transmission.
- If you HIV/AIDS positive it is very important to use barrier contraceptives such as condoms during sex to ensure that the partner you are intimate with has a decrease risk of getting HIV.






If you have TB or Hep C

- For individuals who have TB or Hep C your annual well exam is just as important. The providers are well educated on TB or Hep C and know all the necessary precautions to take when doing your exam and drawing any blood.
- It is important to share with the provider if you have TB or Hep C, what medications you are taking, and your most recent lab work.






Symptoms of Hepatitis

Early:

-  **muscle pain (myalgia)**
-  **joint pain (arthralgia)**
-  **headache**
-  **fever**
-  **nausea**

Tell-tale:

-  **jaundice**
-  **choluria (darkening of urine)**





If you are part of the LGBTQIA community

- For individuals that identify with the LGBTQIA community your annual well exam is just as important. When speaking with the provider please share your pronouns with them and let them know how you would like to be addressed in order to make you feel the most comfortable during your visit. You can request to see a male or female provider when you make your appointment and also request a chaperone to be in the room. If you are an individual who was born female at birth it is important you continue to check the health of your breast and reproductive organs despite your transition. Regardless of the gender you identify with, your health is the provider's number one priority as well as your comfort and all members of the LGBTQIA community should feel welcomed and supported during their visit.

L

LESBIAN

A self-identified woman who is romantically/sexually attracted to other self-identified women.

G

GAY

A self-identified man who is romantically/sexually attracted to or involved with other self-identified men. 'Gay' can also be used to talk about both men and women or, more generally, the "gay community", but it commonly refers to men.

B

BISEXUAL

A person who is romantically/sexually attracted to or involved with people of the same gender or another gender, "both"/all genders, or is open to such attraction. Note: the word "both" appears in quotation marks to reference the root of bi as meaning two, but also to challenge the binary notion that there are only two genders.

T

TRANS, TRANSGENDER OR TRANS-IDENTIFIED

A term for people whose gender identity, expression, or behaviour is different from those typically associated with their assigned sex at birth. Transgender is a broad term and "Trans" is shorthand for "transgender". (Note: Transgender is correctly used as an adjective, not a noun, thus "transgender people" is appropriate but "transgenders" is often viewed as disrespectful).

2S

TWO-SPRIT

A contemporary term that refers to the historical and current First Nations people whose individual spirits were or are blend of male and female spirits. This term has been reclaimed by some in Indigenous Native American LGBT communities in order to honor their heritage and provide an alternative to the Western labels of gay, lesbian, bisexual, or transgender.

Q

QUEER

An umbrella term for a social, intellectual, and/or political movement that seeks to encompass a broad range of sexual identities, behaviours, and expressions. It is also a personal identity that has been "re-claimed" because "queer" has been historically used as a vicious insult. The letter "Q" added to the end of the acronym LGBT (lesbian, gay, bisexual, transgender) can refer to either queer or questioning.

Q

QUESTIONING

The questioning of one's gender, sexual identity, sexual orientation, or all three is a process of exploration by people who may be unsure, still exploring, and concerned about applying a social label to themselves for various reasons.

I

INTERSEX

A term to describe people who are born with reproductive or sexual anatomy that does not fit typical definitions of male or female. The terms 'intersex' and 'trans' are distinct and should not be used interchangeably.

A

ASEXUAL

A newer term used to describe people who do not experience sexual attraction. Asexuality is not the same as celibacy, which is the willful decision to not act on sexual feelings. Asexual people are quite capable of loving, affectionate, romantic ties to others. In fact there is a lot of diversity in how asexual people experience things like relationships, attraction, and arousal.

+

PLUS SIGN

A plus sign (+) is added to represent the infinite variety of identities outside of, or not represented, by this acronym.

After the Exam

Before the end of the exam, the provider will go over next steps for you, instructions on lifestyle changes and/or medications to start taking until the next visit. A staff member in the office will provide you with printed instructions to take home so that you can review the plan after your visit. Instructions may also be available on your patient portal if your provider has an electronic medical record (EMR) system that offers this feature.

- Do not feel shy to ask questions if you do not understand the plan. You can always call the office if you have any questions and someone will get back to you or you can send a message to someone from the office via the EMR patient portal.

Make follow-up appointment

- After your appointment, your provider will let you know when they would like to see you next. Before leaving the office, you can schedule your next appointment at the desk where you checked in.
- If you are unable to schedule a follow up appointment at the conclusion of your office visit, you can call the office when you have the chance and ask the office staff to schedule you in at the duration of time the provider mentioned (for example, in 4 weeks if the provider said they would like to see you in 4 weeks).
- You can also ask your healthcare coordinator or the Nurse Navigator (if you are an NJRC participant) for assistance.

Pick up prescriptions

- Prescriptions or scripts are what medication referrals are called. If your provider is starting you on a medication, then they will send a prescription/script to a pharmacy so that you can pick it up
- Office staff or the doctor will ask which pharmacy do you go to, meaning which pharmacy do you plan to pick up your

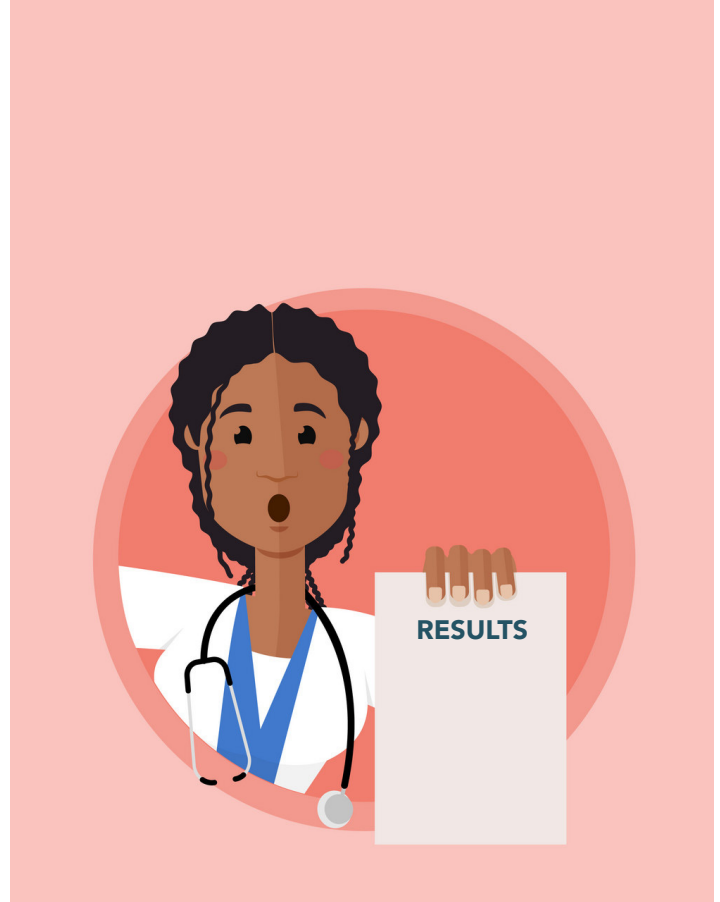


prescription from. Most people choose to go to a pharmacy that is near their house or place of work so that it is convenient to pick up the prescription. Some examples of pharmacies include CVS, Walgreens, Rite Aid, Costco, Walmart, local pharmacy.

- If you are concerned about the cost of your prescription, you can look on the GoodRx app or visit GoodRx online. You will be able to see the prices of medication across various stores and request that your medication be sent to the pharmacy that offers the best price.
- At the pharmacy, you will be asked for your name, date of birth and an employee will give you the medication and tell you how much it costs based on your insurance status.
- In order to take the medication properly, follow the instructions that your doctor provided. If you are uncertain how to take it, you can ask to speak to the pharmacist and go over the medication instructions together before you go home.
- Please reach out to your healthcare provider if you ever have any questions on how to take your medication.

Results

- Depending on the test ordered, it may take days to weeks for the results to come back. Your provider may call you with the results, send you a letter in the mail, ask you to come in for another visit to discuss the results.
- What to do if you don't hear back?
 - Contact the office, tell you results over the phone or will get back to you with the results.
 - EMR system may upload the results to your account so that you can view them yourself.
 - If accessing your EMR chart on a public computer, make sure to fully log out and do not save your log in information to the computer so that strangers are not able to access your information.



Labcorp/Quest account

- Labcorp and Quest are two services that process many tests your provider may order. Providers offices may associate with one lab over another and they will let you know which one that is.
- If you can choose, you can have your samples processed by the lab that is covered by your insurance. You can call labcorp or quest and they should tell you whether your insurance is covered. You can also call your health insurance and they will tell you as well which is covered.
- You can create patient accounts with whichever company you want. When your results are processed, they will be uploaded to your patient account with labcorp/quest where you will be able to see them.



Diagnostic Imaging

During your appointment, your provider might have spoken to you about imaging they might want you to complete prior to your next appointment. Diagnostic imaging can provide answers for why you are having certain symptoms or may be used to screen for other conditions. Imaging tests for women's health can commonly include ultrasounds and xrays.

Ultrasound

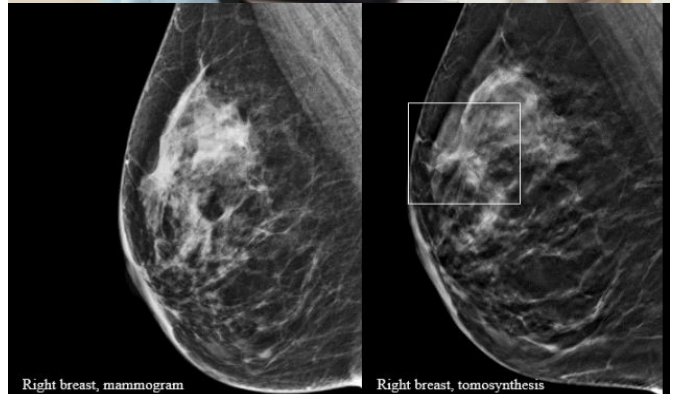
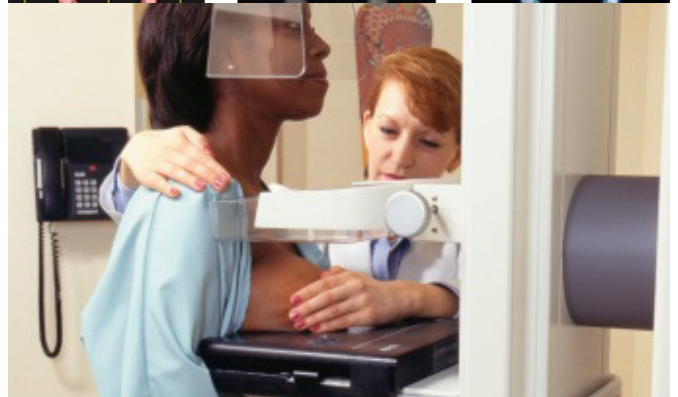
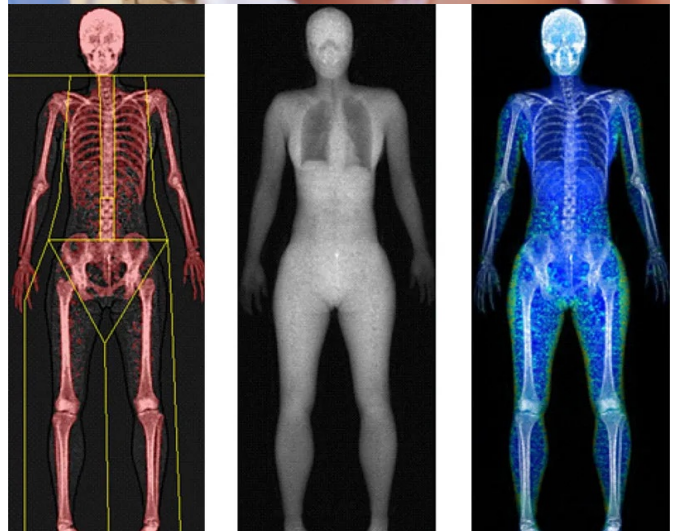
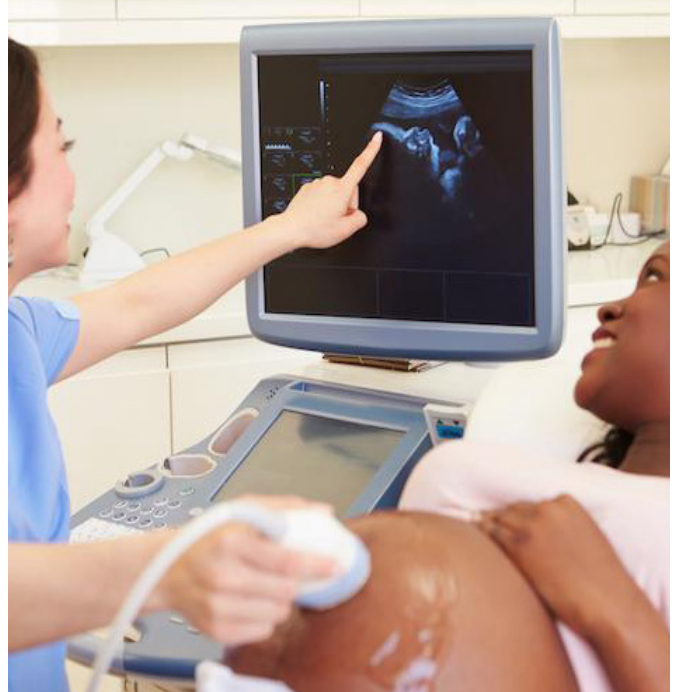
- Can be transvaginal: thin probe is inserted into your vagina to look at your cervix, uterus, and ovaries
- Ultrasounds can also be used on the abdomen to look at these same structures from a different angle.

Dexa Scan

- Xray to check the health of your bone. Healthy bone is a "dense" bone, this test can tell if your bones are thinner than normal, at risk for or have osteoporosis. Happens after menopause and usually start getting this test after 65 years old. Your provider will let you know if you should get it earlier than 65, every 2 years
- Done at special centers, doctor can help you find a center.

Mammogram

- Xray for breasts to take a picture, changes in the tissue to look for signs of breast cancer.
- 50yo yearly, but earlier depending on risk for breast cancer/after talking with doctor about risks and benefits.
- Don't wear deodorant or powder on your underarms the day of your visit.
- If you have a disability that prevents you from standing and/or holding still, you need to tell the person who makes the appointments.
- What happens: breast placed and gently squeezed between flat plastic screens. This may feel uncomfortable. The technician who takes the xray pictures may adjust your breast so that it is in the best



Right breast, mammogram

Right breast, tomosynthesis

position for the pictures. It is important to hold still to get a clear picture because movement causes a blurry picture. Depending on how blurry the picture is, you might have to schedule another appointment to obtain clear pictures

- This is done at special centers. Your doctor can help you find a center. Try to make the appointment just after period so your breasts are not as sore

Watch out for any changes

- Normal changes after a women's health exam
 - After pelvic exam or pap smear: soreness, some blood/fluid when wiping after bathroom. Mild and go away day or so
 - new or abnormal pain

- Pain in your vaginal area or breasts, Cramps, Spotting or bleeding from your vagina that is not part of your regular period
- Feel and shape of breasts

Side effects from medications

- Side effects or do not want to take, talk to provider first to safely stop and find new medication
- May include muscle aches, fever, abdominal pain, changes in bowel movements (diarrhea, constipation) to name a few. Can talk to doctor/ pharmacist about possible side effects of your new medication



Hygiene

Personal hygiene is important to decrease your risk of infection. Developing good personal hygiene habits is also one part of staying healthy. Products for good hygiene while on period: pads, tampons, menstrual cups, period underwear.

Personal cleanliness

Pads

- “Sizes” which are for different flow, heavy light, thick thin
- Sticky side tapes to underwear, soft cotton should be against your body
- Reusable ones that are held in place with snaps

Tampons

- Sizes for flow
- Inserted inside of the vagina, make sure the attached string hangs out of your vagina
- Remember to take it out before putting in a new one
- Ready to take it out when you tug on the string and it easily slips out
- Difficult to pull out, can stay in a little longer/might cause discomfort to remove at this stage
- Practice putting in, most women find comfortable

Menstrual cups

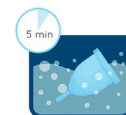
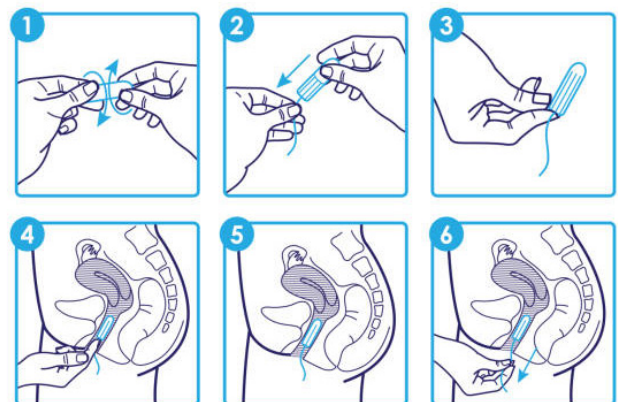
- Reusable silicone or rubber cup/small cone shaped, fold to insert inside. Rests in vagina and collects blood
- Takes practice to insert and remove

Period underwear (some name brand examples)

- Thinx, knix
- Reusable, not one time use. Underwear with padding built into the underwear part that touches your vulva
- Can wash in the washing machine like with regular underwear and other clothes



How to insert a tampon



Boil menstrual cup for 5 minutes before first use



Wash your hands thoroughly



Rolling menstrual cup in one of the ways



Insert the rolled menstrual cup into the vagina



Menstrual cup can hold secretions for up to 12 hours



Remove menstrual cup after 12 hours or as soon as it fills



Empty menstrual cup down the toilet



Wash your menstrual cup with soap and water again



After the end of the cycle, boil your menstrual cup and store in a cloth bag

Other Routine Exams

In addition to the women's health exam, there are other routine exams that you should complete at least yearly, or as needed, including a primary annual exam, a visit to the dentist, and a skin check with a dermatologist

You can find providers for these other exams the same way you look for a provider to conduct the women's health exam. These methods include:

- Asking your PCP (if you have one already established) or friends/family for referrals/recommendations.
- Asking your healthcare navigator. Upon exit from the facility, you should have received contact information for a health care navigator who can assist you in your search for healthcare providers.
 - If you do not have a healthcare navigator, contact Constance Kusi at 201-515-1661 or ckusi@njreentry.org who will refer you to one
- If you are a participant of NJRC, you can:
 - Contact the nurse navigator
 - Call or visit the Francine A LeFrak center where staff can assist in your search for a primary care provider or specialist including
 - Dentistry
 - AIDS/HIV services
 - TB/Hep B services
 - Mental health counseling/screening
 - Substance use treatment/counseling
- The Women's Project Resource Guide
 - This online guide, compiled by NJRC, lists out clinics and medical centers per county where reentry women can seek care for a variety of healthcare needs such as
 - Emergency care
 - Abortion/Birth Control
 - STD testing, treatment, vaccines
 - AIDS/HIV services
 - TB/Hep C services
 - Dentistry
 - Individual, Family, Group therapy

- Substance use treatment/counseling
- Mental Health counseling/screening
- https://www.njreentry.org/application/files/5316/4087/8465/The_Womens_Project_-_Resource_Guide_2021.pdf

Primary annual exam

- This exam is conducted by a provider who is referred to as your PCP (primary care provider/physician) or PMD (primary medical doctor)
- This provider can be a separate doctor or the same one who does your women's health exams.
- This provider focuses on the general health of your other systems (eyes, ears, heart, lungs, digestive tract, musculoskeletal), checks your blood pressure, measures the sugar and cholesterol in your blood, and makes sure that you do not have any concerns or issues with your body.
- This exam happens once a year, but your PCP might want you to visit more often depending on your health status.

Dentist

- It is important to see a dentist yearly to have your teeth and mouth assessed for any cavities or other problems
- Poor dental health is strongly linked to cardiovascular health. Keeping your teeth healthy is one step in keeping your heart healthy too.

Dermatologist

- Skin is the largest organ of the human body and like the others, it should be checked by a specialist yearly who will perform a full body check for spots or marks that look concerning
- By following up with a dermatologist regularly, they will be able to notice new or changing spots over time, which may need to be further evaluated with a biopsy.
- If you have any scars, rashes, or acne, a dermatologist can help figure out next steps for treatment/management

Additional Mental Health resources

- National Suicide Crisis Hotline
1-800-784-2433
- Community Hope
959 Route 46 East, Suite 402
Parsippany, NJ 07054

Phone: 9734639600

- Fax: 973-463-0595
- Hotline 855-483-8466
- ssvf@communityhope-nj.org
- <https://www.communityhope-nj.org/what-we-do/>
- AFSP American Foundation for Suicide Prevention New Jersey
 - Elizabeth Roithmayr-Clemens,
 - Area Director NJ
 - Phone: 908-514-6028
 - Email: eroithmayr@afsp.org
 - <https://afsp.org/chapter/new-jersey>

Additional Substance abuse resources

- Addictions Hotline of NJ 1-800-238-2333
- Alcoholics Anonymous 1-800-245-1377
- Narcotics Anonymous of NJ
1-800-992-0401
- As an NJRC participant, you can be a part of "A New Bridge to Health" program
 - This virtual program provides access to Medication Assisted Treatment (MAT) and healthcare providers
 - You will need to complete and intake process and provide MVC or NJDOC identification

Additional Services for people with HIV/AIDS

- If you are HIV+ or have AIDS, you may also be eligible for the AIDS Drug Distribution Program (ADDP), which provides help paying for AIDS medication for people who don't have other ways of paying. You can apply for this program before you are released
 - Contact the Aids Drug Distribution Program at 609-588-7038 or toll free 877-613-4533, Mon-Fri 9am-5pm to apply.
- CDC National STD and AIDS Hotlines
 - Spanish: 1-800-344-7432
 - English: 1-800-227-8922
- Hyacinth AIDS Foundation

1-800-433-0254

- New Jersey AIDS STD Hotline (Beth Israel)
1-800-624-2377

LGBTQIA Community Care

- If you are part of the LGBTQIA community, it is important to find medical providers who are caring and understanding of the special needs that you have. It is also helpful to be a part of a supportive community who know first hand the struggles are going through
- Services that can be found through LGBTQIA agencies and centers include:
 - Primary care providers
 - Gender affirming surgeries
 - Hormone therapy/endocrinology
 - Community outreach/training/education
 - Behavioral and mental health support systems
- The NJ gov department of Children and Families has a list of agencies and centers around the state that can offer resources and referrals for

LGBTQIA friendly care

Visit the website at <https://www.nj.gov/dcf/adolescent/lgbtqi/> to see which center is closest to you.

For a directory of safe spaces in each county in New Jersey, visit <https://www.nj.gov/dcf/adolescent/lgbtqi/SafeSpaceDirectory.pdf>

Do we highlight PROUD center because its RWJBH and we are RWJBH?

<https://www.rwjbh.org/rwj-university-hospital-new-brunswick/treatment-care/lgbtqia-program/proud-gender-center-transgender-community-servic/>

Healthy Relationships

- After being separated from your home, it is important to surround yourself with a good support system, which can include friends, family, and other loved ones who have your best interest at heart.
- It is important to have a good relationship with yourself first and make sure that taking care of your physical, mental, and spiritual health is one of your top priorities. It is difficult to take care of others if you do not feel your best.
 - While this article was written for couples, it offers helpful tips for self care and mindfulness that you can engage in alone, with a romantic partner, or with friends or family members.
 - <https://www.ameridisability.com/30-self-care-rituals-for-able-bodied-interabled-or-disabled-couples/>

Romantic Relationships

- Importance of consent (FRIES from planned parenthood).
 - Aka permission, not just for sexual relations but in all interactions with people.
- Freely given. Choice without coercion, not under the influence of drugs or alcohol
- Reversible. Choice can be changed at any point in time, even if in the middle of an activity that you just consented to.
- Enthusiastic. Excited and want to do it, not doing it out of obligation or expectation.
- Specific. Making a choice about a specific action (kissing) doesn't automatically mean you've consented to other actions (sex).

Domestic Violence resources

- Your PCP, women's health provider, healthcare contact, NJRC nurse navigator, Francine LeFrak Center can help provide resources if you or someone you know is a victim of domestic violence.
- For county specific resources, visit <https://www.state.nj.us/corrections/pages/ots.html> and look for the guidebook for your specific county.

- Statewide/National 24 hour hotlines that provide support, counseling, or referrals to shelter.
 - Statewide Domestic Violence Hotline (Woman's Space, Inc., New Jersey Coalition for Battered Women) Bilingual and TTY accessible 1-800-572-7233
 - Domestic Abuse Hotline for Men and Women: (888) 7HELPLINE (1-888-743-5754)
 - National Domestic Violence Hotline 1-800-799-SAFE
 - Women Helping Women 24-hour Hotline: 1-877-889-5610
 - <https://www.womenhelpingwomen.org/>
 - Crisis intervention and prevention advocacy for sexual assault, domestic violence, and stalking
 - individual and family counseling for men and women
 - support groups

Family counseling resources

- For help to navigate any problems that may arise from your return home
- Your PCP, women's health provider, healthcare contact, NJRC nurse navigator, Francine LeFrak Center can help provide resources if you are interested in family counseling
- For county specific resources, visit <https://www.state.nj.us/corrections/pages/ots.html> and look for the guidebook for your specific county
- Hotlines For Family Services Resources
 - NJ Child Abuse/ Neglect Hotline: 1-877-NJABUSE -652-2873
 - Child Care Hotline: 1-800-332-9227
 - NJ Child Support Hotline: 1-877-NJKIDS- 1 655-4371
 - Division of Family Development: 1-800-792-9773
 - Department of Child Protection and Permanency: 1 (800) 331-DCPP (3937)
 - NJ Division of Youth and Family Services: 1 (800) 331-DYFS (3937)
 - Family Health Line: 1 (800) 328-3838
 - Family Help Line (for stressed parents):

1.800. THE KIDS -843-2537

- National Domestic Violence Hotline: 1(800) 799-7233
- NJ Domestic Violence Hotline: 1-800-572-7223
- Parents Anonymous: 1-800-843-5437
- Parents Anonymous of New Jersey, Inc.
 - 127 US Highway 206, Suite 10, Hamilton
 - 609-585-7666 // 800-843-5437 (24 hour hotline)
 - Call to confirm group times at different locations.
 - Self-help for parents who are under stress and who want to improve their relationship with their children.
 - Groups meet weekly with a volunteer professional; many groups provide child care.
 - Bilingual and online groups available.

Q & A ask the reentry women what questions they want answered, all misc questions can fall in here

- Common questions and answers.
- Ie- do obgyns routinely drug test?

What is NJRC: New Jersey Reentry Corporation

- It is a non profit organization that works to remove barriers to employment for reentry citizens.
- Staff members develop individualized assessments/treatment plans that address transitional housing/food and shelter assistance, treatment, mental health care (licensed social work counseling), medical care, access to health insurance, addiction treatment
- NJRC provides job training, employment counseling, and employment placement programs, documentation (birth certificate/high school diploma retrieval), obtaining a GED, general immigration assistance (green card), Taxpayer Identification

Number (TIN) assignment

How to become an NJRC participant

- Visit the following website for a list of NJRC office locations and contact info for the site that is most convenient for you: <https://www.njreentry.org/locations>
- Submit a referral online

Other services offered through NJRC

- Community Resource Center (CRC)
 - "Home base" for NJRC with computer labs, employment assistance, resources and referrals for outpatient substance abuse treatment, mental health counseling, sex offender counseling, in-house outpatient mental health counseling
 - Kearny Point (9 Basin Drive, Unit 190; Kearny, NJ 07032)
Phone: 973-982-6071
Fax: 973-900-9338
 - Facility Director:
Denise Miguel, 973-982-6070
 - Submit a referral form:
<https://www.njreentry.org/locations/kearny-crc>

Governor's Reentry Training and Employment Center

- 195 campus drive, kearny, NJ 07032
- Phone: 973-982-6543 // Fax: 201-622-9768
- <https://www.njreentry.org/governors-training-employment-center-1/governors-reentry-training-employment-center-new>
- At the Governor's Reentry Training and Employment Center, assistance is provided to navigate state and federal benefits, legal services, healthcare, housing referrals, and employment.
 - All services are free for NJRC participants
 - The Francine A LeFrak Wellness Center
 - MaloSmilesUSA Dental Screenings
 - Clara Maass Medical Center Medical Screenings
 - The Cunningham Computer Center
 - Financial Literacy with Hudson County

Community College

- Medication-Assisted Treatment from New Bridge Medical Center
- Veterans Assistance: Veterans Justice Outreach initiative
 - Services provided to Veterans regardless of discharge status who are being released from state prison, county jail, or addiction treatment centers as well as those who are court involved who have not been imprisoned but who have engaged with the criminal justice system.
 - Establishing medical/behavioral treatment for physical and mental health problems (such as anxiety, depression, PTSD post traumatic stress disorder) and addiction.
 - Navigating biopsychosocial challenges that widely affect veterans, such as homelessness, food stamps, legal restrictions in employment, criminal background checks, workforce training and maintenance of employment, veterans benefits, and identification.

https://www.njreentry.org/Veterans_Justice_Outreach_Initiative

- This website has a list of other organizations that offer assistance to veterans.
- You will also find a link to fill out an initial interview form.
 - For NJRC contact: Brian McGillivray (site director) 848-238-7006
 - Sharon McGreevey (Director of Veterans Services) 732-322-1045
 - For employment: Richard Liebler at Sansone Auto 973-715-1515
 - For Veterans information: Bob Looby 908-894-0746
 - If you are a veteran, you may be eligible for health care benefits through the Veteran's Administration, which provides a "Medical Benefits Package" for enrolled

veterans. You can call 877-222-VETS for more information about eligibility and applying for benefits.

- Professionals will help participants assess, prepare, and implement short and long term career goals. NJRC will conduct evaluations to determine the best career fit for participants and will outline what skill training will be necessary
 - Training courses offered:
 - Solar technology
 - Construction
 - CISCO Networking Technician
 - Automobile Mechanics
 - SEIU/Healthcare Maintenance
 - GED/High school diploma
 - Plumbing assistant and building maintenance
 - Mechanics
 - Certified phlebotomy technician
 - Telemedicine and addiction treatment
 - To discuss your career options, contact Michael Hayek at mhayek@njreentry.org, 973-982-6532

Legal Services Department

- Project manager: Damon Watson 551-256-9691 or dwatson@njreentry.org
- Provide assistance in navigating the forms, document collection necessary to obtain original or replacement ID (MVC driver license/ID card, birth certificate, social security card).

For Spanish Speakers: NJRC Espiritu Latino

- This is an "initiative to assist more Latinos and Latinas returning from the prison system with a range of social services in their own language that specializes in eliminating barriers to successful reintegration into society"
- <https://www.njreentry.org/espiritu-latino>
- Contact Fayimir Gadeon, at 551-256-9695 for more information

Circle of Care Initiative

This is a group-based discussions and activities support group for women

reentering society. It can serve as first hand tips on how to better care for themselves and also how to rebuild their self-esteem

- Guest speakers provide information on:
 - how to better navigate the healthcare system
 - staying safe in terms of Intimate Partner Violence, vaccine hesitancy and its consequences, pre-conceptual care, prenatal as well as postnatal care, smoking cessation and alcohol abstinence.
 - long-term implications of their substance use and how they can negatively impact the neonatal health and wellness that can result in Neonatal abstinence syndrome as well as Fetal alcohol syndrome <https://www.cdc.gov/ncbddd/fasd/facts.html>
 - For more information contact:
Aleyja Aguirre - 551.225.0924
aaguirre@njreentry.org



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