



# Perinatal e-News

**LA BEST BABIES NETWORK**



Healthy Babies. Our Future.  
Presented by First 5 LA



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[www.LABestBabies.org](http://www.LABestBabies.org)

## Issue #25

- **26% of Adolescent Girls Have an STI**
- **Chlamydia in Pregnancy**
- **Flu Shot Recommendations for Children**

## Educational Event

- **Sweet Success Training**

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**April is National Sexually Transmitted Diseases (STD) Awareness Month**

**National Infant Immunization Week is April 19-26, 2008**

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### **26% of Adolescent Girls are Infected with a Sexually Transmitted Infection**

In the U.S., 26% of adolescent girls (ages 14 to 19) have at least one sexually transmitted infection (STI), according to a study released by the Centers for Disease Control and Prevention (CDC).

The study showed that 15% of girls have more than one STI. Among African-American girls, approximately 48% were infected with at least one STI. Among Caucasian and Mexican-American girls, 20% were infected with an STI. The authors attributed the disparity to the fact that African-American teens have limited access to health care.

"High STI infection rates among young women, particularly African-American women, are clear signs that we must continue developing ways to reach those most at risk," said John M. Douglas Jr., MD, director of the CDC's Division of STI Prevention. "STI screening and early treatment can prevent some of the most devastating effects of untreated STIs."

According to the CDC study, the most prevalent STI reported was human papillomavirus (HPV) with 18% of girls infected. Four percent of girls had chlamydia, 2.5% reported trichomoniasis and 1.9% had herpes simplex virus.

The CDC recommends that girls and women 11 to 26 years of age be vaccinated against HPV. The CDC recommends annual screening for chlamydia in sexually active women under the age of 26 and older women with risk factors.

Other papers presented at the 2008 National Sexually Transmitted Disease Prevention Conference document missed opportunities for STI screening among young women, such as visits for contraception only and emergency contraception. The high prevalence of STIs among

adolescents underscores the need for STI screening to be included in comprehensive reproductive services for young women.

Learn more:

View the CDC's press release, "[Nationally Representative CDC Study Finds 1 in 4 Teenage Girls Has a Sexually Transmitted Disease.](#)"

## Chlamydia in Pregnancy

In 2006, there were 135,827 reported cases of chlamydia in California. Chlamydia continues to be the most commonly reported sexually transmitted disease (STD) in the state, accounting for 76% of reported cases of STDs. It is estimated, however, that nine out of ten cases go undetected and untreated because of lack of symptoms and failure to follow recommended screening guidelines.

Chlamydia is a curable STD. It is caused by the bacteria *Chlamydia trachomatis* and is transmitted through genital, oral or anal sex. Chlamydia can also spread from an infected mother to a child during vaginal birth.

The bacteria affects the cervix and the urethra (urine canal) of infected women. If untreated, the bacteria can spread to the rectum, uterus and fallopian tubes (causing pelvic inflammatory disease). In most cases, symptoms are not present or may be mild.

The Centers for Disease Control and Prevention (CDC) recommends screening for chlamydia for all sexually active women under the age of 26 and older women with either a new sex partner or more than one sex partner. All pregnant women should be screened for chlamydia at the first prenatal visit and again in the third trimester if the women are:

- 25 years of age or younger
- at an increased risk for infection or reinfection.

Up to 40% of women with untreated chlamydia will develop pelvic inflammatory disease (PID). Among these women, approximately

- 1 in 5 will become infertile
- 1 in 5 will suffer chronic pelvic pain
- 1 in 10 will have an ectopic (tubal) pregnancy.

Chlamydia also increases the risk of having a preterm birth. Infants born to infected women may have early infant pneumonia, conjunctivitis (pink eye) and blindness. In men, chlamydia can cause prostatitis (inflammation of the prostate gland), scarring of the urethra, and sterility in rare cases.

LA Best Babies Network joins the American Social Health Association, and the National Coalition of STD Directors, in observing the month of **April as National STD Awareness Month**, and in recommending that healthcare providers review current [California State guidelines](#) for screening and treating STDs in pregnancy.

For more information on STDs, visit [www.cdc.gov/STD](http://www.cdc.gov/STD).

View the California STD/HIV Prevention Training Center's [STD awareness flyer](#).

Learn more about National STD Awareness Month, view available [resources](#).

### **Flu Shots Recommended for Children 6 Months and Older**

The Advisory Committee on Immunization Practices (ACIP), which advises the Centers for Disease Control and Prevention (CDC), has issued a recommendation for flu shots for children 6 months through 18 years of age. Implementation of the new recommendations will take place no later than the 2009-2010 flu season.

The CDC anticipates that approximately 30 million additional children will benefit from this expansion. As a result, the number of flu cases reported annually will decrease dramatically. Previous recommendations limited annual flu shots to children ages 6 months to 59 months.

The recommendations are tentatively scheduled for publication in the CDC's June 2008 issue of the *Morbidity and Mortality Weekly Report*.

In the U.S., immunization protects children against 14 vaccine-preventable diseases. LA Best Babies Network joins the CDC in promoting the benefits of routine vaccinations for infants and children during **National Infant Immunization Week, April 19-26, 2008**.

Learn more:

To view the CDC's child immunization schedule, visit

[www.cdc.gov/vaccines/recs/schedules/pocketsize.htm](http://www.cdc.gov/vaccines/recs/schedules/pocketsize.htm).

To find activities and events in your community that promote infant immunization, visit

[www.cdc.gov/vaccines/events/niw/2008/08activities.htm](http://www.cdc.gov/vaccines/events/niw/2008/08activities.htm).

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## Educational Event

### Sweet Success Affiliate Training, May 5-6, 2008

May 5-6, 2008

"Sweet Success Affiliate Training"

Center for Health Education, Long Beach Memorial and Miller Children's Hospital, 2801 Atlantic Ave., Long Beach, CA 90806

Sponsored by: the California Diabetes and Pregnancy Program (CDAPP)

To register or for more information, [view brochure](#).

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