

# TOILET TALK



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## The Facts ABOUT ... HPV (Genital Warts)

- o **FACT:** Genital HPV infection is a sexually transmitted infection that is caused by human papillomavirus (HPV). Human papillomavirus is the name of a group of viruses that includes more than 100 different strains or types.
- o **FACT:** At least 50% of sexually active people will get HPV at some time in their lives.
- o **FACT:** By age 50, at least 80% of all women will have acquired genital HPV infection.
- o **FACT:** Genital human papillomavirus (HPV) is the most common sexually transmitted virus in the U.S.
- o **FACT:** Most people who have HPV are unaware they have the virus because most people show no symptoms.
- o **FACT:** HPV is associated with cervical cancer.
- o **FACT:** There is no cure for the HPV infection.

Source: [www.cdc.gov](http://www.cdc.gov)

## WHAT CAUSES BAD BREATH?

*Also known as halitosis, bad breath is caused by odor-producing bacteria that grow in the mouth due to irregular brushing and/or flossing. For example, the bits of food left in your mouth and between your teeth accumulate bacteria, which releases sulfur compounds, creating bad breath.*

*Here are some common myths concerning bad breath:*

**Myth #1** - Mouthwash will make bad breath go away.

**The Truth:** Mouthwash only gets rid of bad breath temporarily.

**Myth #2** - As long as you brush your teeth, you shouldn't have bad breath.

**The Truth:** Most people only brush their teeth for 30-45 seconds. To sufficiently clean all the surfaces of your teeth, you should brush for at least 2 minutes at least twice a day. Remember to brush your tongue, too!

**Myth #3** - If you breathe into your hand, you'll know when you have bad breath.

**The Truth:** When you breathe, you don't use your throat the same way you do when you talk. When you talk, you tend to bring out the odors from the back of your mouth (where bad breath originates), which simply breathing doesn't do. Also, because we tend to get used to our own smells, it's hard for a person to tell if he or she has bad breath.

Source: [www.kidshealth.org](http://www.kidshealth.org)



### Feeling stressed? Need some time alone?

Here are 7 ways that you can relax:

1. Sit down. Sometimes taking stress off your feet helps you feel better.
2. Go for a walk.
3. Listen to your favorite music.
4. Talk out loud or to a friend. Getting things off of your chest always helps.
5. Write. Sometimes writing something for your eyes only will help.
6. Meditate. It may sound silly but maybe getting in touch with your senses will help.
7. Work out. When you do something that's fun and helps you look your best, you'll feel much more relaxed.



Source: [www.teenhealthfx.com](http://www.teenhealthfx.com)

**Did you know ...?  
that it takes 25 years for  
a cigarette butt  
to decompose?**

Source: [www.ydoyouthink.com](http://www.ydoyouthink.com)

**I CHOOSE NOT TO HAVE SEX  
BECAUSE 10 MINUTES OF  
PLEASURE ISN'T WORTH A  
LIFETIME OF RESPONSIBILITY.**

**FIND YOUR REASON**

Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative

Questions? Contact us!

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