



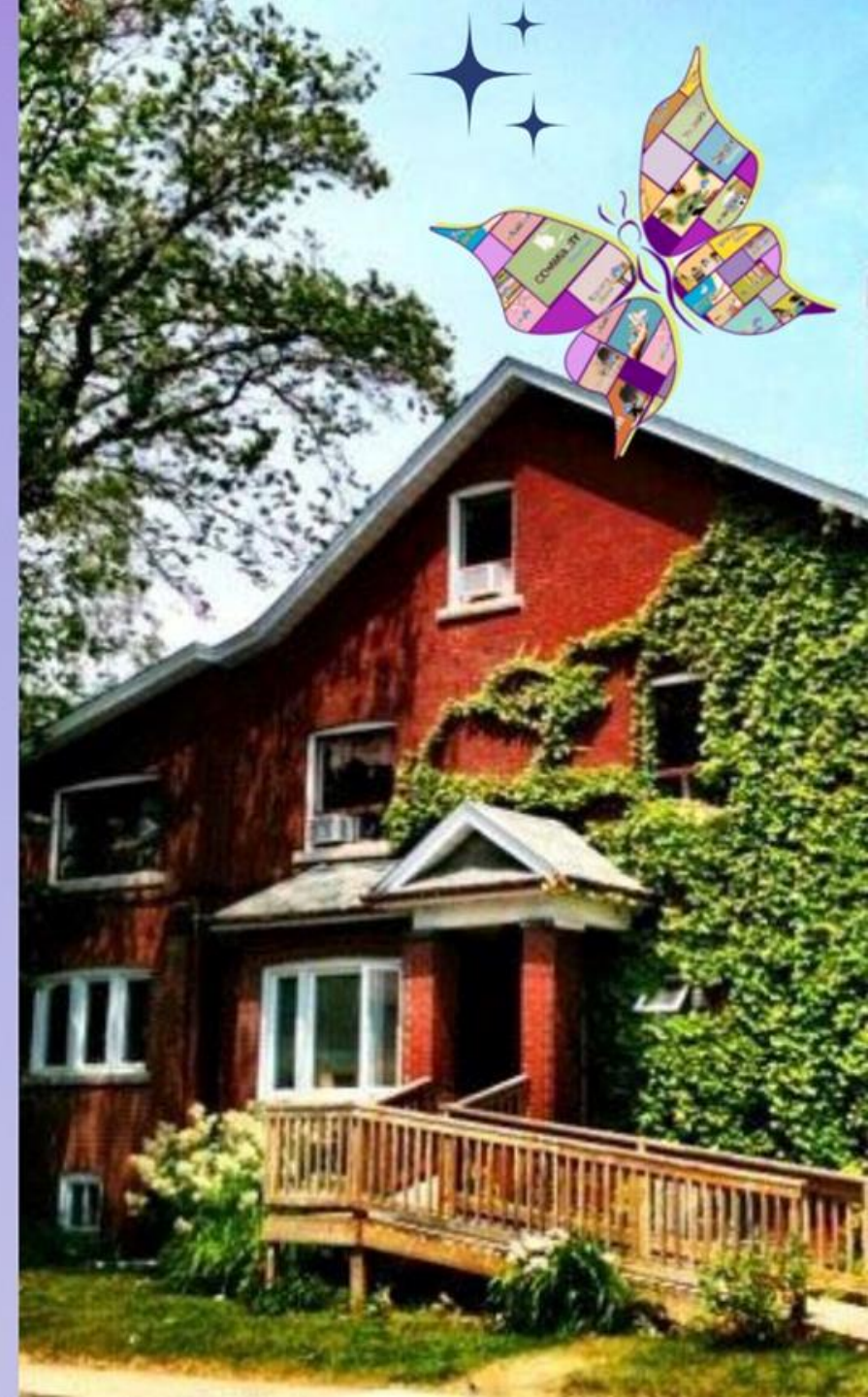
SEX EDUCATION WEBINAR

Presented by:

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Inner City Health Associates (ICHA)



Supported by funding from Maytree



OVERVIEW

- Land Acknowledgement
- FCJ Refugee Centre & Primary Care Clinic
- Inner City Health Associates (ICHA)
- UTIs (Urinary Tract Infections)
- STBBIS (Sexually Transmitted And Blood Borne Infections)
- Sexual Health Resources

LAND ACKNOWLEDGMENT

The land we are gathering on today is the traditional territory of many nations including the Mississaugas, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples.

We also acknowledge that Toronto is covered by Treaty 13 signed with the Mississaugas of the Credit First Nation; and the Williams Treaty signed with multiple Mississaugas and Chippewa bands.

FCJ REFUGEE CENTRE

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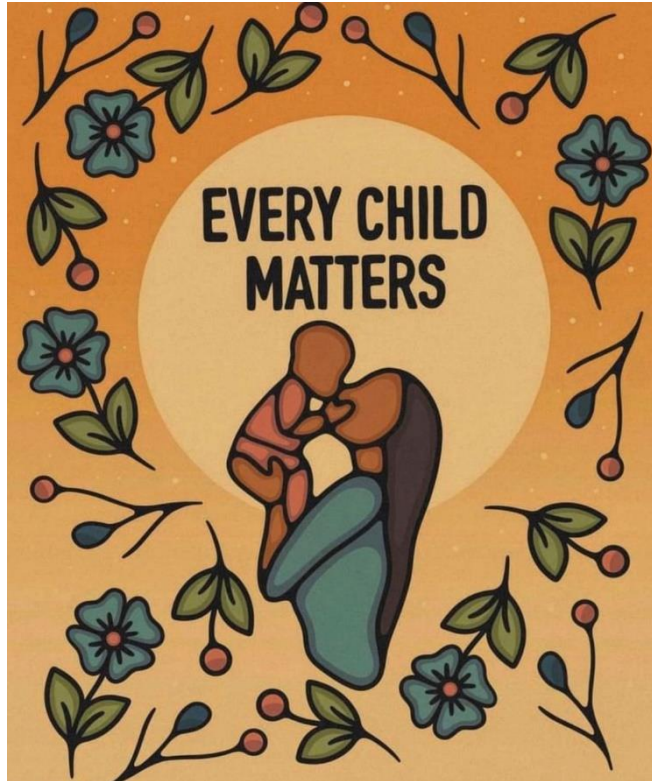


Image by Alanah Jewell,
Morning Star Designs
<https://www.instagram.com/morning.star.designs/?hl=en>

We must reflect upon the true and terrible foundation upon which Canada was built.

On stolen land.

With stolen sons and daughters.

On July 1st we did not celebrate.

On September 30th we did not celebrate.

We reflected. We mourned.

We stand in solidarity.

This time demands from us thoughtful consideration of the findings of the Truth and Reconciliation Report.

We must demand action from our elected officials.

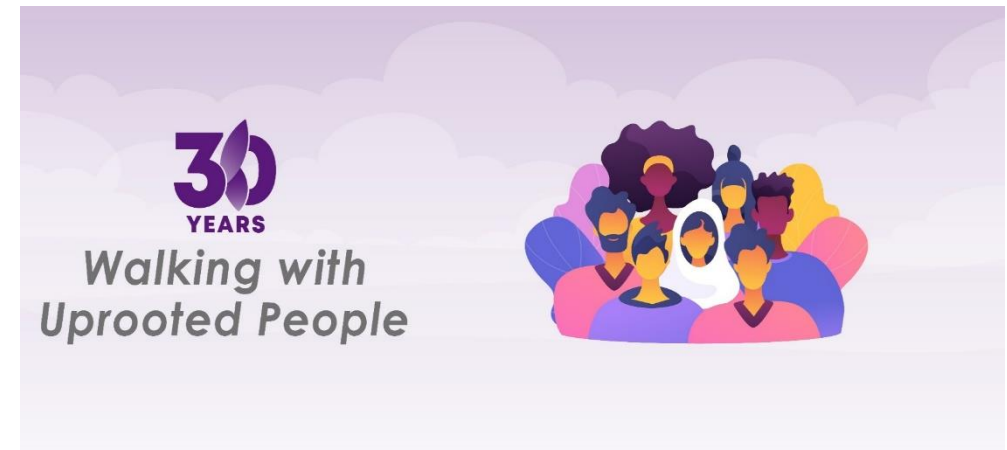
We must demand that all children are taught the true history of the land upon which we live.

...and still counting

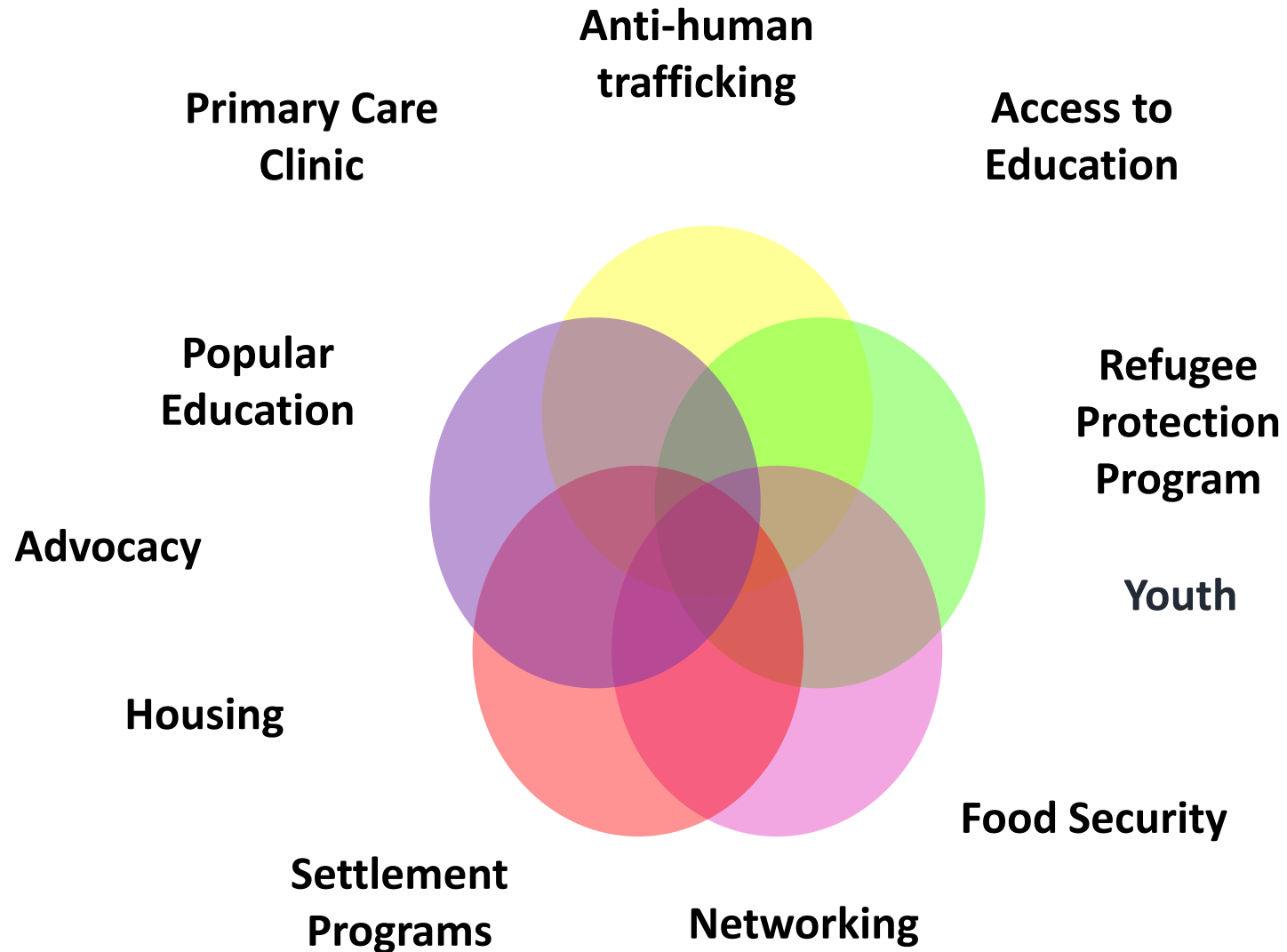
FCJ REFUGEE CENTRE

FCJ REFUGEE CENTRE WALKING WITH UPROOTED PEOPLE

- We are a non-profit organization which serves refugees and others at risk due to their immigration status.
- We welcome anyone asking for advice, counsel and support regarding these issues.
- We address systemic issues that newly arrived refugee claimants and persons with precarious immigration status face in Canada including: lack of resources, marginalization, and discrimination.



FCJ REFUGEE CENTRE



FCJ REFUGEE CENTRE

FCJ REFUGEE CENTRE: PRIMARY CARE CLINIC

- FCJ Refugee Centre provides primary health care, mental health care and self-care at our main location to meet the needs of precarious populations from diverse cultural backgrounds with unique health needs.
- The very essence of the program is to focus on the holistic health care which is an integrated approach to health care that treats individuals as “whole.” The holistic model of care does not only provide primary health care but also focuses on emotional, psychological and spiritual well-being.
- FCJ Refugee Centre identifies equity and culturally competent strategies and services as critical to improving and maintaining the health of vulnerable populations. The clinic focuses on illness prevention and health promotion.
- The Primary Care Clinic of the FCJ Refugee Centre is funded by ICHA (Inner City Health Associates) providing primary care services and Psychiatric services to uprooted people.

INTRODUCING INNER CITY HEALTH ASSOCIATES (ICHA)

- In 2005, a small group of physicians working with Toronto's homeless and precariously housed population came together and secured funding from the Ontario Ministry of Health to form Inner City Health Associates (ICHA).
- Inner City Health Associates (ICHA) is Canada's largest homeless health organization.
- ICHA works with shelter providers, community health and social support agencies, hospitals, the City of Toronto, and regional health planners to bring integrated care and support to people who are homeless and precariously housed.
- ICHA's Population Health Services was launched in October 2020 to add data-driven and community-level programming and dedicated public health capacity to ICHA's foundational clinical programs and services.

UTIs (URINARY TRACT INFECTIONS)

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What is a UTI?

- Is an infection in any part of the urinary tract system, which consists of the kidneys, ureters, bladder and urethra
- UTIs are common infections that occur when bacteria enter the urethra and infect the urinary tract

Who can get UTIs?

- Anyone can get a UTI
- Some individuals are at high risk:
 - Females are at higher risk due to their anatomy – they have a shorter urethra making it easier for bacteria to enter the urinary tract
 - Individuals who have urinary catheters
 - Individuals who have conditions that causes a weakened immune system such as diabetes etc.
 - Individuals who have structural or obstruction of the urinary tract system such as enlarged prostate and/or kidney stones
 - Pregnancy

How do you get/common ways of getting a UTI?

Bacteria from outside of the body can get into the urinary system causing problems like infections/inflammation

- Bacteria entering the urethra into the urinary tract (i.e., bacteria from the rectum)
- Sexual activity and having a new sexual partner may increase risk
- Changes in the bacteria that reside in the vagina or vaginal flora such as pregnancy/menopause
- Blockages in the urinary tract from kidney stones or an enlarged prostate can trap urine in the bladder
- Structural problems of the urinary tract
- Poor hygiene
- Urinary catheter use
- A urinary tract procedure such as surgery or exam that involves medical instruments

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Common symptoms of UTIs

Symptoms depend on the part of the urinary tract that is infected:

Urethra

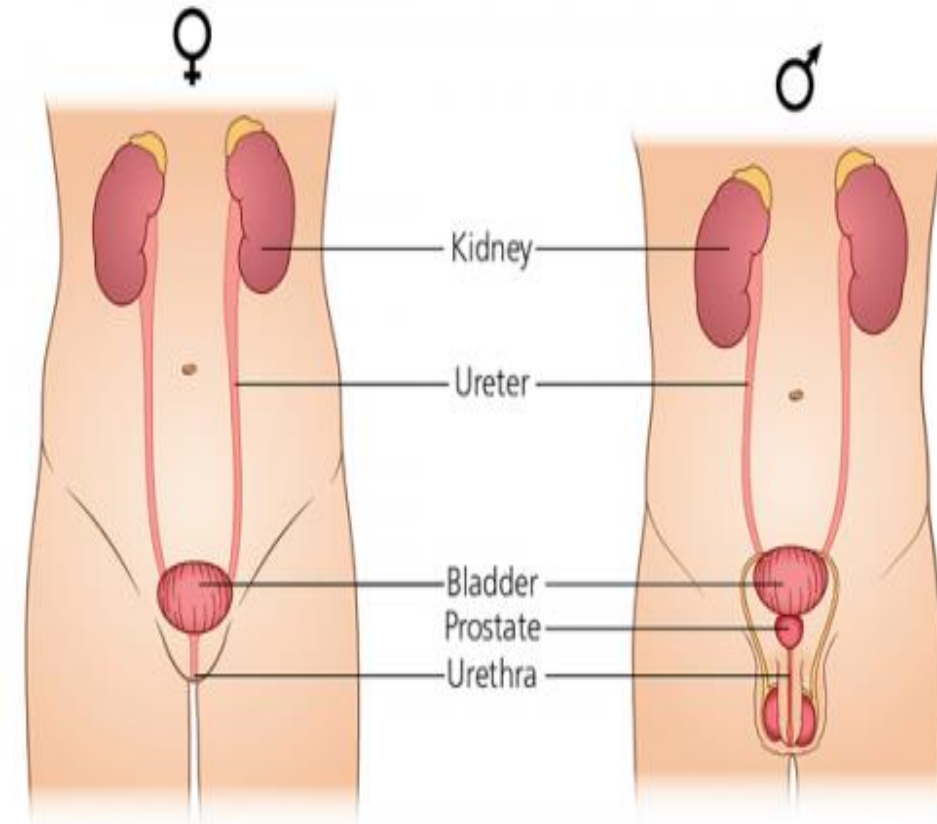
- Burning with urination and discharge

Bladder

- Frequent, painful/burning urination
- Feeling the need to urinate even with an empty bladder
- Lower belly discomfort and/or pelvic pressure
- Blood in the urine

Kidneys

- Back or side pain
- High fever and chills
- Nausea and vomiting



At home treatment/over the counter treatment of mild UTIs

It is important to talk to a health care professional if you are experiencing symptoms of a UTI .

Health Care providers will typically prescribe antibiotics if you are positive for a UTI

- Take antibiotics as prescribed by your health care provider and complete the entire course
- Pharmacists can now prescribe medications for uncomplicated UTIs, visit your local pharmacists
 - Health card is needed to access this service

The following are easy tips to follow:

- Drink plenty of water/fluids to allow bacteria to be flushed from the urinary tract
- Wipe from front to back after urinating/bowel movement, this will prevent the spread of bacteria from the anus to vaginal/urethra
- Avoid potentially irritating feminine products
- Empty your bladder soon after having sex
- Take showers instead of baths

STBBIS (SEXUALLY TRANSMITTED AND BLOOD BORNE INFECTIONS)

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- A **sexually transmitted infection (STI)** is an infection that can be transmitted from one person to another through sexual contact (exchange of semen, vaginal fluid, or other fluids) including oral sex.
- **Blood borne infections (BBI)** are transmitted by contact with contaminated blood. Some infections (such as HIV, hepatitis B and C) may be transmitted through both sexual and blood borne transmission routes)

What is an STD?

- STD stands for “**sexually transmitted disease.**” Disease happens when the infection causes symptoms, damages parts of your body, and leads to illness.
- STD is no longer used due to the negative connotation with the term.

What is the difference between a STI and STD?

- STIs are infections that have not developed into disease and may never develop into a disease. While STDs are diseases that resulted from STIs.
- Nowadays, it is preferable to use STI due to the negative connotation and stigma associated with the term “disease” where people assume it will permanently affect an individual

Types of STBBIs

Bacterial

- Chlamydia
- Gonorrhoea
- Syphilis

Parasitic

- Trichomoniasis (Trich)
- Crabs (Pubic lice)

Viral

- HIV
- HPV
- Herpes (HSV)
- Hepatitis

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Chlamydia

- Often asymptomatic
- Abnormal discharge from penis/vagina
- Burning sensation while peeing
- Urine test

Gonorrhoea

- Often asymptomatic
- Abnormal discharge from penis/vagina
- Burning sensation while peeing
- Urine test

Syphilis

- Sores and then rashes
- Sores around the penis, vagina, anus, rectum, lips or in the mouth (usually firm, round and painless)
- Blood test

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Trichomoniasis

- Usually asymptomatic
- Itching, irritation, redness or soreness of the genitals
- Discomfort/burning when peeing
- Discharge from the penis or vagina

Crabs (Pubic lice)

- Lots of itching in the genital area
- Super small bugs in your pubic hair
- Crab eggs (called nits) on the bottom part of your public hairs (oval shape and yellow/white in colour)
- Dark or bluish spots on the skin

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HPV

- May be asymptomatic
- Warts on the penis/vulva and around the anus

Herpes

- Often asymptomatic
- Cold sores on or around the mouth or genitals

Hepatitis

- Often asymptomatic
- Fever, fatigue, loss of appetite, nausea/vomiting, abdominal pain, dark urine, light-coloured stools, joint pain and jaundice (yellowing of the skin)
- Symptoms can take years to appear

What is HIV?

- HIV is a virus that can weaken your immune system.
- People can have HIV for years without knowing it or showing symptoms.
- Others experience flu-like symptoms such as: fatigue, fever, sore throat, swollen lymph nodes, headache, loss of appetite or a skin rash when they first get HIV.

What is AIDS?

- Without HIV detection and treatment, a person's immune system can become too weak to fight off serious illnesses, and the person can eventually become sick with life-threatening infections and cancers.
- This is called AIDS (acquired immunodeficiency syndrome).

How is HIV/AIDS transmitted?

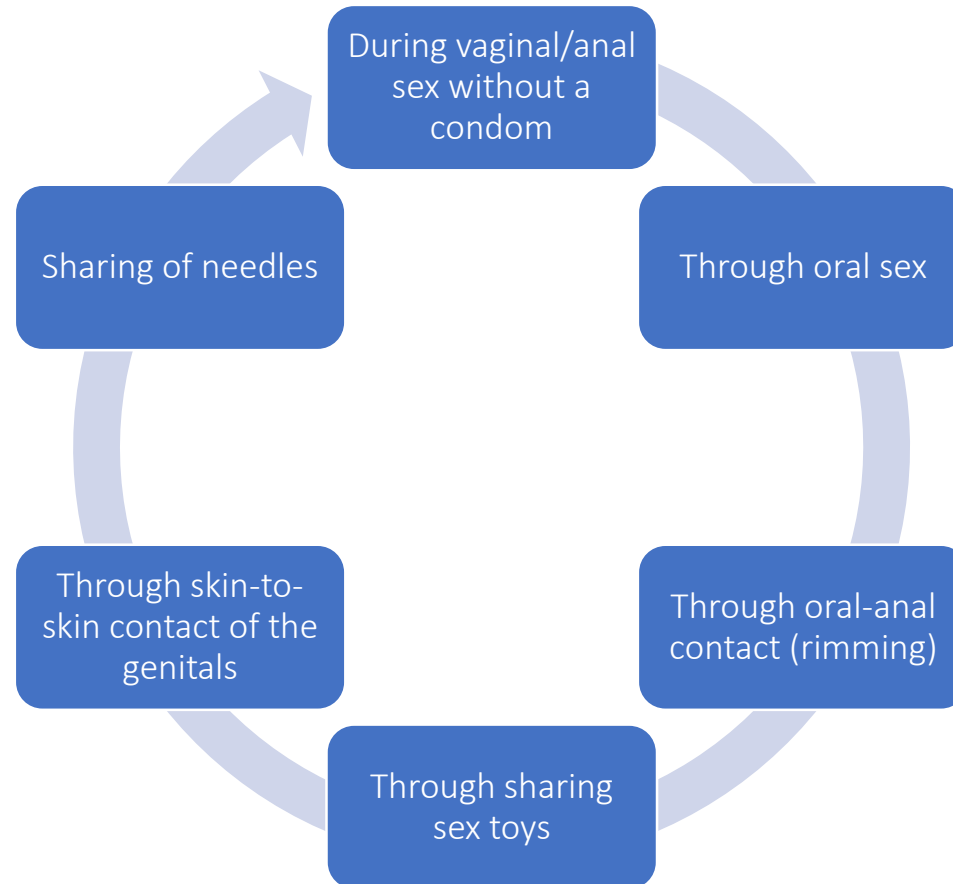
- Fluid containing the high levels of the virus needs to get into the body of an HIV-negative person.
- There are five body fluids that contain enough HIV to transmit the virus: blood, semen (including pre-cum), rectal fluid, vaginal fluid and breast milk.
- HIV can enter the body through a mucous membrane (such as the opening of the penis, the foreskin, the vagina or the rectum) or a break in the skin (such as sharing needles). This may occur through unprotected sexual activity, sharing/reusing needles, and pregnancy/childbirth.

Treatment for HIV/AIDS

- HIV drugs work by preventing HIV from replicating in the body, but it must be taken consistently as prescribed. This reduces the amount of virus in the body (known as the viral load), and the virus becomes undetectable.
- Thanks to effective HIV treatment, most people with HIV never get AIDS. With proper treatment, people with HIV can live long and healthy lives and avoid passing HIV to others.

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How are STIBBIs transmitted?



Prevention of STBBIs

- Use protection (condoms) when engaging in sexual activity
- Clean sex toys after use
- Do not share needles with others
- Get tested regularly

SEXUAL HEALTH RESOURCES

SEXUAL HEALTH RESOURCES

- [Sexual Health | Sexual Health Ontario](#)
- [Wondering About STIs? \(toronto.ca\)](#)
- [Wondering About Birth Control? \(toronto.ca\)](#)
- <https://www.sexandu.ca/stis/>
- <https://www.catie.ca/>
- <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>
- [Urinary Tract Infection | Antibiotic Use | CDC](#)

FCJ REFUGEE CENTRE

TO BOOK ANY HP AND/OR
VACCINE CLINICS REQUESTS:

<https://forms.office.com/r/5CtUeedGSQ>

OR

[CLICK HERE!!](#)

QUESTIONS



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