

# July 2007

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### Dear Rachelle,

Thanks for your interest in the Mautner Project - *your* National Lesbian Health Organization! We had a blast meeting so many of you at Pride events, and we hope you enjoyed the festivities. Take a moment to see what we've been up to and how you can get involved! We look forward to being part of your community.



**S.H.E. Circle on the Web!** Check out Mautner's wellness community for African American lesbian, bisexual, and same gender loving women! We've got health information, affirmations, and a supportive community for *you*. To learn more, click the photograph and visit our online [Spirit Health Education Circle](#).

[Circle](#).

### Save the Date!

The Mautner Project's Annual Gala is the place to be - it's been voted "Best Place to Meet Women" in the Washington Blade for several years running! Mark your calendars now, and click on the photo for more information.

**17th Anniversary Gala Dinner**  
**Saturday, September 29, 2007**  
 Hilton Washington and Towers Hotel  
 1919 Connecticut Ave. NW  
 Washington, DC 20009



### Ask Ms. M!

*Dear Ms. M:* My gynecologist told me that I don't need a Pap smear, because I've only had sex with women. Is this

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### In the News



Can a U.S. Surgeon General with an anti-gay history be good for lesbian health? The Mautner Project thinks not! Like many other LGBT organizations, we oppose Bush's nomination of Dr. James W. Holsing. See Harriet Washington's pointed questions in the New York Times here.

**Summer Health Tips**



true? If not, what should I do? --  
Confused Cervix

*Dear CC:* Absolutely not! Every woman, regardless of whether she's had sex with men, women, both or neither, should have an annual pelvic exam and Pap smear. One reason a Pap smear is important is that it tests for irregular cells in your cervix. Those irregularities are usually related to the human papillomavirus, or HPV, and can sometimes lead to cancer. The lowest estimates are that over 50% of sexually active Americans have HPV at some point, and it can be spread many ways - including sex with another woman. The good news is that cervical cancer is highly treatable as long as it's caught early, and that's why it's so important to have your annual Pap. Unfortunately, many doctors, including your gynecologist, just aren't educated about the health needs of lesbian and bisexual women. If at all possible, we recommend that you go to a lesbian-friendly clinic in your area, or ask friends or local organizations for a referral to an LGBT-friendly doctor. If you need help, call us at 202.332.5536.

*Got a question about any aspect of your health? Ms. M has got the answers! Just send an email to [ssanford@mautnerproject.org](mailto:ssanford@mautnerproject.org).*



Summer is a great time to focus on your wellbeing! Small, pleasurable activities can be great for your health. Take a leisurely stroll through the neighborhood or the park, or indulge in some of the season's fresh produce. Your body and your spirit will thank you!

### Upcoming Events

**Monthly Volunteer Night, every fourth Wednesday!**

Help out, meet other folks, and have dinner on us - our next volunteer night is:

**Wednesday, July 25th 6 PM - 8 PM**

**1707 L St., NW**

**Washington, District of Columbia 20036**

**Call 202.336.5538 to RSVP!**

### Listen Up!

Got questions about HPV, the vaccines, and cervical cancer? The Mautner Project is hosting a conference call with Cindy Pearson of the National Women's Health Network on August 20<sup>th</sup>, 1-2 p.m. EST. Stay tuned for details.

The Mautner Project improves the health of lesbians, bisexual, and transgender women who partner with women, and their families, through advocacy, education, research, and direct service. We envision a healthcare system that is guided by social justice and responsive to the needs of all people.

**Health Education Team**

**Mautner Project: The National Lesbian Health Organization**

202.332.5536

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