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January E-Newsletter: Happy 2008!

January 25, 2008

Volunteer!



We'll be holding our next **Volunteer Orientation** on **Monday, Jan. 28, from 7-9 PM**, at the Mautner Project offices. This fun training is mandatory for all volunteers, so come learn more about the Mautner Project and how you can make a difference! To register, call 202.332.5536 or email Sara Jaye Sanford at ssanford@mautnerproject.org.

Give Love



**Tuesday, February 12
6pm -8:30 pm**

Love Your Body - Protect Yourself!

Sometimes, thinking about the possibility of cancer or even worrying about what's going on "down there" can seem scary, or just not very important. But cervical cancer is one of the most preventable cancers there is! Just a few simple steps can help you to protect yourself.



Cervical cancer is caused by the human papillomavirus, or HPV, an extremely common virus. According to the Centers for Disease Control, 80% of women will have acquired genital HPV by the age of 50 - and because there are often no symptoms, many are never even aware of it. Most often, the infection goes away without harming your body, but it can lead to cervical cancer in some cases. That's why getting screened is so important! A Pap test looks for pre-cancerous changes in the cervix (it does not test for HPV). If your doctor does find changes, you can get treatment before they become cancerous.

What You Can Do:

- **Get Screened!** All women, regardless of their sexual activity, should get regular Pap tests and pelvic exams starting within 3 years of first sexual activity or by age 21 at the latest. Most women should have a Pap test every time they have a yearly pelvic exam. Depending on your situation, your doctor may recommend less frequent tests.
- Consider getting an **HPV Vaccine**. It is recommended for girls age 11-12, but approved for women 9 - 26. Although Gardasil does not protect against every strain of HPV, it can help prevent the majority of cancer-causing varieties.

Every woman should take these steps to protect herself against cervical cancer - even if you aren't currently having, or have never had, intercourse with a man. HPV can be contracted simply through skin-to-skin contact. **If your doctor tells you that you don't need a Pap test because you are lesbian or bisexual, we strongly recommend finding another doctor! Call the Mautner Project for help finding an LGBT-friendly provider in your area.** If you are a health care provider, we can train you and your clinic or practice to provide culturally competent care to your lesbian and bisexual clients. To learn more about our program, click [here](#).

Join us in welcoming Leslie Calman!

Come celebrate the introduction of our new executive director! Enjoy conversation, good food, and music. \$125 per person

For more information or to register, please click [here](#).

The Mautner project is pleased to welcome Leslie Calman as our new Executive Director! Leslie comes to us with a long record of success in nonprofit advocacy work. She has held various leadership positions and is an experienced manager, educator, advocate, and activist. Throughout her career, she has been engaged in issues of human rights, social change and social justice, with a focus on the rights and empowerment of women. The Mautner Project is fortunate to benefit from her talented leadership! To learn more, [visit our website](#).



Mautner Project: The National Lesbian Health Organization

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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.

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