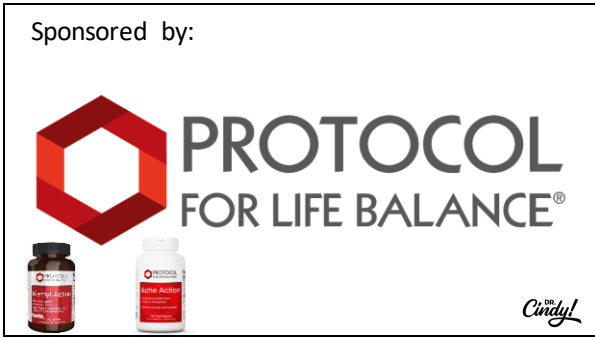




Cindy M. Howard, DC, DABCI, DACBN, FIAMA, FICC



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PROTOCOL
FOR LIFE BALANCE®

Cindy!



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Stopain

CLINICAL

Cindy!

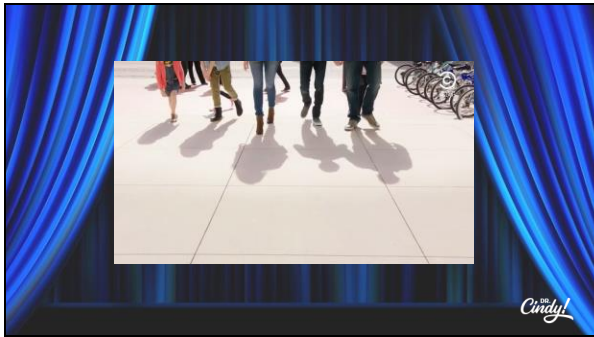
Current:
 Board Certified Chiropractic Internist and Nutritionist
 Board Certified International Academy of Medical Acupuncture
 Fellowship International College of Chiropractors
 Owner Innovative Health & Wellness Center
 VP of Operations, Inguardia Health
 Medical Advisory Board, Fullscript
 DC Consulting, Owner
 Illinois Delegate American Chiropractic Association
 ACA Committee member- Nurturing, Professional Development, Guidelines and Membership
 Past President, College of Pharmacology and Toxicology
 Executive Board Member Chiropractic Defense Council
 Medical Advisory Board Functional Medicine University
 Post graduate instructor for DABC diplomate
 Mom of three amazing kids
Past History:
 Original Director of Functional Medicine Aligned Modern Health, Chicago, Illinois
 Director of Functional Nutrition for NeuroSport Elite, Davie, Florida
 Past President of the Council on Diagnosis and Internal Disorders
 Past President of the ACA College of Pharmacology and Toxicology
 Medical Advisory Board Integrative Therapeutics
 Executive Board Member Docus
 Board member Frankfurt Falcons Youth Football Association Team Chiropractic Physician for Dreams/Elite Cheer

Dr. Cindy!

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Finding out about sex.....

Friends
 School
 Parents

Studies have shown sex education does not lead to earlier or increased sexual activity, except if abstinence is the only option taught

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May 2023

23 states don't require sex ed for HS students
 In 27 states that do have sex education mandates, the information teachers provide does not necessarily have to be useful, correct, or unbiased
 17 states require that sex ed be medically accurate
 29 states require abstinence to be stressed



by Cindy!

VIRGINIA'S STATE OF SEX ED

Current Requirements At Glance – Virginia schools are not required to teach sex education (also known as family life education).

However, if they choose to teach sex education they may follow the Family Life Education Guidelines and Standards of Learning developed by the Virginia Board of Education.

doe.virginia.gov

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Virginia Law Facts (SIECUS)

Schools have the authority to choose or approve curriculum for sexual health education and STD Prevention instruction

Parents/Guardians must be provided the opportunity to Opt-out students from sexual health education instruction


Instruction regarding contraception is not addressed

Abstinence is a required topic of instruction for sexual health education and STD Prevention

SEX

EDUCATION

by Cindy!



Chicago Public Schools to adapt Pritzker's sex ed curriculum


Sex education will begin in Kindergarten with lessons on "gender identity"

Third graders will learn about how they can take "hormone blockers" to change from a boy to a girl, or vice versa

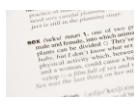

In sixth grade, students will be instructed on anal and oral sex, condom-wearing and the "pregnancy option" of abortion

Definition of "sex" causes confusion.....

In the US in 1999, two thirds of respondents in a now-notorious survey believed that orogenital contact did not constitute "having sex," and 1 in 5 thought the same about anal intercourse.



sex:
|sɛks| - n.
yes, please.

Do you treat patients with back pain?

Have you considered that the underlying cause might be...?

- Vaginal Infections
- Menstruation
- Pregnancy
- Hormonal imbalances
- PMS
- Endometriosis
- Urinary Tract Infection
- Painful intercourse
- Sexual abuse
- STDs
- Improper use of positions
- Prostatitis
- Possible Cancer
- Testicular Cancer
- Testicular torsion



Prostate cancer is the second leading cause of cancer death in men in the US

Rate of New Cancers in the United States, 2019
Prostate, All Ages, All Races and Ethnicities, Male



Chronic back pain can be a sign of advanced prostate cancer

Source - U.S. Cancer Statistics Working Group, U.S. Cancer Statistics Data Visualizations Tool, based on 2021 submission data (1999-2019); U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; <https://www.cdc.gov/cancer/dstu/>, released in June 2022.



Revised: updated from the previous issue: Revised: 1/28/2022. Source: Data & News: 10/11, 10/12, 10/13, 10/14, 10/15, 10/16, 10/17, 10/18, 10/19, 10/20, 10/21, 10/22, 10/23, 10/24, 10/25, 10/26, 10/27, 10/28, 10/29, 10/30, 10/31, 11/1, 11/2, 11/3, 11/4, 11/5, 11/6, 11/7, 11/8, 11/9, 11/10, 11/11, 11/12, 11/13, 11/14, 11/15, 11/16, 11/17, 11/18, 11/19, 11/20, 11/21, 11/22, 11/23, 11/24, 11/25, 11/26, 11/27, 11/28, 11/29, 11/30, 12/1, 12/2, 12/3, 12/4, 12/5, 12/6, 12/7, 12/8, 12/9, 12/10, 12/11, 12/12, 12/13, 12/14, 12/15, 12/16, 12/17, 12/18, 12/19, 12/20, 12/21, 12/22, 12/23, 12/24, 12/25, 12/26, 12/27, 12/28, 12/29, 12/30, 12/31

Report published in the International Journal of Gynecological Cancer June 7, 2022

are on the rise in the U.S. with the steepest increases in white women, although the prevalence of the disease

"At least part of the explanation for the steep increase in late-stage cervical cancers in white women could be the lower rates of screening"

"Approximately 85 percent of the cases of vaginal cancer occur in women who are over the age of 40, and nearly 50 percent of cases occur in women age 70 or older."



Google search



200 words for vagina

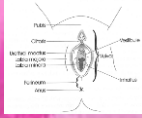


524 words for penis



25% Of Women Can't Correctly Identify Vagina

WOMEN'S HEALTH
November 10, 2020 INTIMINA



36% said teachers while 28% blame their parents for their lack of knowledge
27% said lack of knowledge was due to government education standards or religious organizations
52% think their knowledge gaps prevent them from advocating for themselves in the doctor's office

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Is it normal to have discharge?
What should I smell like?



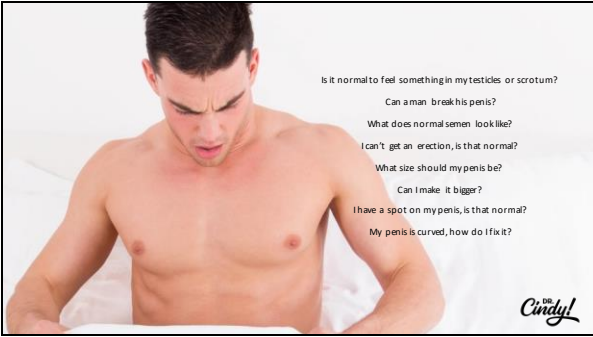
What do I do if I miss a period?
I am spotting between my period is that abnormal?

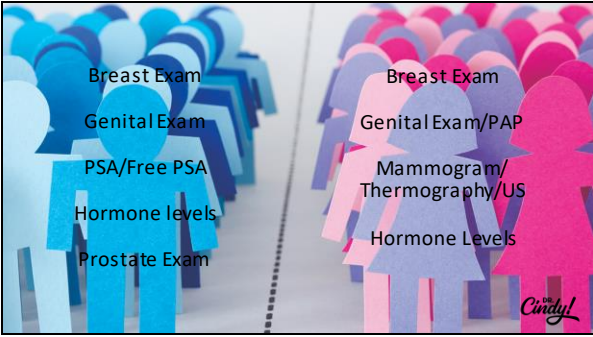
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Menstruation

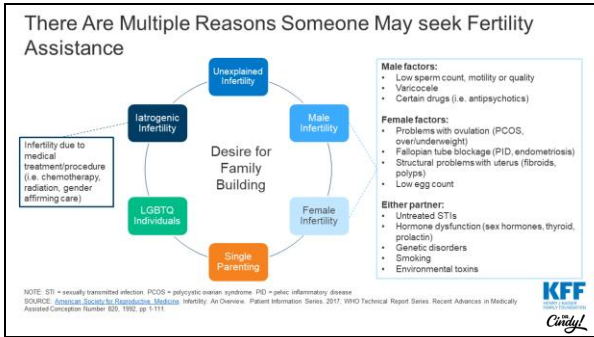


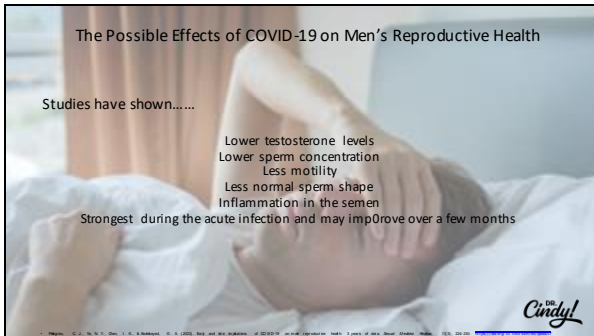
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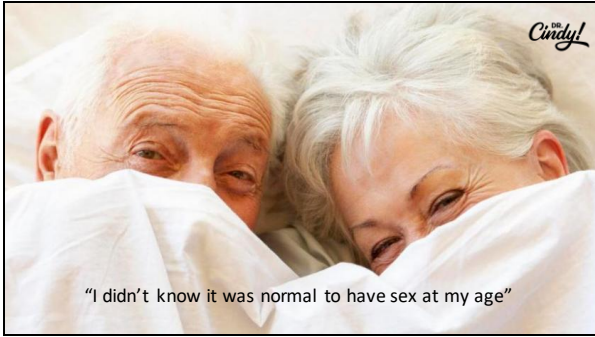


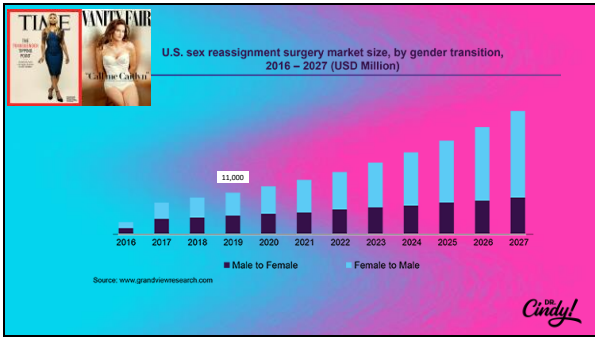














A report published in the [Journal of the American Medical Informatics Association](#) also emphasized the importance of not assuming the pronouns that people may have, and not limiting which pronouns a person can say that they have.

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Regardless of sexual identity...

Men: ED and premature ejaculation

Women: lack of interest in sex and not having an orgasm during sexual intercourse

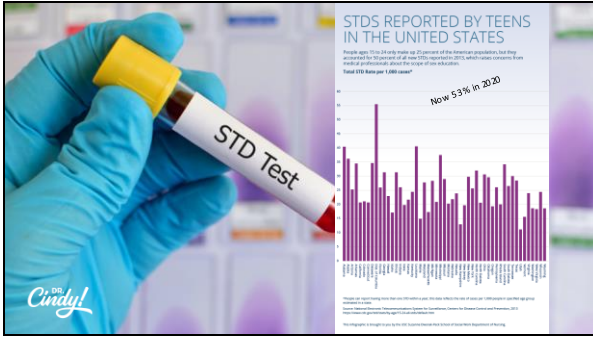
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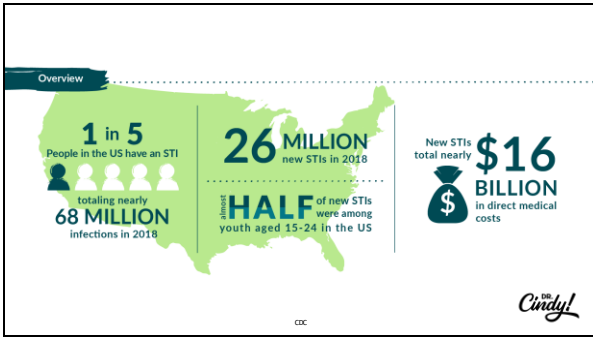
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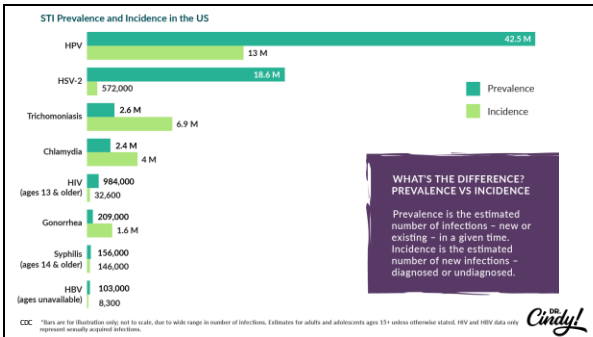
CDC 2020

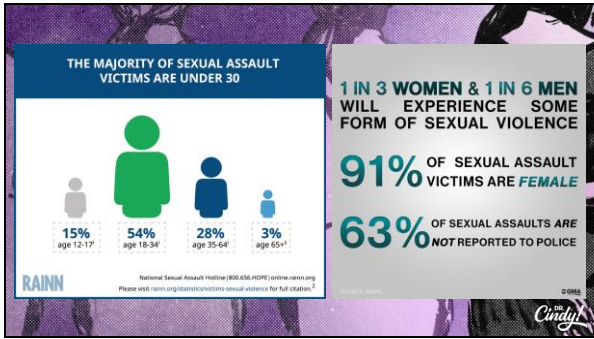
Method	Percentage
Condom	97
Withdrawal	65
PIU	33
Emergency contraception	19
Depo-Provera	14
Fertility awareness	11
Patch	7
LARC	20
Implant	15

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D.C.s find it disconcerting to learn that a sexual boundary violation tant act, and that they can breach a patient's boundaries even though the behavior was not inter

WHY IS THIS?

One reason is that the patient—not the doctor—sets the boundaries, and a doctor's statements or actions can be perceived differently than how the doctor intended them.

(The exception is when a patient's boundaries are inappropriate)

Chiropractic College Survey

8 of 19 female practitioners stated they had been sexually harassed by their patients while in clinical practice

Incidents were by male patients, most commonly occurred during the doctor's first five years in practice and if the patient was a relatively "new" patient

Rude jokes, sexual remarks, rumors, cat calls, rating their appearance, whistling, insults about sexual orientation, suggestive looks and physical gestures, inappropriate gifts, pressure for romantic dates, exposure of a body part in a sexually suggestive way, inappropriate brushing, touching or grabbing and unwanted contact/communication

Your Team Makes a Difference



Being made to feel comfortable started with the reception staff – they were friendly, polite, welcoming, respectful, non-judgemental – and continued with the approach of their doctors, nurses and health practitioners, who were professional, open, friendly, calm, polite, considerate, respectful, patient, reassuring, supportive and sympathetic

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IT'S OUR RESPONSIBILITY

30% of men, 40% of women experience sexual problems that negatively affect quality of life

- Ensure a private setting
- Others should be asked to leave the room
- Inform the patient that sensitive and personal question will be asked and why they are important
- Phrase the question correctly
- Set the tone to put the patient at ease

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avoid discussing the subject of sexuality with their patients because they are afraid of

When asked 93% said they would have welcomed the questions

- We don't feel comfortable
- We don't know what questions to ask
- We don't even say the right words
- We don't know enough about it ourselves



Private and Confidential

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Moral and Ethical boundaries...

more than Sex-Ed



....release the stigma, open your mind, communicate with patients, make a difference

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Thank you for joining me today! *DR. Cindy!*

As a thank you for your feedback, I have 3 gifts to share with you!

1. My latest leadership article on running a competitive practice from CEO World Magazine.
2. My latest list of recommended books on motivation, leadership, health, and humor.
3. A warm welcome to my Daily Dose newsletter featuring insights to brighten your brain and inbox.

PLUS, by simply opening the survey, I'll enter your name in a drawing to win one of my favorite books!

Text RECAP to 66866 to receive an email with these offerings!

thank you

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