



February NEWSLETTER

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questhpvstudy@cfri.ca

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Currently enrolled:

3737 GIRLS

Our target:

8666 GIRLS

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questhpvstudy@cfri.ca

Refer a friend!

Do you have a friend that would be interested in joining the QUEST study?

Refer them to our [website](#) and you could have a chance to win a gift card!

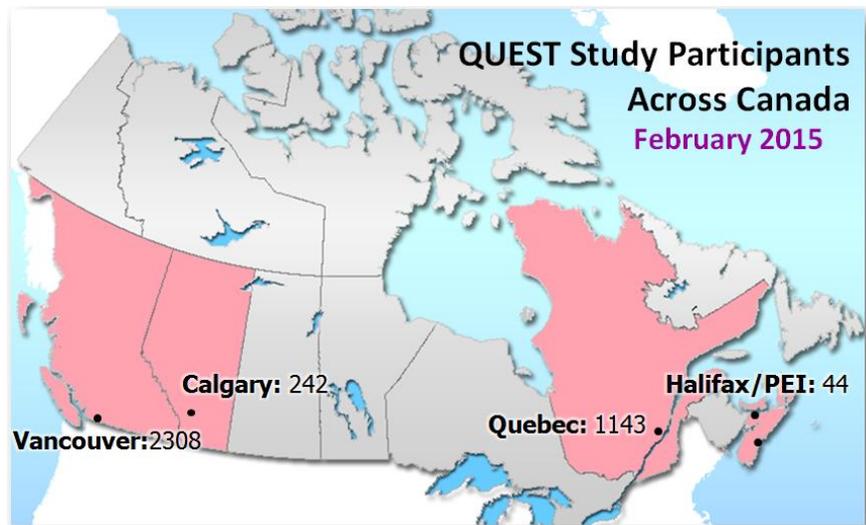
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Breaking News!

Medical Journal yanks study that questions safety of HPV vaccine

Feb 17, 2016

All locations are currently recruiting.



Pubic Hair

By *Claire Pitcher, Registered Nurse*

A few months ago we asked readers to send in their questions about vaccines, sexual health, and everything in between! A lot of your questions had to do with pubic hair – so here is some info to help you learn more about the topic.

What is pubic hair?

It's the hair that grows in the pubic area (the part of the body usually covered by underwear). Did you know the word "pubic" comes from the Latin word 'puber' which means 'adult'? If you think about it, many English words share the same root word – pubic, puberty, pubescent, etc.

Why do we have pubic hair?

People have many theories about why we have pubic hair but no one can say for sure. Two common theories include: it exists to keep the area warm, or, it prevents dirt and bacteria from getting inside the vagina.

“Some critics say the methodology was seriously flawed and the findings counter to numerous, large studies showing the vaccine to be safe.”

Read More: [News Article](#)

How and when will we get to a Zika vaccine?

Feb 12, 2016

“Today, vaccines must meet many more government benchmarks before drug makers bring them to market. It takes several years of lab research for scientists to figure out what the antigen is to stop a disease.”

Read More: [News Article](#)

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Neither of these fully explain it though – the exact answer remains a bit of a mystery!

Why do people remove their body or pubic hair?

Over the past several years, it has become more common to see media images of women who have removed all or some of their body hair (eg. legs, armpits, pubic area). People remove hair in many different ways: shaving, waxing and even permanent (and painful!) electrolysis. It's important to remember that there is no health benefit or 'need' to remove body hair. If anything, hair removal can cause some problems (not to mention pain!).

Can there be risks involved with removing pubic hair?

The pubic area is one of the most sensitive parts of the body – even heavily scented soaps can irritate it! If soap and perfumes can irritate the skin in that part of the body, imagine what hot wax or harsh hair removal creams might do! Removing pubic hair can also lead to ingrown hairs (when a hair starts growing but gets stuck underneath the skin and gets infected.) If you decide to remove some or all of your body hair, keep an eye on your skin for any changes and try to avoid things that irritate your skin even further.

Maintaining a Healthy Pubic Area:

People sometimes feel like their pubic area should look a certain way because of what we see in the media or online. The truth is – bodies come in all shapes and sizes! Some general tips for maintaining a healthy pubic area include:

Wear cotton (not synthetic) underwear, avoid wearing thong underwear, avoid removing pubic hair if doing so irritates that part of your body and avoid using scented products/soaps around your pubic area.

These tips are important because they help maintain a healthy vagina. There is always a healthy, normal amount of bacteria growing inside the vagina – similar to the insides of your intestines. Certain things we do (like using heavily scented soaps) can affect the balance inside the vagina leading to problems such as yeast infections or bacterial vaginosis.

If you have questions about pubic/vaginal health, you should speak with an adult you trust (doctor, nurse, parents). It is especially important to tell someone if you notice a change in your vaginal health such as itching, redness or discharge.

For general questions about pubic area health, you can also visit: <http://www.cwhn.ca/en/node/44816>

Quebec

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Contest of the Month

Is it spring yet?!



Send us a photo of your QUEST bracelet gearing up for some warmer weather!

Email us (questhpvstudy@cfri.ca) with your photos by March 11th. All entries will be entered into a draw to win a \$10 gift card!

January Newsletter Contest Winner:

Sydney won \$10 Starbucks gift cards for being the winners of last month's contest! Congratulations!

* A random number generator will be used to randomly select the winner. Winners contacted by email.



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