

## MARCH NEWSLETTER

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[questhpvstudy@cfri.ca](mailto:questhpvstudy@cfri.ca)

[1.866.502.2424](tel:18665022424)

Currently enrolled:

**3837 GIRLS**

Our target:

**8666 GIRLS**

### Join our Facebook page!

Just **add QUEST Hpv Study** on Facebook!

### Stay Connected

If your address or contact details have changed, please let us know!

[questhpvstudy@cfri.ca](mailto:questhpvstudy@cfri.ca)

### Refer a friend!

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

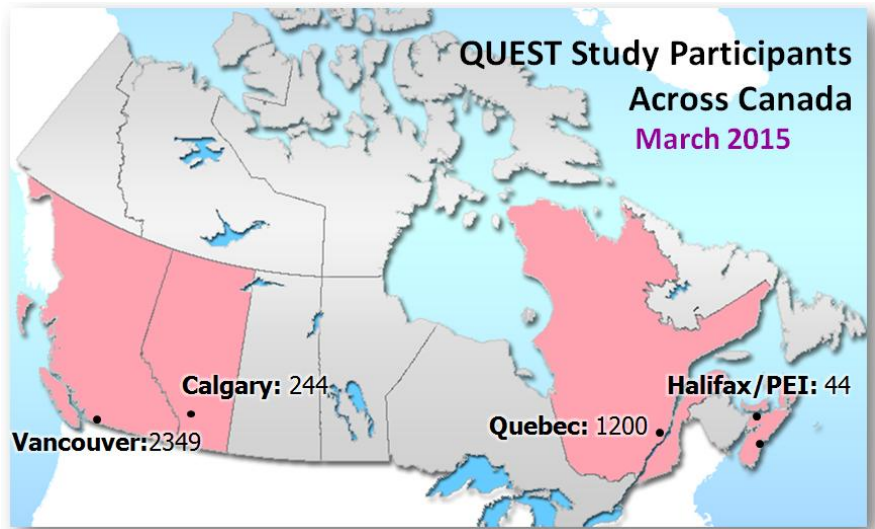
Refer them to our [website](#) and you could have a chance to win a gift card!

[Click here to learn more.](#)

## Breaking News!

HPV Sharply Reduced in Teenage Girls Following Vaccine, Study Says

*All locations are currently recruiting.*



## Refer-A-Friend Contest Winner:

Brandi told her friends about the QUEST study and one of them joined! To thank Brandi for helping us spread the word, she will be getting a \$10 Starbucks gift certificate!

## Our Bodies!!

*By Claire Pitcher, Registered Nurse*

The human body is full of mysteries – some hilarious and some strange! This month, we’re going to tackle some of the sillier questions you may have about your body. Some of our answers may even ‘tickle your funny bone’! ☺

Feb 22 , 2016

“A vaccine introduced a decade ago to combat the sexually transmitted virus that causes cervical cancer has already reduced the virus’s prevalence in teenage girls by almost two-thirds.”

Read More: [News Article](#)

Read more about the study that this article was based on: [Study](#)

‘The methodology is seriously flawed’: Canadian study questioning safety of HPV vaccine retracted

Feb 26, 2016

“Review by the Editor-in-Chief and evaluation by outside experts, confirmed that the methodology is seriously flawed, and the claims that the article makes are unjustified.”

Read More: [News Article](#)

## Contact Info

### QUEST Study

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Toll Free 1-866-502-2424

### Alberta

*Achieve Research Team*

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### Nova Scotia/PEI

*Canadian Center for Vaccinology*

Contact: Darlene MacAulay

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[Darlene.MacAulay@iwbk.nshealth.ca](mailto:Darlene.MacAulay@iwbk.nshealth.ca)

### British Columbia

### Is it true that gum stays in your stomach for 7 years?

Luckily, this is false! Although our body doesn’t digest gum in the same way it does other food, gum definitely doesn’t sit around for 7 years in the stomach. If you swallow gum, your body can digest some parts of it (sugars), while other parts (resin or the part of the gum that makes it chewy and sticky) won’t get digested. Undigested gum moves through the digestive tract and is passed as undigested material in your stool. It’s important to remember that sometimes gum can have a lot of sugar – so, whether you swallow it or not, it can hurt your teeth. If possible, try to stick to sugar-free gum and avoid swallowing it!

### What makes your funny bone... funny?

If someone says they hit their ‘funny bone’, it means they knocked a certain part of their elbow causing a funny tingly or numb feeling to shoot up their arm. Usually, this feeling is more weird than painful! This is a result of your ulnar nerve hitting your humerus. Your ulnar nerve travels from your neck down to your pinky and ring fingers. Your humerus is the long bone that connects your elbow to your shoulder. So, why does it only feel funny if your elbow gets hit? Everywhere else along its path, the ulnar nerve is well protected by the rest of the arm. As it runs past the elbow, it just happens to be slightly less protected and therefore more vulnerable to getting knocked! There’s debate about how the ‘funny bone’ got its name. Some say it came from the “funny” name of the bone involved (humerus.) Others say it came from that funny feeling it causes.

### Why exactly does your ‘brain freeze’ when you eat ice cream?

Have you heard of sphenopalatine ganglioneuralgia? That’s the ‘science term’ for brain freeze! Brain freeze is the sudden headache people sometimes get when they eat something really cold, really fast. Luckily, the name is slightly misleading - your brain isn’t actually freezing! Instead, the anterior cerebral artery which carries blood from your heart to your brain (a super important path in the body!) senses the sudden change in temperature after a big bite of ice cream. Because the body and the brain don’t like sudden changes (which may be a sign of danger), the body reacts by causing a sudden headache. This is basically your body’s way of saying “Slow down! We don’t like being so cold!” The best way to solve brain freeze is either to wait a few minutes or, you can push your tongue against the roof of your mouth to warm it up and ‘unfreeze’ your brain.

### If your foot ‘falls asleep’ does that mean it’s been feeling tired?!

Having a foot ‘fall asleep’ isn’t quite what it sounds like. Hands or feet fall asleep if you sit in a position that puts a lot of pressure on them. This pressure can temporarily stop the nerves (which normally carry messages from our limbs to our brain) from doing their job. Once you relieve the pressure, the nerves ‘wake up’ and start sending messages to the brain as usual. That transition from “no messages” to “lots of messages” can result in a tingly, numb feeling. If you notice tingling or numbness more often than normal, it’s important to tell a doctor or nurse.

As we said, the body is full of mysteries! If you ever have questions about a body part, it’s best to talk to an adult you trust – a parent, doctor or nurse

Vaccine Evaluation Center  
Contact: Jessica Bow  
Local Tel: 604.875.2636  
Toll-Free: 1.866.502.2424  
[jcoffey@cfri.ca](mailto:jcoffey@cfri.ca)

### Quebec

Équipe de Recherche en Vaccination  
Contact: France Bouchard  
Local Tel: 418.666.7000  
[france.bouchard@ssss.gouv.qc.ca](mailto:france.bouchard@ssss.gouv.qc.ca)

for example. Feel free to keep sending us your questions as well!

## Contest of the Month

### TELL US WHO INSPIRES YOU....

Email your response to us by April 17<sup>th</sup> ([questhpvstudy@cfri.ca](mailto:questhpvstudy@cfri.ca))



[International Women's Day](#) occurred this month to celebrate the achievements and accomplishments of women.

For this month's contest, tell us what women have inspired you (it can just be a name; you do not have to explain why). It can be your mom, your friend, or it may be someone you don't even know!

[Email us](#) ([questhpvstudy@cfri.ca](mailto:questhpvstudy@cfri.ca)) with your photos by April 11<sup>th</sup>. All entries will be entered into a draw to **win a \$10 gift card!**



### February Newsletter Contest Winner:

Christy won \$10 Starbucks gift cards for being the winner 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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