



From Baylor

Reproductive Health Information

Many women with physical disabilities have not had the opportunity to learn about reproductive health, and this sometimes serves as a barrier to receiving the reproductive health care they need. What follows is an educational module for women with disabilities covering topics that are often misunderstood or rarely discussed:

- Well Woman Exam
- Autonomic Dysreflexia
- Breast Self-Exam
- Contraception
- Sexually Transmitted Diseases
- Menopause and Related Midlife Health Problems
- Finding A Health Care Provider

We invite you to tour this module and discuss any questions you may have with your health care provider. If you would like to see how much you've learned from this adventure, please start by taking the Self-test below. After you finish reviewing the module you will have a chance to complete the Self-test again, and the program will calculate how much your knowledge improved and what areas you may need to read up on some more. For the questions about your personal reproductive health promoting behaviors, we will show you how your scores compare to the general recommendations.

If you would like to skip the Self-test and go right to the module, please [click here](#).

Self-test prior to touring the Reproductive Health Information module

[This self-test is still under development.]

1. You should have a well woman exam every three years after you are over 18 or are sexually active.

True



False

2. If you have had a hysterectomy, a well woman exam is unnecessary.

True
False

3. Breast cancer can be inherited.

True
False

4. Breast cancer can be caused by injury to the breast.

True
False

5. If you find a lump, discharge, rash, or dimpling in your breast, you should see a doctor immediately.

True
False

6. If you do a breast self-exam every month and don't feel any lumps, there is no need to have a mammogram.

True
False

7. The Pill is safe for all women with mobility impairments who do not have heart disease.

True
False



8. When vaginal dryness makes sexual intercourse uncomfortable, lubricating the condom with Vaseline is one solution.

True
False

9. Using a diaphragm increases a woman's risk for urinary tract infections.

True
False

10. Contraception is no longer necessary once hot flashes and irregular menstrual periods begin.

True
False

11. Women with disabilities have a lower frequency of sexually transmitted diseases than do other women.

True
False

12. A woman with a disability can have a sexually transmitted disease and have no symptoms.

True
False

13. Menopause is the only cause of flushing in women with disabilities.

True
False

14. Avoiding regular sexual intercourse after menopause will prevent painful vaginal ulcers.

True
False

15. Eating tofu can help decrease the number of hot flashes during menopause.



True
False

16. Monthly bleeding that lasts longer than two weeks is typical of the perimenopause, so seeing a doctor for it is unnecessary.

True
False

17. Hysterectomy should be the first choice for treating persistent abnormal uterine bleeding for women with disabilities.

True
False

18. A woman will not go through menopause if she is younger than age 40 when her ovaries and uterus are surgically removed.

True
False

19. Hormone replacement therapy is not safe for any woman who uses a wheelchair.

True
False

20. After menopause, the frequency of bladder infections decreases.

True
False

21. Since testosterone is a male hormone that women do not produce, menopausal women should not take it to increase sexual desire.

True
False

22. Your susceptibility to getting pressure sores and other skin problems may increase at menopause.



True
False

23. You cannot have osteoporosis unless you have had a fracture recently.

True
False

24. More women die from breast cancer each year than die from heart disease.

True
False

25. Taking estrogen alone without progesterone increases the risk of getting uterine cancer.

True
False

HEALTH BEHAVIOR

Please check all the statements that are true about you. There are no right or wrong answers.

- I had a Pap smear during the past 12 months.
- I plan to have a Pap smear during the next 12 months.
- I plan to have a Pap smear in the next 2 years.
- I do not plan to have a Pap smear.
- I do not need to get Pap smears.

Please check all the statements that are true about you. There are no right or wrong answers.

- I had a mammogram during the past 12 months.
- I plan to have a mammogram during the next 12 months.
- I plan to have a mammogram during the next 2 years.
- I do not plan to have a mammogram.
- I do not need to get mammograms.

Please check all the statements that are true about you. There are no right or wrong answers.



I had a manual breast exam performed by a health care provider during the past 12 months.

I plan to have a manual breast exam performed by a health care provider during the next 12 months.

I plan to have a manual breast exam performed by a health care provider during the next 2 years.

I do not plan to have a manual breast exam performed by a health care provider.

I do not need to get a manual breast exam performed by a health care provider.

I examined my breast for lumps, or had an assistant examine them, times in the past 12 months.

Please check all the statements that are true about you. There are no right or wrong answers.

I have discussed my risk of getting osteoporosis with a health care provider.

I have discussed my risks and benefits of using hormones with a health care provider.

Now you are ready to begin your tour of the module. Please [click here, Reproductive Health Information for Women with Disabilities](#).

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