

Reproductive Health Sessions Series

Organized by the Refugee Reproductive Health Network
(ReproNet) & the Sacramento Public Library

Join us at the Marconi Library, 5605 Marconi Ave, Carmichael, CA 95608, for three presentations on women's health issues in Pashto.

[Register here](#)



For registration by phone or e-mail and additional information please contact ReproNet project coordinator at [\(916\) 678-0838](tel:9166780838) & ayama@hs.uci.edu

www.repronet.org

We will have refreshments and cash reward available.

The Reproductive Health Literacy Training is funded with grant G08 LM014109 from the National Library of Medicine

<p>January 24th 2024, 10:00am-12:00pm</p> <p>Understanding Cervical Cancer Prevention</p>	<ul style="list-style-type: none"> • What is cervical cancer, and how can I prevent it? • What is a Pap smear test? • What happens if the Pap smear is abnormal? • What is the HPV vaccine, and why should I get it?
<p>January 31st, 2024, 10:00am-12:00pm</p> <p>Family Planning and Contraceptive Methods</p>	<ul style="list-style-type: none"> • What is a menstrual cycle and which days can I get pregnant? • What increases the chances of pregnancy? • What contraceptive methods are available? • How can I decide which method is best for me?
<p>February 7, 2024, 10:00am-12:00pm</p> <p>Maternal Health and Postpartum Care</p>	<ul style="list-style-type: none"> • Why are prenatal and postpartum clinic visits important? • What happens when I have a miscarriage? • What health issues are common after delivery? • How can I take care of myself after delivery?

The Program will include:

- Guided discussion about women's experience with accessing health care and/or preventive services and clarification of myths about cervical cancer.
- Time for Q&A throughout the presentation
- Review and practice of digital materials to obtain information (accessing YouTube, internet searches, and library collection searches)

About the presenter: Dr. Muzhda

Bahramand received her medical degree from Nangarhar University and worked for nearly ten years as obstetrician and gynecologist at Nangarhar Teaching Hospital in Nangarhar, Afghanistan. After arrival to the United States, she obtained an associate degree in health sciences at the American River College, Sacramento. Dr. Bahramand is fluent in Pashto, Dari, Farsi, Urdu, and English.

February/March health literacy training in Pashto online via Zoom:

February 28: Understanding Cervical Cancer Prevention

March 6: Family Planning and Contraceptive Method

March 13: Maternal Health& Postpartum Care