

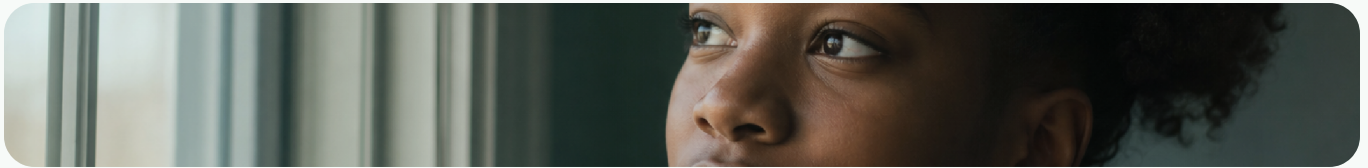
Educating and empowering youth to make healthy choices.

Free, evidence based health education for teenagers, in the United States
and beyond.

OUR MISSION

MyHealth MyLife is a nonprofit 501(c)(3) organization dedicated to reducing the incidence and prevalence of sexually transmitted diseases and their effects among teenagers.

Our mission is to connect with, empower, and inspire young people aged 10 to 18, worldwide, to adopt healthy behaviors and make informed choices about their sexual health.



Nelson Alawode, MD, MBA

Founder and CEO, Obstetrician and Gynecologist

In more than forty years as an obstetrician and gynecologist, Dr. Alawode has seen too many patients reach care after the moment when the right knowledge could have changed everything. A husband and father of three daughters, he founded MyHealth MyLife to bring honest health education, from cervical cancer screening and HPV to PCOS, to the women and young people who are usually reached last, long before a crisis arrives.



OUR PROGRAMS

Education that arrives early.

We provide educational workshops that help young people aged 10 to 18 learn about their health and safe, responsible choices. Each program gives adolescents the knowledge they need to protect their well being and their future.

DID YOU KNOW?

HPV is the most common sexually transmitted infection in the United States, and congenital syphilis has risen for twelve consecutive years, reaching nearly 4,000 cases in 2024. At the same time, fewer teenagers are sexually active than in previous decades: 32 percent of high school students report having ever had sexual intercourse, down from 54 percent in 1991. Prevention education is how that progress continues.

HPV and congenital syphilis: CDC Sexually Transmitted Infections Surveillance, 2024

Teen sexual activity: CDC Youth Risk Behavior Survey, 2023

HPV is the number one STI and a leading cause of cervical and throat cancer.

Persistent high risk HPV infections

These can lead to cancer. Sometimes the immune system does not clear an HPV infection on its own.

HPV can cause six types of cancer

Anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancer.

HPV vaccination can prevent cancer

HPV vaccines prevent infection with disease causing HPV types, preventing many HPV related cancers and cases of genital warts.

HPV infection is common

Nearly all sexually active people are infected with HPV within a few years of becoming active. About half of these infections are with a high risk type.

12

consecutive years of rising congenital syphilis, reaching nearly 4,000 cases in 2024

CDC Sexually Transmitted Infections Surveillance, 2024

80%

increase in syphilis between 2018 and 2022, reaching 207,255 total cases

CDC Sexually Transmitted Infections Surveillance, 2022

2.25m

reported cases of chlamydia, gonorrhea, and syphilis in 2024, still 13 percent above 2014

CDC Sexually Transmitted Infections Surveillance, 2024

32%

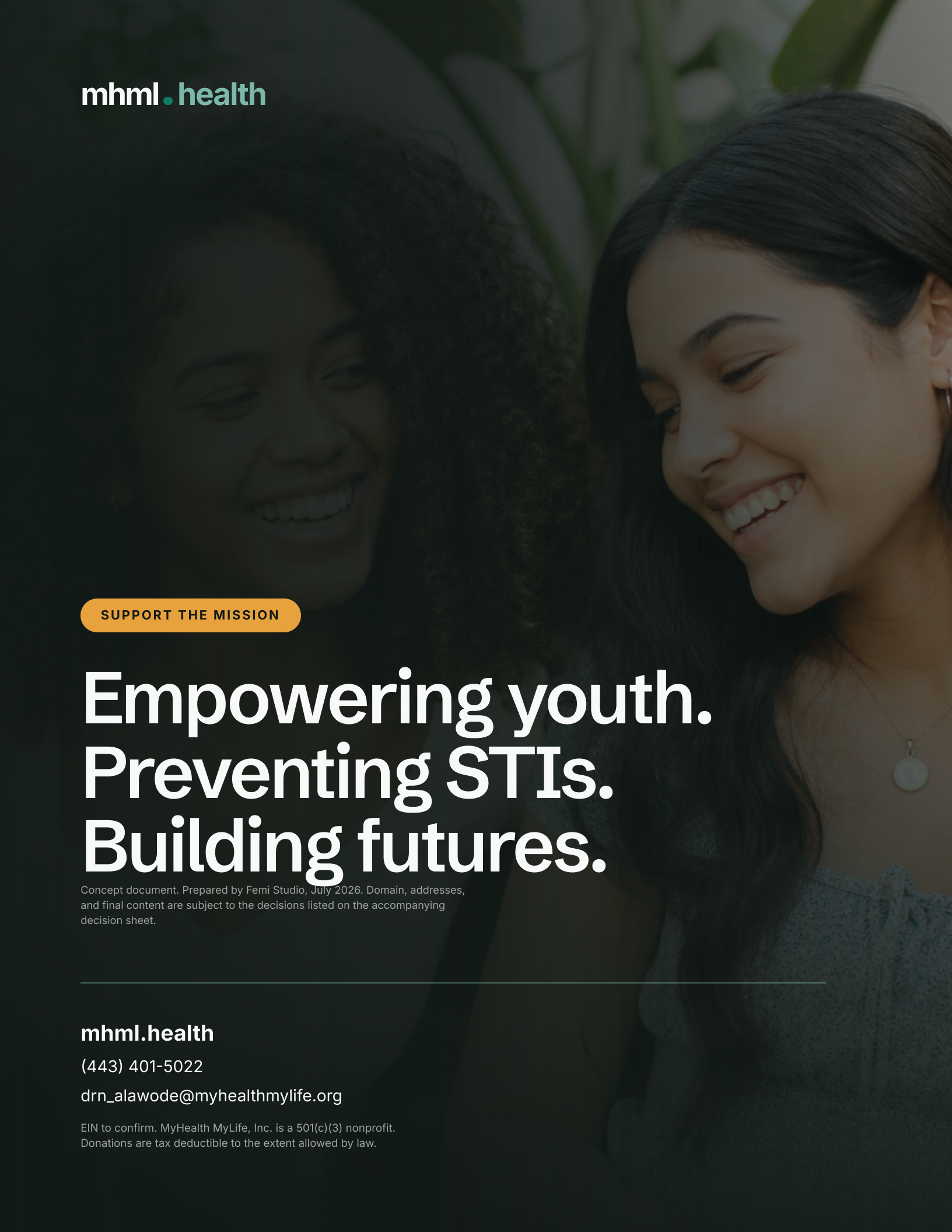
PROGRESS WORTH PROTECTING

of high school students have ever had sexual intercourse, down from 54 percent in 1991

CDC Youth Risk Behavior Survey, 2023

Together, we can keep these numbers moving.

A note on these figures. The statistics in the existing brochure were carried forward and then checked against the current CDC reports. Several had aged, and one understated the trend it described. The figures above are the current published numbers, each with its source. We recommend re-verifying annually, since these reports update every year.



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SUPPORT THE MISSION

Empowering youth. Preventing STIs. Building futures.

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(443) 401-5022

drn_alawode@myhealthmylife.org

EIN to confirm. MyHealth MyLife, Inc. is a 501(c)(3) nonprofit.
Donations are tax deductible to the extent allowed by law.