

Meet Dr. Nelson Alawode



Alawode's transformative journey commenced during his OB/GYN rotation as a medical student at Wake Forest, when he performed a cesarean section on an 11-year-old girl. This profound experience left a lasting impression on him, igniting a divine inspiration to take action. On that day, the concept for Abstinence Teen Choice was born.

He has since dedicated a portion of his practice of educating teenagers about the repercussions of having multiple sexual partners, stressing that sex, a divine creation, is intended to be positive and appropriate within the confines of marriage.

As a husband and father of three daughters, Dr. Alawode feels a profound obligation to guide our youth, who are often swayed by the powerful influences of television, sexual advertising campaigns, and peer pressure, which can cloud their understanding of sexuality today.

Through "My Health, My Life," a 501(c)(3) organization that evolved from Abstinence Teen Choice, he educates teens on the psychological impacts of engaging with multiple sexual partners. He aims to help them recognize the risks of sexually transmitted diseases that can arise from sexual activity outside of a committed relationship, which he firmly believes should occur within marriage.

KNOWLEDGE IS PREVENTION



MY HEALTH. MY LIFE.

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www.myhealth-mylife.org

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MY HEALTH MY LIFE



EDUCATING AND EMPOWERING YOUTH TO MAKE HEALTHY CHOICES!

www.myhealth-mylife.org



My Health, My Life is a nonprofit organization recognized as a 501(c)(3).



OUR MISSION

My Health, My Life is a nonprofit 501(c)(3) organization dedicated to reducing the incidence and prevalence of sexually transmitted diseases and their associated psychosocial effects among teenagers. Our mission is to connect with, empower, and inspire young people aged 10 to 18 worldwide to adopt healthy sexual behaviors.



OUR PROGRAMS

We provide educational workshops designed to help young individuals aged 10 to 18 learn about safe practices in sexual health. These programs empower adolescents with the knowledge necessary to make informed and responsible choices about their well-being.



DID YOU KNOW?

In the United States, there are more than 1 million abortions annually. Among teenagers aged 15 to 19, the abortion rate stands at 30%. Additionally, 29.3% of 9th graders (ages 14 to 16) report having engaged in sexual activity, with 6% of them having had more than four partners. Meanwhile, 62.4% of 12th graders (ages 17 to 18) admit to having had sex, and 20.2% have had four or more partners.

HPV IS THE #1 STI AND THE CAUSE OF CERVICAL AND THROAT CANCER.

Persistent high-risk HPV infections:

It can lead to cancer. Occasionally, your immune system may not control HPV infections effectively.

HPV can cause six types of cancer

HPV can cause cancers of the cervix, vagina, vulva, penis, anus, and oropharynx—the back of the throat, including the base of the tongue and tonsils.

HPV vaccination is cancer prevention

The HPV vaccine protects against the HPV types that cause most HPV-related cancers and most genital warts. CDC recommends routine vaccination at ages 11–12, although vaccination can begin at age 9.

HPV infection is common

Nearly all sexually active people acquire HPV within months to a few years after becoming sexually active. Around half of these infections involve a high-risk HPV type.

THE U.S. STI PICTURE

- Reported cases of chlamydia, gonorrhea, and syphilis declined 9% from 2023 to 2024.*
- Despite that improvement, the overall number of reported cases remained 13% higher than in 2015.
- Reported gonorrhea cases declined nearly 10% from 2023.
- Primary and secondary syphilis cases declined nearly 22% from 2023.
- Congenital syphilis cases were nearly 700% higher than in 2015.
- HPV vaccination can prevent more than 90% of cancers caused by HPV.

***The 2024 STI figures are provisional and may be revised.**

Source: [CDC, Sexually Transmitted Infections Surveillance, 2024 \(Provisional\)](#); [CDC, HPV Vaccine Information Statement](#).



EMPOWERING YOUTHS
PREVENTING STIS
BUILDING FUTURES