

Family planning services are *confidential* and include

• **MEDICAL SERVICES**

- physical exams
- cervical cancer screening
- breast/testicular cancer screening
- STD testing and treatment
- high blood pressure screening
- anemia screening
- pregnancy testing
- contraceptive methods

• **INFORMATION YOU CAN USE**

- family size and birth spacing
- contraceptive methods
- STD/HIV risks
- infertility
- how to stop smoking
- other health tips

• **REFERRALS FOR OTHER SERVICES**

Benefits of Family Planning

- ◇ Having children when **you** want to have them
- ◇ Being able to prepare financially for your children
- ◇ Being healthier during pregnancy
- ◇ Having sex without worrying about an unwanted pregnancy
- ◇ Making your own decisions about birth control

The Choice is Yours

Please call your local county health department to make an appointment for family planning services.

FAMILY PLANNING



Is More Than You Think

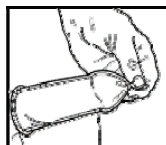
**No one is refused services
because of the inability to pay**



BIRTH CONTROL METHODS

Abstinence means not having sex. Abstinence requires planning how to avoid those situations that might lead to having sex. Persons who choose abstinence should learn about contraception so that they will be informed if or when they become sexually active.

Condoms (rubbers): The **male condom** is a light-weight latex covering that is rolled down over the penis. Condoms provide some protection from STDs. Typically, male condoms are 85% effective in preventing pregnancy. The **female condom** is a polyurethane tube that is placed into the vagina and covers the cervix, vaginal walls, and vulva. It provides some protection from STDs though not as much as the male condom. Typically, female condoms are 79% effective in preventing pregnancy.



A **diaphragm (with spermicide)** is a small latex cup that is filled with 1-2 tablespoons of spermicide gel or cream and inserted into the vagina, covering the cervix. A health care provider must choose the right size for the woman. The diaphragm is typically 84% effective.



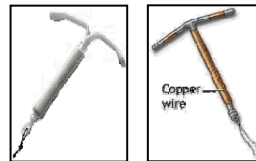
The **fertility awareness method** means avoiding sex during the fertile days of a woman's cycle. There are several ways to determine the fertile days. Failure rates are typically high, but if used perfectly, could be from 91 to 99% effective.



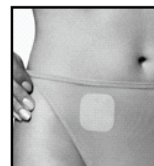
The **contraceptive implant** is a small, very soft, plastic rod-shaped device. It is placed under the skin of the inner upper arm, and releases a highly effective progestin hormone and no estrogen. The current implant is new enough to make estimates of typical effectiveness difficult, but thus far it appears to be about 99.5% effective in preventing pregnancy.



The **IUD (intrauterine device)** comes in two forms. Both require that a health care professional place the device inside the uterus. Both are small, t-shaped and made of very soft plastic. One works by releasing small amounts of copper. The other works by releasing a progestin hormone called levonorgestrel (LNG). The copper device is 99.2% effective. The LNG device is 99.9% effective in preventing pregnancy.



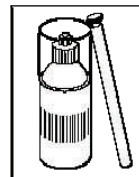
The **contraceptive patch** is an adhesive patch that is changed weekly for 3 weeks. Then no patch is worn during the fourth week and the woman has a period. The patch is similar to birth control pills in that it contains both estrogen and progestin. The patch delivers more estrogen than most birth control pills. The contraceptive patch is typically 92% effective.



Birth control pills (BCPs) come in two different types and many different brands. Some have estrogen and progestin and some have progestin-only. BCPs prevent the release of an egg from the ovary. BCPs are typically 92% effective in preventing pregnancy.



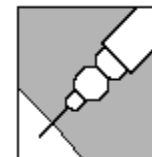
Spermicidal films, foams, creams, jellies, and suppositories contain ingredients which kill sperm. Some people get an irritation from spermicides. This irritation can make it easier to get an STD, including HIV, from an infected partner. Typically, spermicides are 71% effective.



The vaginal **sponge** is made of polyurethane. It is small, dome-shaped, has a removal strap, and requires tap water to activate the spermicide that is already in the sponge. It is more effective preventing pregnancy in women who have never had a baby (86%). It is 68% effective in women who have had a baby.



Sterilization is a procedure to permanently prevent pregnancy. The male procedure is called vasectomy and involves cutting and tying the tubes that carry sperm. The female procedure involves either cutting and tying or permanently blocking the tubes that carry the egg. Male sterilization is 99.85% effective and female sterilization is 99.5% effective.



The **birth control shot** is given once every three months. It contains a highly effective progestin hormone and no estrogen. The shot has been associated with weight gain in some women. The birth control shot is typically 97% effective in preventing pregnancy.

The **vaginal contraceptive ring** is a small, soft ring worn inside the vagina for 3 weeks. No ring is worn during the fourth week and the woman has a period. The ring delivers the lowest dose of estrogen of any of the hormonal methods; even lower than birth control pills. The ring is 92% effective in preventing pregnancy.



EMERGENCY CONTRACEPTION (EC)

ECs are pills that can be used to prevent pregnancy after having unprotected sex. EC is less effective than regular birth control methods. Progestin-only EC reduces the risk of getting pregnant from a single act of intercourse by 89%.

WHICH ONE IS RIGHT FOR YOU?