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Family Planning Quarterly

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This Date in Medicine

July 28, 1999, the FDA approved the prescription progestin-only Plan B emergency contraceptive.

Health Care Facts

Pregnancy

More than six million women become pregnant in the US annually.

- In the United States, about half of all pregnancies are unintended.

- Almost nine in 10 women who are at risk of unintended pregnancy are using a contraceptive method.

- One in four people will have an STD at some point during his or her life.

- More than one-third of U.S. women are eligible for publicly supported contraceptive services, but many do not use them because their income is below 250% of the federal poverty level.

- About 50% of sexually active women acquire genital HPV at some point in their lives.

- The "morning after pill," more accurately called emergency contraception, when taken within 72 hours after unprotected intercourse, can prevent pregnancy, but has no effect on established pregnancy.

Source:

www.guttmacher.org

A Family Planning Associates Medical Group, Inc. Publication
California's leading provider in family planning since 1969

Family PACT

FPA is now among the many California health care providers that accepts the state funded program, Family PACT (Planning, Access, Care and Treatment.) Family PACT is a program that provides no-cost family planning services to low-income men and women, including teens. Patients may apply for Family PACT coverage in any of our clinics during the first quarter of 2009. Qualifying for this coverage is based solely on income and does not depend on the patients' health insurance. Qualifying patients receive a green Health Access Program (HAP) card that allows them free coverage for as long as they qualify. Free Family PACT services include pregnancy testing, birth control, STD testing and tubal ligation. It has always been our goal at FPA to provide these services to low-income individuals at no cost to the patient. By providing Family PACT we hope to meet the needs of these patients. FPA is happy to be a part of this program and is looking forward to serving patients who otherwise may have gone without these family planning services. For more information on Family PACT and the services Family Planning Associates offers visit www.familyfact.org, www.fpamg.net.

Tubal Ligation a Successful Method of Birth Control

A leading form of birth control is female sterilization, with an estimated 10.3 million women opting for tubal ligation surgery yearly. This procedure is a simple and effective outpatient surgery. During the procedure, a woman's fallopian tubes are blocked, thus sperm cannot fertilize the eggs. A tubal ligation is 99.5% effective in preventing pregnancy, though it does not protect against STD's. A woman considering tubal ligation should be certain she no longer wants to have children. One benefit of receiving a tubal ligation is a reduced risk of ovarian cancer. In addition, tubal ligation does not affect any glands or hormones. Women who undergo tubal ligation do not experience premature menopause nor do they gain weight or experience increased facial hair. Finally, tubal ligations have no effect on a woman's sexual desire or sexual performance.* Family Planning Associates currently offers tubal ligations at 4 of our clinics, Long Beach, Orange, Montclair and Glendale. Because the procedure is considered permanent the patient meets with a trained staff member prior to surgery. A Board Certified gynecologist performs the surgery and patients can go home that same day. FPA is able to accept HMO's, PPO's, Medi-Cal and Family PACT.

*Source: www.yourtotalhealth.village.com

Gardasil Available at All FPA Clinic Locations

FPA now offers the Gardasil vaccine at all clinic locations. Gardasil is the leading preventative measure against cervical cancer. Gardasil prevents human papillomavirus (HPV) infection, the leading cause of cervical cancer. At this time Gardasil can protect against 4 types

of HPV, which cause up to 70% of cervical cancer cases. The vaccine works as a preventative measure but does not treat HPV. It is recommended that women receive the vaccine before they become sexually active. Contact any of our clinics to schedule an appointment.

Locations

Greater Los Angeles Area

- ❖ Mid-Wilshire (213) 738-7283
- ❖ Rosemead (626) 572-8800
- ❖ West LA (310) 820-8084
- ❖ Torrance (310) 373-1042
- ❖ Downey (562) 862-5121
- ❖ Long Beach (562) 595-5653

Central California

- ❖ Bakersfield (661) 633-5266
- ❖ Fresno (559) 233-8657
- ❖ Modesto (209) 578-0443

San Fernando Valley

- ❖ Glendale (818) 502-1341
- ❖ Mission Hills (818) 893-6949

Orange County

- ❖ Newport Beach (949) 851-1201
- ❖ Orange (714) 978-3391

Inland Empire

- ❖ Montclair (909) 626-2463
- ❖ Riverside (951) 683-1486
Note: NEW LOCATION!

San Bernardino

- ❖ San Bernardino (909) 885-0282

San Diego

- ❖ San Diego (858) 547-7100
Note: NEW LOCATION!

Our Services

Sonograms

STD Testing

Birth Control

IUDs (Mirena), Depo-Provera, Oral Contraception, Patches, Diaphragm, Emergency Contraception (Plan B)

Pregnancy Termination

Medical Abortion up to 9 weeks
Surgical Abortion up to 22 Weeks
General and Local Anesthesia

Tubal Sterilization

Pap Smears / Annual Exams

Gardasil Vaccine

New Research Leads the Way For Family Planning Providers

The University of Chicago Department of Obstetrics and Gynecology is breaking new ground in the area of family planning research. Melissa Gilliam MD, MPH leads a team of contraceptive specialists actively conducting clinical studies of different forms of contraception and is researching how socioeconomic issues and other factors affect family planning and the general health of women. Recent studies are looking into postpartum adolescent birth control and

conceptualizing emergency contraception. The ultimate goal of this research is to inform future educational initiatives and the promotion of EC as a method of preventing unintended pregnancy and abortion. * The results of these studies will continue to assist family planning providers with the necessary facts that enable them to meet the needs of their patients.

*Source: www.chicagofamilyplanning.org, www.familyplanningfellowship.org

Visit us on the web at www.fpamg.net.

E-mail us at info@fpamg.net

Interested in joining FPA's team?

E-mail Us at hr@fpamg.net

Our Mission: To Provide Patient Centered, Quality Family Planning Services to the Community.



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