

This Date in Medicine

In 1880 in Toledo, OH, Dr. Lungren was the first to ligate a woman's fallopian tubes.

Health Care Facts

Cervical Cancer

~ More than twice as many African-American women die from cervical cancer as Caucasian women.

~ Hispanic and Native-American women have higher rates of the disease than Caucasian women.

~ The primary risk for cervical cancer is infection with certain types of the human papillomavirus (HPV).

~ Women who had their first sexual intercourse at an early age, have had multiple partners, or have partners who have had multiple sexual partners, have a higher-than-average risk of developing cervical cancer.

*Source:
www.health.discovery.com

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

Recent Guttmacher Institute Report on Unsafe Abortions

In a recent study conducted by the world renowned Guttmacher Institute, it was found that nearly half of all abortions performed in 2003 (the most recent annualized data on abortion procedures) were performed under unsafe conditions. These unsafe conditions included self-induced abortions, abortions performed in unsanitary conditions, or performed by unskilled professionals. The region with the highest percentage of unsafe abortions continued to be Sub-Saharan Africa, where access to safe and legal abortion methods remains limited. The recent survey also concluded that in these developing countries with significantly restrictive laws regarding abortion access, the abortion rates roughly equal the rates in countries where abortion access is fairly unrestricted. According to Sharon Camp, the president of the Guttmacher

Institute, "Legal restrictions do not stop abortion from happening, they just make the procedure dangerous. Too many women are maimed or killed each year because they lack legal abortion access."

In response to this most recent report, the Guttmacher Institute had three substantial recommendations for improving the health of reproductive age females:

1) Expand access to modern contraceptives and improve family planning services. 2) Expand access to legal abortion and ensure that access to legal abortion services are available to women in need. 3) Improve the quality of post-abortion care.

*Source: Guttmacher Institute,
"Abortion Worldwide: A Decade of Uneven Progress"

Family PACT Program Continues to Grow

Following the introduction of the Family PACT (Planning, Access, Care, and Treatment) program to Family Planning Associates Medical Group, the state funded program has continued to grow as more low-income patients are being screened and treated for important health related conditions. FPA is now among the many California health care providers that accepts the state funded program that provides no-cost family planning services to low-income men and women. Patients can apply on-site in any one of our 17 locations. Qualifying for this coverage is based solely upon income and does not depend

on the patient's current health status. Qualifying patients receive a green Health Access Program (HAP) card that allows them free coverage as long as they qualify. Free Family PACT services include pregnancy testing, birth control, pap smears, STD testing, tubal ligation, and more. Our goal at FPA has always been to provide these important health services to low-income individuals at no cost to the patient. For more information on Family PACT and the services that Family Planning Associates offers, please call any one of our 17 locations or visit our website at www.fpamg.net.

FPA Changes Protocol for Medical Abortion

In response to a recent article in the New England Journal of Medicine, Family Planning Associates has changed its protocol for the medical or "at-home" abortion. The previous method for medical abortion consisted of taking one oral dose of Mifeprex during the initial visit to the clinic followed by vaginal insertion of cytotec 24-48 hours following the oral Mifeprex. In the retrospective study that was conducted by Planned Parenthood Federation of America, patients were instructed to place the Cytotec in

their mouth and wait for it to dissolve before swallowing. In addition, all patients were given the antibiotic Doxycycline twice a day for 7 days at the time they took the oral Mifeprex. Results showed a decrease of 93% in the rate of serious infection following a medical abortion with buccally administered Cytotec and prophylactic Doxycycline. In response to this most recent study, Family Planning Associates has changed its protocol for the medical or "at home" abortion accordingly.

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

Gardasil Determined Safe by CDC

According to a recent article in the August 19th, 2009 Journal of the American Medical Association, FDA and CDC researchers reported that the Gardasil vaccine "continues to be safe and effective, and it's benefits outweigh the risks." After reviewing more than 12,000 reports of adverse outcomes following exposure to the Gardasil vaccine, researchers reported that the incidence and types of adverse events were similar to that of other common vaccines. Of these "adverse events", the vast majority were classified as non-serious and included such things as headache, dizziness, nausea, etc....

Behind the Numbers: Birth Control Effectiveness by Method

70% Effective = Spermicide, Withdrawal Method

75%-85% Effective = Male and Female Condom, Cervical Cap, Sponge

92%-98% Effective = Depo-provera shot, Birth control pills, Nuva-Ring, The Patch

99% Effective = Tubal Sterilization, Vasectomy, IUD, Implant

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

In addition to concluding that the vaccine was safe for continued use in patients ages 11-26, the researchers also stressed the need to comply with the recommended 15 minute post-vaccination period to monitor for any anaphylactic reaction to the vaccine.

If you or anyone you know is female and between the ages of 11-26, please visit our website or call one of our offices to find out more about how cervical cancer may be prevented by this safe and effective vaccine.

*Source: JAMA August 19th, 2009

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



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