

Family Planning Education (FP Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

## May is Teen Pregnancy Prevention Month!

Teen pregnancy rates have been steadily declining since 1991. Yet even with the decline, nearly 3 in 10 girls in the US will get pregnant at least once before age 20. In 2013, girls age 15 to 19 accounted for 26.6 births for every 1,000 births that year; this number is down from 34.4 births per 1,000 teens in 2010.

There are medical risks associated with teen pregnancy to both the mother and the developing child. Pregnant teens have a higher risk of developing high blood pressure compared to women in their 20's and 30's. Teen

mothers also face a higher risk of premature birth and low birth weight for the baby, often due to a lack of proper prenatal care. There is also the possibility of there being issues with the development of the baby; this is due to the teen parents' bodies being in the development stage as well. Teen mothers also have a higher risk of postpartum depression.

Teens, however, are not the only ones who face unintended pregnancy. Adults of different ages are also at risk. More than half of the pregnancies in the US are unintended. It has been reported that by age 45, more than

half of all American women have experienced an unintended pregnancy. In New York State in 2010, 61 percent of pregnancies were unplanned.

Pregnancy can be a great experience. A woman will want to be in a good social and economic place when planning for a pregnancy. Women of every age should evaluate their birth control choices and what would be best for them in order to prevent unintentional pregnancies.



## Provider Spotlight!

“I recommend the use of Long-Acting Reversible Contraception (LARC) for any female who is not ready to have a baby. LARC’s are rapidly becoming the most recommended option because they are so effective and can be left in for prolonged periods of time.

The IUD, or the Intrauterine Device, is a small “T” shaped apparatus that is inserted into the uterus and serves to prevent the sperm from fertilizing the egg. There are three types of IUD’s: the Paraguard, Mirena and Skyla. The Paraguard, or Copper IUD, is made of copper and does not contain hormones. The Paraguard is 99% effective and can be left in for a maximum of 10 years. The Mirena and Skyla (also 99% effective) do contain hormones and can be left in safely for up to 5years.

Neplanon (previously the Implanon) is a small, match-sized stick, which contains hormones placed on the inner side of the upper arm. The implant can be left in for up to 3 years and there are very few risks associated with this method. Similar to the IUD’s the implant is 99% effective in preventing unplanned pregnancy.

The advantage of both the implant and the IUD is that they can be removed at any time before the allotted number of years have passed and the return to fertility after removal is generally quick. LARC’s are very safe and cost effective and have very high satisfaction rates. Please keep in mind that the implant and the IUD do not protect against HIV and Sexually Transmitted Infections; therefore, condoms are still a good idea. If one of the above methods has sparked your interest, call us to set up an appointment. Now is the time to empower yourself and consider a long term option for your birth control. The stress and worry of remembering to change your patches and rings and to take your pills has passed!”



## Upcoming ~ Save these Dates!

- **May 6th: National Day to Prevent Teen Pregnancy**

*Participate in an online national day quiz which challenges you to think through tough situations.*

*For more information, visit: <http://thenationalcampaign.org/event/national-day-2015>*

- **May 19th: Let's Talk About Sex - 6:30pm**

**Geneva High School Library (Open to the public) 6:30pm**

*Caregivers and youth are invited to attend, play games and get the conversation started on making healthy reproductive health decisions.*

- **May 10th - 16th: National Women's Health Week**

*For more information, visit: <http://www.womenshealth.gov/nwhw>*

- **May 10th - 16th: Alcohol & Drug-Related Birth Defects Awareness Week**

*For more information, visit: <https://ncadd.org>*

- **May 23rd: Self First - 11am - 1pm**

**Sodus Fire Center**

*Caregivers and youth are invited to attend, play games and get the conversation started on making healthy reproductive health decisions.*

- **May 30th: Finger Lakes Pride Festival - 1pm - 9pm**

**Downtown Geneva**

*A fun family festival with food, music and games.*

*For more information, visit: <http://thecenterfl.wix.com/lgbt>*