

April 2, 2014



April clinics

Wednesday, April 2
5-7 p.m.
Dr. Todd Pankratz

Wednesday, April 9
5-7 p.m.
Dr. Tyler Adam

Tuesday, April 15
5-7 p.m.
Males Only
Dr. Daniel Leonard

Wednesday, April 16
12-2 p.m.
Andrea Curtis, APRN

Wednesday, April 30
12-2 p.m.
Andrea Curtis, APRN

HFP office hours changed

Starting March 17, Hastings Family Planning has been operating under adjusted office hours.

HFP is now closed on Fridays. The office is open 9 a.m. to 4:30 p.m. Monday, Tuesday and Thursday and noon to 4:30 p.m. on Wednesdays.

Clinic times are by

appointment, with times available during the day and some evenings.

The HFP Board of Directors hopes the change is temporary. Staff apologizes for any inconvenience to patients.

“We understand these new hours may make it difficult for our patients to get the care they need. We will do our best

to work with patients and their schedules,” HFP Community Educator Betsy Herrman said.

All patients are encouraged to call ahead and schedule Depo Provera injections, pregnancy tests, STD testing and contraceptive resupplies. If you are unsure whether HFP will be open, call before visiting.

This infographic from the National Campaign to Prevent Teen and Unplanned Pregnancy uses data drawn from a national telephone survey conducted for The National Campaign by Social Science Research Solutions, an independent research company. Interviews were conducted in January and February 2014 among a nationally representative sample of 500 teens ages 13-17. The margin of error for total respondents is +/- 4.4% of the 95% confidence level.

SURVEY SAYS

THE NATIONAL CAMPAIGN TO PREVENT TEEN AND UNPLANNED PREGNANCY



Birth control option of the month: male condom

A male condom is a thin protective covering placed over the penis during sex. Condoms prevent pregnancy by acting as a physical barrier keeping sperm from entering a woman's body.

Latex condoms are the most common, but for people allergic to latex, there are polyurethane condoms available.

Most condoms come with a small amount of lubricant, and additional lubrication can be used for to make sex more comfortable and decrease the

risk of a condom tearing or breaking. However, any lubricant should be water- or silicone-based, never oil based, since these products can cause condoms to break.

Before using a condom, check the expiration date printed on the package. If the date has passed, throw those condoms out and get new ones.

Condoms should be put on after the penis is erect but before there is any genital contact between partners.

To keep sperm from spilling,

pull the penis out before it gets soft. Hold the condom against the base of the penis when pulling out. Use a new condom each time you have sex.

Condoms can be damaged by heat, so store them somewhere cool and dry. Don't keep them in a wallet or in a car.

Condoms are about 85-90% effective at preventing pregnancy.

No prescription is needed and there is no age limit on who can buy condoms. They are widely available in most

pharmacies and grocery stores.

In addition to preventing pregnancy, condoms offer protection against sexually transmitted infections and HIV.

While not a guarantee against infection, condom usage can greatly decrease the chances of becoming infected.

Hastings Family Planning offers free condoms to anyone anytime the clinic is open. We carry both latex and non-latex varieties as well as lubricant.

Hastings Family Planning

Promotes the well being of families, responsible behavior, and healthy babies.

Prevents unintended pregnancies through education, including abstinence and contraceptive services.

Allows planning and timing of pregnancies.

Remember

We have free latex and non latex male condoms available as well as female condoms and lubricant. We also sell name brand condoms for as low as 25 cents each.

Hastings Family Planning
422 N. Hastings Ave.
Suite 204
Hastings, NE 68901



Like our Facebook page, Hastings Family Planning Inc., and follow us on Twitter, @HFPlanning.