

Jan. 9, 2014



## Jan. clinics

**Wednesday, Jan. 8**

5-7 p.m.

Dr. Todd Pankratz

**Tuesday, Jan. 14**

5-7 p.m.

Males Only

Dr. Daniel Leonard

**Wednesday, Jan. 22**

5-7 p.m.

Dr. Tyler Adam

**Hastings Family Planning will be closed Monday, January 20, in honor of Martin Luther King Jr. Day.**



## Teen pregnancy rates hit historic low

**By Bill Albert**

*National Campaign to Prevent Teen and Unplanned Pregnancy*

Despite the assumptions of most U.S. adults, the nation's teen pregnancy rates have plummeted in recent years and in 2009 hit historic lows.

According to data released in December by the Centers for Disease Control and Prevention, the teen pregnancy rate in the U.S. peaked in 1990 and has since declined by 52% for 15-17 year-olds and 36% for 18-19 year-olds.

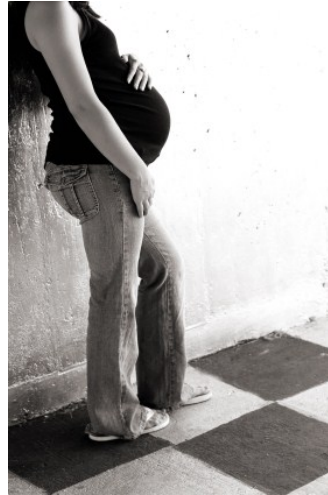
"The decline has been fueled by three factors: more teens are waiting to have sex; they also report fewer sexual

partners and better use of contraception," said Sarah Brown, CEO of The National Campaign to Prevent Teen and Unplanned Pregnancy.

"In short, the credit for this remarkable national success story goes to teens themselves," Brown said. "Unfortunately, precious few adults are aware of this national success story. In fact, nearly half of Americans incorrectly believe the teen pregnancy rate in the U.S. has increased over the past two decades."

Other findings from the new data include:

- Between 1990 and 2009,



pregnancy rates have fallen by 51% for non-Hispanic white and non-Hispanic black teens.

- During this same period, pregnancy rates have fallen by 40% for Hispanic teens.

## Celebrate Cervical Health Awareness Month

Every year, more than 12,000 women in the United States will be diagnosed with cervical cancer, and more than 4,000 will die from the disease.

But did you know, cervical cancer is completely preventable if precancerous cell changes are detected and treated early?

Human papillomavirus (HPV) is found in about 99% of cervical cancers. There are over 100

different types of HPV, most of which are considered low-risk and do not cause cervical cancer. High-risk HPV types may cause cervical cell abnormalities or cancer. More than 70 percent of cervical cancer cases can be attributed to two types of the virus, HPV-16 and HPV-18, often referred to as high-risk HPV types.

HPV can infect anyone who has ever had sexual contact

with another person, and is spread through skin-to-skin contact, rather than an exchange of body fluids.

In most cases, the virus is harmless and most people have no symptoms. The body clears most HPV infections naturally.

HPV can be contracted from one partner, remain dormant, and then later be unknowingly transmitted to another sexual

partner, including a spouse. Cervical cancer most commonly takes 10 years to 20 years or more to develop.

Regular Pap tests, supplemented by appropriate HPV testing, will detect virtually all pre-cancerous changes and cervical cancers.

To learn more, and find where you can get a Pap screening, visit [www.ncccoonline.org](http://www.ncccoonline.org).

# Birth control option of the month: patch

The patch is a thin, beige plastic square about two inches across that looks like a Band-aid. It contains progestin and estrogen—hormones found in most birth control pills.

The patch has a sticky side that can be attached to the skin of the stomach, buttocks, back or upper outer arm.

The hormones in the patch are absorbed through the skin and prevent pregnancy by keeping the ovaries from releasing eggs. The patch also works by causing the cervical mucus to thicken, which blocks

sperm from meeting and fertilizing an egg.

The patch is sold under the brand name Ortho Evra.

A woman using the patch puts a new patch on each week for three weeks. During the fourth week, she does not wear a patch and her period will probably start. After the fourth week, she starts over again and puts on a new patch.

It is okay to bathe and swim while wearing a patch. If the patch comes loose or falls off, you may need to use another method of birth control, like a

condom.

Of 100 women who use this method each year, about nine may get pregnant.

Advantages include:

- Using the patch means you do not have to think about birth control when you want to have sex. You can see the patch and be reassured it's still there.
- May make your periods lighter and more regular.
- May reduce menstrual cramps and acne, and strengthen bones.

Disadvantages include:

- Certain antibiotics and supplements may make the birth control patch less effective.
- It may take a month or two after stopping the patch before normal periods return.
- Some women experience skin irritation where the patch is worn. Others may have breast tenderness.
- It exposes users to higher levels of estrogen compared to most combined oral contraceptives.

## 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

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