

March 3, 2014



402-463-5687 www.hastingsfamilyplanning.com

March clinics

Thursday, March 6

5-7 p.m.

Dr. Todd Pankratz

Tuesday, March 11

5-7 p.m.

Males Only

Dr. Daniel Leonard

Wednesday, March 19

5-7 p.m.

Dr. Tyler Adam

Wednesday, March 26

Noon to 2 p.m.

Andrea Curtis, APRN

New provider joins Hastings Family Planning

A new healthcare provider has joined with Hastings Family Planning.

Andrea Curtis, APRN, began seeing patients at a clinic Feb. 26 with plans to see patients during clinics each month.

Curtis is currently on staff at Hastings Family Practice.

Her biography on their website says Curtis was born and raised in Hastings and attended Adams Central High School, graduating in 1993.

She attended the University of Nebraska Lincoln and received a Bachelors of Science in Nursing from the UNMC Lincoln campus in

1998. She then received a Masters of Science in Nursing and Family Nurse Practitioner certificate from UNMC — Kearney campus in 2009.

Curtis' first year of practice was in a national health shortage area in Hatch, New Mexico.

She returned to Nebraska in 2010 and worked at Children's Hospital of Omaha where she was active in starting an urgent care center for the employees at Children's Hospital.

In June 2011, she moved back to Hastings and joined the Hastings Family Practice

Mary Lanning Healthcare clinic at that time.

She and her husband have three children, a son and two daughters. She is a member of First St Paul's Lutheran church and enjoys running, spending time outside and attending all of her children's activities.

"We're thrilled to have Andrea seeing patients here," HFP Community Educator Betsy Herrman said. "We know she will provide excellent care."

Curtis will see patients during the day with hours in the early afternoon.

Welcome Andrea!



Don't miss HFP staff and health fairs this month

Make sure to stop by Hastings Family Planning's booth at one of two health fairs coming up this month.

HFP staff will attend the Webster County Health Fair on Saturday, March 15 from 7-11 a.m. at the Webster County Community Hospital in Red Cloud.

Staff also will attend the 29th annual Vital Signs Health Fair at the Adams County Fairgrounds on March 22 and 23 from 7 a.m. to 1 p.m. each day.

At both events, HFP staff will provide information about the agency as well as

topics related to reproductive health such as the importance of regular pap smears and mammograms, information on breast and testicular self-exams, birth control options, sexually transmitted infections and the HIV and STI testing offered by our clinic.

Staff will also provide information about the Every Woman Matters program.

Visitors to the HFP booth may also receive free gifts courtesy of Hastings Family Planning and Direct Relief, such as sun screen lotion.



Both events will include booths and tables from a variety of health care agencies and businesses in the area. Don't miss your chance to learn more about your health and pick up some free goodies along the way.

Birth control option of the month: oral pill

The birth control pill, also known as oral contraceptives or just “the pill,” is a medicine taken daily to prevent pregnancy. Some women take the pill for reasons other than preventing pregnancy.

Combined pills contain two hormones: estrogen and progestin. These pills are taken every day and prevent pregnancy by keeping the ovaries from releasing eggs. The pills also work by causing the cervical mucus to thicken, which blocks sperm from meeting with and fertilizing an egg. Progestin-only pills (or “mini-

pills”) contain only one hormone, progestin. These pills work mainly by causing the cervical mucus to thicken, which prevents sperm from reaching an egg.

Combined pills are typically packaged as 21 “active” pills that contain hormones. One pill is taken daily for three weeks, followed by one week off. Others are packaged as 28 pills that include 21 “active” pills taken daily, followed by one week of “inactive” reminder pills that don’t contain hormones. With either the 21- or 28-day pills, protection against

pregnancy continues during the week where no active pills are taken.

Some women use combined pills to limit the number of periods they have, or even to prevent them altogether.

Mini-pills come only in packages of 28-day “active” pills. It is important not only to take mini-pills every day, but to take them at the same time each day. If you’re late taking a mini-pill by more than three hours, you’ll need to use another type of birth control (such as a condom or sponge) to pre-

vent pregnancy, but continue also to take the mini-pill.

With either type of birth control pill, take them exactly as directed by your health care provider (even on days when you don’t have sex).

The pill is about 95 percent effective. The pill may be less effective for women who smoke, are overweight or using antibiotics or when a woman misses taking her pill.

The pill is obtained with a prescription from a doctor.

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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