

Nov. 12, 2013



Infertility going down among U.S. women

Article reprinted from www.bedsider.org.

The National Survey on Family Growth (NSFG) collects all kinds of information on U.S. women, including what kind of birth control they use. It also asks women and men about their experiences with infertility. For men, it asks whether they might have difficulty fathering a child. For women, the survey defines infertility as 12 months of unprotected sex without a pregnancy.

The survey didn't find any relationship between women's education, partner status, and income and infertility. Not surprisingly, age was related. As we've noted before, the survey found that few folks

under age 30 are having problems getting pregnant when they want to. Among women who'd had unprotected sex for 12 months:

- Only 3.7% of those aged 15-24 hadn't gotten pregnant yet.
- It was 5.6% of women aged 25-29,
- And 4.6% of women aged 30-34.

Among guys:

- Only 3.3% of 15-24-year-olds may have had low fertility.
- It was 4.4% of those 25-29,
- And 6.8% of those 30-34.

And now, the really interesting part. Even though couples are having kids later in life than ever before, infertility actually declined from 8.5% in 1982 to 6% in 2006-2010 for



women of all reproductive ages (15-44). For men, about the same proportion (5%) have reported that they may have difficulty fathering a child since they started measuring in 2002.

In other words, contrary to popular biological-clock-mania, the fraction of women having problems getting pregnant has gone down in the last three decades. Maybe ladies can have it all after all. In the meantime, birth control!

Clinic schedule

Wednesday, Nov. 13
5-7 p.m.
Dr. Tyler Adam

Tuesday, Nov. 19
5:30-7:30 p.m.
Males Only
Dr. Daniel Leonard

Wednesday, Nov. 20
11 a.m. to 1 p.m.
Barb Peckham, CNM

Thursday, Nov. 21
11:45 a.m. to 12:45 p.m.
Barb Peckham CNM

Wednesday, Dec. 4
5-7 p.m.
Dr. Todd Pankratz

Thursday, Dec. 5
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Wednesday, Dec. 11
5-7 p.m.
Dr. Tyler Adam

Thursday, Dec. 12
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

Tuesday, Dec. 17
5-7 p.m.
Males Only
Dr. Daniel Leonard

Wednesday, Dec. 18
11 a.m. to 1 p.m.
Barb Peckham, CNM

Thursday, Dec. 19
11:45 a.m. to 12:45 p.m.
Barb Peckham, CNM

HFP to be closed for holidays

Hastings Family Planning will be closed two days each in November and December to allow employees to celebrate Thanksgiving and Christmas.

The office will be closed Thursday, Nov. 28 and Friday, Nov. 29 for Thanksgiving.

The agency also will be closed on Christmas Day, Dec.

25, and on Thursday, Dec. 26.

There will be no clinics the weeks of Thanksgiving and Christmas.

If you will need a refill on your birth control method, or if you will need a Depo Provera injection during either of those weeks, please call ahead to be sure staff will be available.



HFP also will be closed New Year's Day, or Wednesday, Jan. 1.

Birth control option of the month: IUD

The IUD, or intrauterine device, is a small T-shaped device made of soft, flexible plastic. The IUD is about 99% effective at preventing unwanted pregnancy. Two main types are available in the U.S.

The ParaGard Intrauterine Copper Contraceptive, also known as the Copper T IUD, is made with copper and plastic and prevents pregnancy by blocking sperm from meeting with and fertilizing an egg.

The Mirena Intrauterine System (IUS), like the Para-

Gard, works by stopping sperm from meeting with and fertilizing an egg. The Mirena also prevents pregnancy by releasing a small amount of progestin (a hormone found in birth control pills) that keeps the ovaries from releasing an egg.

An IUD is placed into the uterus by a health care provider. The ParaGard IUD will prevent pregnancy right away. It may take a week for the Mirena IUS to begin working.

Once in place, either device will work well in preventing

pregnancy for a very long time. ParaGard IUDs are effective for 10 years or more, while the Mirena will last for at least five years.

Your health care provider will have you return to the office or clinic from time-to-time for check-ups. The first return visit will be about a month after the IUD has been placed. It is common for women to have some mild discomfort, cramping, and spotting after the IUD is first inserted. In most cases, though, this will become milder or go away in a few weeks or

months. Ask your health care provider about what types of symptoms you should expect and report to him or her.

Your health care provider may also want you to check the IUD on your own between visits to make sure the string from the IUD is in place. They will tell you more about how to do this.

Very rarely, an IUD will slip out of place. If the IUD moves or comes out, do not try to fix it yourself. Go to a clinic and have them insert it for you.

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



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