

# Hastings Family Planning

www.hastingsfamilyplanning.com 402-461-5687



Sept. 4, 2012

## Walk and run for HIV/AIDS Sept. 23

Don't just walk to end HIV and AIDS. This year, those impacted by the disease and concerned community members can also run.

The Nebraska AIDS Project's annual AIDS Walk on Sept. 23 will also include a new 5K run this year.

The event helps NAP further its mission of leading the community in the fight to overcome HIV/AIDS and its stigma through education, support services and advocacy.

Registration for both the run and walk begins at 1 p.m. and both events kick off at 1:30 p.m. at the Hazelrigg Student Center on the Hastings College campus.

Cindy White, a Nebraska resident and long-time survivor of HIV/AIDS, will speak at

the beginning of the event and Rev. Scott Taylor of First Christian Church in Grand Island will provide music.

All participants attending the AIDS Walk/5K Run will receive free Pepsi products, Runza sandwiches, Valentino's pizza, and Eileen's cookies, and those who raise or donate at least \$5 will be eligible for a variety of door prizes provided by the Hastings business community.

T-shirts will be available while supplies last for all who raise or donate a minimum of \$20.

Participants can enter individually or as a group.

All funds raised at the event will help provide support services for individuals living with HIV/AIDS as well as others



affected by HIV/AIDS. The Kearney NAP office serves 38 counties in central Nebraska.

For more information, or to preregister for the walk or 5K run, visit the NAP website at [www.nap.org](http://www.nap.org).

Additional information can be received by contacting Andrew Brackett at [andrewb@nap.org](mailto:andrewb@nap.org) or 308-338-0527 or by contacting NAP volunteer, Judy Sandeen at [jsandeen@windstream.net](mailto:jsandeen@windstream.net) or 402-462-2961.

## September clinics



**Wednesday, Sept. 5**

5-7 p.m.

Dr. Todd Pankratz

**Thursday, Sept. 6**

11:45 a.m. - 12:45 p.m.

Barb Peckham, CNM

**Thursday, Sept. 13**

11:45 a.m. - 12:45 p.m.

Barb Peckham, CNM

**Wednesday, Sept. 19**

5-7 p.m.

Dr. Tyler Adam

**Thursday, Sept. 20**

11:45 a.m. - 12:45 p.m.

Barb Peckham, CNM

**Wednesday, Sept. 26**

11 a.m. to 1 p.m.

Barb Peckham, CNM

**Thursday, Sept. 27**

11:45 a.m.- 12:45 a.m.

Barb Peckham, CNM



## HFP's Wednesday hours changed

Hastings Family Planning has changed its hours.

The office is now open 9 a.m. to 4:30 p.m. Monday, Tuesday, Thursday and Friday and noon to 5:30 p.m. Wednesday.

Previously the office had

been open noon to 7 p.m. Wednesdays, but due to lack of patients and business during that time, the office will now be closing earlier on those nights.

When there are Wednesday evening clinics, the office will

still remain open until 7 p.m.

We appreciate our patients' understanding, and we will do what we can to accommodate patients' schedules.

Call us for an appointment at 402-463-5687.

# Pediatrics group changes stance on male circumcision

New scientific evidence shows the health benefits of newborn male circumcision outweigh the risks of the procedure, but the benefits are not great enough to recommend routine circumcision for all newborn boys, according to an updated policy statement published Aug. 27 by the American Academy of Pediatrics.

The revised policy says the decision whether or not to circumcise should be left to the parents in consultation with their child's doctor.

According to a systematic and critical review of the scientific literature, the health benefits of circumcision include lower risks of acquiring HIV, genital herpes, human papilloma virus

and syphilis. Circumcision also lowers the risk of penile cancer over a lifetime; reduces the risk of cervical cancer in sexual partners, and lowers the risk of urinary tract infections in the first year of life.

The AAP believes the health benefits are great enough that infant male circumcision should be covered by insurance, which would increase access to the procedure for families who choose it.

"Ultimately, this is a decision that parents will have to make," said Susan Blank, MD, FAAP, chair of the task force that authored the AAP policy statement and technical report. "Parents are entitled to medically accurate and non-

biased information about circumcision, and they should weigh this medical information in the context of their own religious, ethical and cultural beliefs."

The procedure is safest and offers the most health benefits if performed during the newborn period. Infant circumcision should be performed by trained and competent providers, using sterile techniques and effective pain management.

The policy has been endorsed by the American College of Obstetricians and Gynecologists. "This information will be helpful for obstetricians who are often the medical providers who counsel parents about circumcision," said Sabri-



na Craig, MD, the College's liaison to the AAP task force on circumcision.

*Article courtesy of the American Academy of Pediatrics.*

## 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.

*No woman is completely free unless she is wholly capable of controlling her fertility; and... no baby receives its full birthright unless it is born gleefully wanted by its parents.*

*—Alan F. Guttmacher*

## Hastings Family Planning

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