

***Contact your primary care  
provider or local clinic for  
additional family planning  
information and services.***

Developed by:

Economic Opportunity Council of Suffolk, Inc. (EOC)

&

Suffolk County Department of Health Services'  
Maternal Infant Community Health Collaborative (MICHHC)

Reviewed by:

The Suffolk County Family Planning Educational  
Materials Committee

**This material is available in large print, braille  
or audio upon request. Call 631-854-0095.**



All research is available upon request through EOC of Suffolk, Inc. All images and information obtained through CDC.gov. CDC.gov ([www.cdc.gov](http://www.cdc.gov)) is your online source for credible health information and is the official Web site of the Centers for Disease Control and Prevention (CDC).

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## **Planning Your Family**



## **What to Expect**

### Family Planning:

- You have choices and goals
- Better health for you

### **Family Planning Visits &**

### **Their Services:**

#### Services:

- ◆ Medical Exams - include pelvic exams, pap smears, tests for sexually transmitted infections (STIs), and breast exams.
- ◆ Pregnancy Test
- ◆ Counseling & Health Education to meet an individuals health needs.
- ◆ Birth Control Methods
- ◆ Infertility Information
- ◆ STI Prevention & Treatment
- ◆ HIV Testing, counseling, referral for treatment
- ◆ Follow-up & Referral

Please consult your health-care provider for further information. This brochure does not substitute for their expertise.



## **Things to know about pregnancy:**

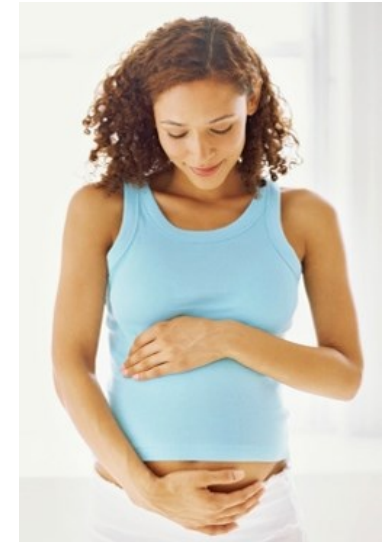
*Talk with your healthcare provider for health information if you are thinking about having a baby.*

**Nutrition:** To ensure good nutrition, eat a variety of healthy food every day. Eat fresh foods, limit junk food, and take a multivitamin.

**Folic Acid (folate):** Folic acid can help lower the risk of birth defects. Foods rich in folate include leafy green vegetables, dry beans, whole-grain breads & cereals, and citrus fruits. For planned pregnancies, a folic acid supplement is recommended to be taken 3 months prior to pregnancy.

**Strong Bones:** Calcium is important to build strong teeth and bones. Besides milk products, yogurts & other dairy products, the 11 foods high in calcium are sesame seeds, chia seeds, dark leafy greens, flax seeds, quinoa, blackstrap molasses, oranges, beans, broccoli, dried fruits & nuts, and dried herbs.

**Avoid harmful substances:** Do not use tobacco products, alcohol and other drugs.

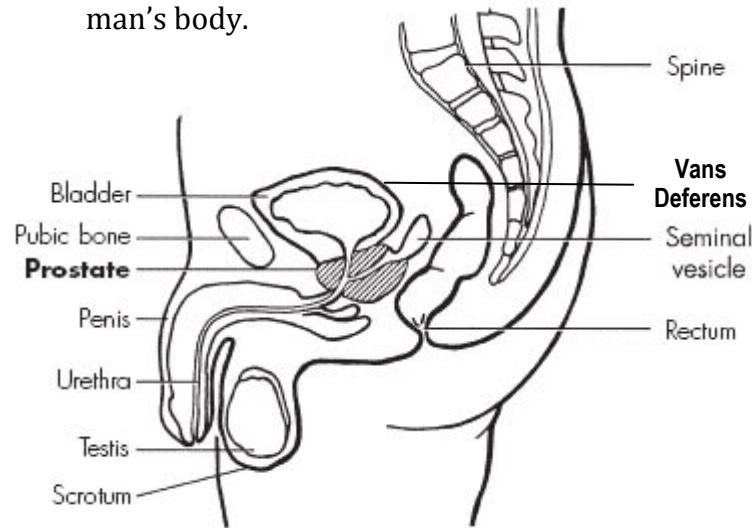


### **Physical Activity:**

It is important to get at least 150 minutes of moderate (75 minutes of vigorous) activity each week. Strengthening exercises should be done twice a week to build strong muscles. Talk to your healthcare provider for a recommended exercise program.

## Male Reproductive System

- ♦ At puberty, the male sex organs produce sperm.
- ♦ Sperm is the sex cell that can fertilize a women's egg.
- ♦ Sperm can live about 48-72 hours outside of the man's body.



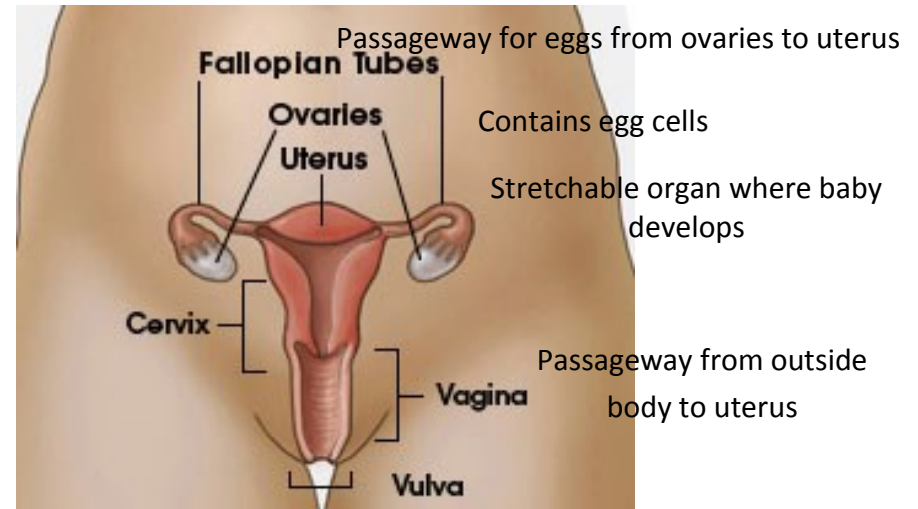
- **Seminal Vesicle** - combines seminal fluid with sperm
- **Vans Deferens** - delivers sperm to the urethra
- **Prostrate Gland** - adds fluid to sperm and seminal fluid to help form semen
- **Urethra** - Tube that carries semen to the penis
- **Testis** - produces sperm
- **Penis** - delivers semen to the vagina

**See Testicular Exam on page 5**

## What to expect at your visit:

- ♦ You will need to give your medical history and insurance information
- ♦ Education on particular services provided
- ♦ Counseling
- ♦ Physical Exams
- ♦ Lab tests may be done, results may be discussed

## Female Reproductive System



- ♦ Beginning with puberty, once a month an egg is released from an ovary, also known as ovulation. It travels through a fallopian tube to the uterus.
- ♦ Menstruation occurs when the egg is not fertilized. The egg and lining will then be passed out of the body. (14 days after ovulation)

A women can get pregnant even if she:

- has her period
- has sex for the first time
- is breastfeeding
- just had a baby

## What screening tests should you ask about?

### Pap Test:

- ♦ All women should get a Pap Test starting at age 21.
- ♦ Test should be done every three years or more frequently at the advice of your health care provider.
- ♦ A Pap Test checks for changes in the cells of the cervix (the opening of the womb or uterus) and the earliest signs of cancer. At the same time, tests for STIs can be performed with the Pap Test.

*Pap Tests are important and can detect problems early when they are easiest to cure.*



### Pelvic Exam:

- ♦ A complete examination of a woman's pelvic organs is called a pelvic exam.
- ♦ While you are lying on the exam table, the healthcare provider will place an instrument called a speculum into the vagina to see the cervix and obtain some cells for a Pap Test and STI tests.
- ♦ Next, the healthcare provider will place two fingers of a gloved hand into the vagina and use gentle pressure with the other hand on your lower abdomen. Doing this, the healthcare provider can examine the size and position of the cervix, uterus and ovaries and check for any abnormalities.

- ♦ *STIs are passed from one person to another during vaginal, anal or oral sex. STIs can lead to serious health issues, including problems with pregnancy and fertility.*

- ♦ *There are more than 20 different STIs and some are very common. Millions of Americans get STIs every year, especially those under the age of 25. Anyone who is sexually active is at risk for contracting an STI.*

### Symptoms:

- ♦ Some STI's have NO symptoms, but can still be passed to a sex partner.
- ♦ Medications can treat and cure some STIs, but you can get the STI again if you do not protect yourself.

***You can get tested and treatment. Talk to your healthcare provider!***

**Why  
you should  
GET  
TESTED**

### Health Problems:

- ♦ STIs put you at a higher risk for HIV.
- ♦ Can cause chronic pelvic pain.
- ♦ Can cause infertility.
- ♦ Can cause death, especially if STIs go untreated.

## Sexually Transmitted Infections (STIs)

### Chlamydia & Gonorrhea:

Abnormal discharge from penis or vagina; burning during urination. Can lead to infertility and can be passed to baby during childbirth.

**Genital Herpes:** Spread through contact with herpes sores (even if sore is not visible). Can cause problems during pregnancy and can be spread to baby at childbirth.

### **Pelvic Inflammatory Disease:**

Affects women only. Is caused by an untreated STI, and can cause serious problems during pregnancy, sterility, and can threaten the lives of mother and fetus. Causes pain in the lower abdomen.

**Hepatitis B:** Spread through sex or contact with the blood of an infected person. Causes liver problems, can lead to cancer, and can be passed to baby.

### **Trichomoniasis:** Symptoms

include itching or abnormal discharge from penis or vagina. Can cause pain during urination or sex. It can also cause premature labor and a low birth weight.

**HIV/AIDS:** No cure for HIV. Treatment can help those infected live longer. HIV is spread through infected bodily fluids during sexual activity, breastfeeding, or through blood.

**Syphilis:** Symptoms include sores near mouth or genitals, rash or feeling sick. Can lead to organ problems or death. May cause a woman to miscarry.

**HPV:** Some forms of Human Papillomavirus cause genital warts. Symptoms may not be present, but the virus can still be passed to others. Some forms of HPV can lead to genital cancer.

***Common types of the virus can be prevented through a vaccine.***

***Condoms help protect against STIs, but some STIs are spread through skin to skin contact —skin not covered by condoms.***

## How to do a breast self-exam:

### In front of a mirror:

- Stand with arms at your side.
- Place hands behind your head and press hands forward.
- Press hands on hips and lean toward the mirror as you pull shoulders and elbows forward.
- Turn from side to side in each position.
- Feel and look for lumps, changes in size, shape or texture.

***Mammograms - an X-ray of the breast. Should begin at age 40.***

- ♦ ***Checks for signs of cancer in the breast, usually a lump.***

### On your back:

- Place pillow under left shoulder with left hand behind head.
- Using pads of your three middle fingers of right hand examine left breast using an up and down motion. Start at the armpit and move across the middle of the chest, collarbone and below the breast.
- Press firmly using a massaging motion.
- Feel and look for lumps, changes in size, shape or texture. Repeat on other side.

## Testicular Exam for males:

- ♦ ***Checks for signs of cancer on the testicles, usually a lump, a swollen testicle, a heavy or ache in the lower abdomen or scrotum.***

### Self Exam:

- Check when the skin of the scrotum is relaxed.
- Hold a testicle with fingers and thumbs of both hands and roll the testicle gently between fingers.
- Feel and look for lumps, changes in size, shape or texture.
- If you notice any changes, notify your healthcare provider.



# Contraception Methods:

*Arranged in order from most effective to least effective.*

**Abstinence:** Not engaging in vaginal sex or any activity where semen enters the vagina. 100% effective in pregnancy prevention.

**Sterilization: Vasectomy:** Surgical procedure to cut or tie the tubes that carry sperm to the penis. Can take up to twelve weeks before effective. **Tubal ligation:** Surgical procedure to cut or tie the fallopian tubes so sperm does not reach the egg. Effective immediately.

**Implant:** Prescribed small flexible rod is inserted into the woman's arm to release the hormone progestin. Pregnancy prevention for up to three years. Bleeding, weight gain, headache, acne and depression may occur.

**IUD (IntraUterine Device):** There are two types: hormone releasing and copper T. Hormone releasing is a plastic device that releases hormones to the uterus for up to five years. Copper T is a copper, hormone-free device lasting up to 10 years. The device is placed in the uterus affecting sperm, egg or lining of the uterus. Cramps, bleeding, and pelvic infection may occur.



**Hormone Injection:** Women receives a hormone injection of progestin every three months with prescription. Irregular bleeding, weight gain or loss of bone density may occur.

**Oral Contraception:** Also known as "the pill." Stops the woman's egg from being released. Regulates menstrual cycle and can reduce certain cancers in the uterus or ovaries. Prescription is needed. Headache, nausea, spotting and breast tenderness may occur.



**Patch:** Prescribed patch placed on body that releases hormones into the bloodstream. Must be changed once a week for three weeks. During the fourth week, patch is not worn to enable menstrual period. Headache, nausea, breast tenderness, spotting, and skin irritation may occur.



**Vaginal Ring (NuvaRing):** Prescribed hormone-releasing ring that is placed inside the vagina. Left in place for three weeks. Removed for fourth week to enable menstrual period. Headache, nausea, breast tenderness, or vaginal discharge may occur.



**Diaphragm:** Prevents sperm from reaching egg when used with spermicide. Can last one to two years, must fit properly, must remain six to eight hours after sex. See doctor to obtain accurate size. Bladder infections may occur.

**Cervical Cap:** Prescribed small cap placed over the cervix used with spermicide. Can be in place for 48 hours and stay in at least six hours after sex. Must see doctor to obtain accurate size.



**Condoms:** Barrier method to protect against pregnancy and STIs. A new condom must be used every time for vaginal, anal or oral sex. Check the expiration date and follow the instructions.

**Female Condom:** When you cannot use a male latex condom, use a polyurethane or synthetic latex female condom. Use a new condom every time. Check the expiration date and follow the instructions.



**Spermicide:** Works by killing sperm. Placed in the vagina no more than an hour before intercourse, stays in place six to eight hours after intercourse. Can be used alone, with a condom, cervical cap or diaphragm in the form of a cream, foam, or gel.

***If primary birth control method fails, you may consider:***

**Emergency Contraception Pills:** Started within 72 hours after unprotected sex. Short-term menstrual changes, nausea, abdominal pain and breast tenderness can occur.