

“Family Planning Times”

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October 2010

Confidential
&
Affordable

FAMILY
PLANNING
SERVICES



Funded by Title X of the Public Service Act through the La. Office of Public Health. No one will be denied services based on inability to pay.

Family Planning Marks 40th Anniversary of Title X



40th year Celebration Cake taken at the National Family Planning Clinical Conference August 2010 in St. Louis, Missouri

In 1970, Title X (ten) of the Public Health Service Act was established with broad bipartisan support-fulfilling President Nixon’s declaration that “no American woman should be denied access to family planning assistance because of her economic condition.” For 40 years, Title X has been an integral component of our public health care system, providing high-quality family planning services and other preventive health care to low-income or uninsured individuals who may otherwise lack access to health care. Without Title X funding, millions of women and men would not get the health care they need and deserve, resulting in unintended pregnancies, untreated cancers, and a host of other health problems that have a detrimental effect on the

country’s health and economy.

In 2008, sixty-six million U.S. women were of reproductive age (ages 13 – 44). Of these 66 million women, half (36 million) were in need of contraceptive services and supplies.

The goal of the Title X program has remained the same for 40 years – to prevent unintended pregnancies by providing the comprehensive education, contraception, counseling and health services people need to act responsibly, stay healthy and plan their families.

For every \$1 spent on publicly funded family planning care, \$3.74 is saved. In total, publicly funded family planning services save a remarkable amount of taxpayer money: at least \$5.1 billion in net savings in 2008, \$3.4 billion of which stemmed from services provided at

Title X-supported health centers.

Throughout the years the Louisiana Family Planning Program (FPP) has done a lot more than just dispense contraceptives; we give individuals the education they need to be sexually responsible. In 2009, the Louisiana FPP serviced a total of 64,764 females and 1,287 males (Louisiana FPAR 2009 data).

We encourage people to seek loving, stable relationships, we counsel young people to delay having sex and we encourage people to always use contraception until they are ready and willing to be responsible parents. We celebrate the enactment of Title X because it allows us to provide these comprehensive services.

Reference: National Family Planning & Reproductive Health Association

Family Planning ANNOUNCEMENTS ...

\$5.9 Million for Louisiana!!!

The U.S. Department of Health and Human Services (HHS) awarded Louisiana 5.9 million dollars in evidence-based teen pregnancy prevention grants, where in the **Louisiana DHH OPH Family Planning Program (FPP)** was awarded **over 2 million dollars**. Collaborators include the Center for Preventative Health Programs, Louisiana Department of Education and various Community - based Organizations across the state. ([HHS awards evidence-based teen pregnancy prevention grants](#))

The FPP also received **\$145,000** of initial funding from the Title X HIV Integration grant. The HIV funds will be used to integrate HIV services in Region 1 (New Orleans), Orleans Women's Clinic and Delgado Personal Health Clinic.

Louisiana Medicaid Take Charge Waiver Update

The Family Planning Demonstration Waiver Program, **TAKE CHARGE**, was implemented on October 1, 2006. This program is designed to increase access to family planning services and reduce unintended pregnancies among females.

As of September 2010, over 69,000 women enrolled in the waiver program. Over 146,000 women have been approved and over 178,000 waiver applications have been received. Medicaid is still accepting applications. Applications may be completed in your local Medicaid Office, online at www.TAKECHARGE.DHH.Louisiana.gov or in your local Parish Health Unit.

To find a family planning clinic near you just text....findfpclinic and your zip code to 368674

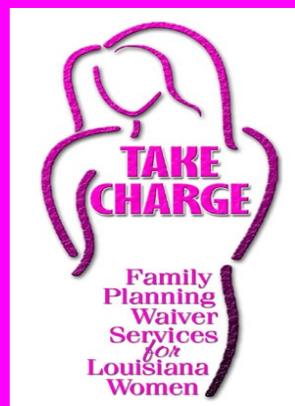
TAKE CHARGE FAMILY PLANNING WAIVER PROGRAM

Are you a woman between the ages of 19-44?

Are you uninsured/underinsured and worried about how you can pay for Family Planning?

Do you need a physical exam, birth control services, and supplies?

TAKE CHARGE may be the program for you!



Phone: 1-888-342-6207

www.TAKECHARGE.DHH.Louisiana.gov

Family Planning Clinic Nearest You:

Region 1 (New Orleans):
504/599-0100

Region 2 (Baton Rouge):
225/925-7200

**Region 3 (Houma/
Thibodaux):**
985/447-0916

Region 4 (Lafayette):
337/262-5311

Region 5 (Lake Charles):
337/475-3200

Region 6 (Alexandria):
318/487-5262

Region 7 (Shreveport):
318/676-7470

Region 8 (Monroe):
318/361-7201

Region 9 (Mandeville):
985/871-1300



MULTIVITAMINS in the Family Planning Clinics...Coming Soon



There are Multiple ways to improve your health and you can start with taking a **Multivitamin** each day. The Family Planning Program partnered with the Maternal and Child Health Program to initiate the Multivitamin campaign as a Preconception Care Initiative that prioritizes the health of women. Did you know that Multivitamins contain the desired amount of **Folic Acid** to prevent neural tube defects of infants? It can prevent birth defects of the brain and spine like spina bifida. We saw this as an added benefit to services that could promote the health of both men and women. Let's face it; we live in a busy world that is often moving at a speed of lightning. Consequently, most individuals are not getting enough nutrients each day. Multivitamins is a healthy start. There has been a lot of discussion about the benefits of multivita-

mins in the past few years. The human body is complex and research on multivitamins is not easy to do. What is known is that many vitamins and minerals are essential for living and that most women do not eat well enough to get what they need every day from food.

Why take a Multivitamin?

Multivitamins can lead to better health for everyone. Recent research indicates that Multivitamins play an important role in preventing chronic disease like heart disease, cancer, and osteoporosis. Folic Acid can also lower homocysteine. Higher homocysteine levels are associated with an increased risk of cardiovascular diseases. A common myth is that multivitamins can increase hunger or cause weight gain. When making the decision to take a multivitamin, it is important to understand that vitamins do not have any calories and therefore do NOT cause weight gain. Vitamins combined with a healthy diet simply provide enough nutrients to help your body work right. Starting a new habit is not easy. Women or Men who have been successful in taking vitamins every day usually include it as part of their usual

routine in the morning or at night. For example, keep your bottle by the cereal box or the coffee maker, on the kitchen table, near your car keys or by your toothbrush. Use a reminder sticker on the mirror or write a note to yourself in your calendar. Some women even begin the habit of taking a multivitamin every day as they are trying to get their children to start taking them. Make it a habit for the whole family and multivitamins will become a way of life! In addition to Multivitamins containing **Folic Acid**, it also contains Vitamin A, Vitamin C, Vitamin D-3, Vitamin E, Thiamine, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Panthothenic Acid, Calcium, and Iron. So, as you can see multivitamins contain many ingredients that are necessary to keeping you healthy.

The Family Planning Program will provide each client, both males and females, with Multivitamin supplements at no charge. Please help us to help others by spreading the word about Multivitamins as a way to improve health. Remember, diet and exercise is still important. Vitamins *can't* fill in the gap of burgers, fries and soda! Together, **let's improve our health!**

OUR MISSION:

FAMILY PLANNING PROGRAM seeks to reduce female and infant mortality, morbidity, and teen pregnancy by providing disease screening, health education, counseling and contraceptive methods. In addition, the organization provides individuals the information and ability to determine the number *and* spacing of their children.

Becoming Aware of Your Health...Prostate & Breast Cancer

September was Prostate Cancer Awareness Month—The prostate is a gland in the male reproductive system and helps control the flow of urine. The prostate is about the same size and shape as a walnut and weights only about an ounce. Prostate cancer is a common, but typically slow growing cancer when compared to other types of cancer. Its growth generally depends on male hormones. Sometimes cells keep growing beyond their natural lifespan, and can cause a group of cells to swell up into

a tumor. There are two types of tumors: (1) Benign, which is non-Cancerous tumors that are harmless and (2) Malignant, which are Cancerous tumors that are harmful to the cells around it. Prevention: Although you cannot change your genes, changes in your lifestyle especially diet and exercise can make a difference when it comes to prostate cancer prevention. Growing evidence shows changing your diet and behavior could lower your risk. (www.zerocancer.org)

October is National Breast Cancer Awareness Month—Breast cancer is the most common cancer in women in the United States, aside from skin cancer. Breast cancer is a malignant tumor that grows in one or both of the breasts. Breast cancer usually develops in the ducts or lobules, also known as the milk-producing areas of the breast. Breast cancer is the second leading cause of cancer death in women (after lung cancer). There are several different types of breast cancer that can be divided into two main categories: Noninvasive

breast cancers are confined to the ducts or lobules and they do not spread to surrounding tissues; and Invasive breast cancers penetrate through normal breast tissue and invade surrounding areas. Prevention: Mammography screening remains the best available method to detect breast cancer early. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. (www.nbcam.org)

Hurricane Evacuation: Remember your ABCs-Always Bring Contraceptives

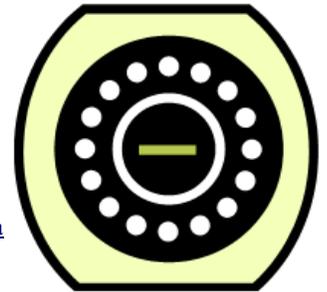
Evacuating for a hurricane is a trying time! Even though it may feel like your normal life is being put on hold, it is important to remember to take everything you will need with you. **Including your birth control.** Pregnancy is the last thing you want to worry about during an evacuation, so plan ahead with these easy steps:

- Bring at least **one month's worth** of birth control (pills, vaginal rings, patches, condoms, etc.).
- Remember to pack any other **daily medications or prescriptions**.
- If you use a daily, weekly, or monthly form of birth control, like pills, skin patches, or a vaginal ring, it is a good idea to **set up a reminder system** for yourself. Set an alarm to go off daily on your cell phone, mark your calendar, or put a note in the bathroom so you won't forget even if you are not at home.
- Be sure to store your birth control as you would at home. Remember that **water and heat can damage condoms and other types of birth control**.
- When you get where you are going **find out where you and your family can see a doctor**. If you will need a new prescription for your birth control soon make an appointment.

Call the Family Planning clinic nearest you (see page 2 for telephone numbers).

For more Hurricane Evacuation Preparation Info, go to www.getagameplan.org

To learn more about **Multivitamin** supplements (on page 3) the sites listed below have up-to-date, scientifically based information on multivitamins and minerals. [Vitamin/Mineral Supplement Fact Sheet](#); [What to Look for in a Multivitamin Supplement](#); [The March of Dimes](#); [American Dietetic Association](#); [My Pyramid](#); [Dietary Guidelines for Americans](#) [Downloadable PDF of nutrient chart](#).



FAMILY PLANNING PROGRAM STAFF

ELEASE M. LEWIS-PROGRAM MANAGER

Dr. SHONDRA WILLIAMS-NURSE CONSULTANT

Dr. PHILIP FABACHER-MEDICAL DIRECTOR

BRIANA WHITE-QUALITY ASSURANCE /
TRAINING COORDINATOR

GINA TROULLIER-PROGRAM MONITOR

RAGAN COLLINS-OUTREACH COORDINATOR

ANTIONETTE WILLIAMS-ADMINISTRATIVE
COORDINATOR

Louisiana Department of
Health and Hospitals
Office of Public Health
Center for Preventive Health
Family Planning Program
1010 Common Street,
Room 1236
New Orleans, LA 70112
(504) 568-5330
(504) 568-3786 (fax)
<http://www.oph.dhh.state.la.us>
<http://www.dhh.louisiana.gov/offices/?ID=262>

ADDITIONAL RESOURCES:

<https://www.gutmacher.org>
<http://www.cdc.gov>
<http://www.opaclearinghouse.org>
[http://doa.louisiana.gov/ospfm/catalog/
oph_forms.htm](http://doa.louisiana.gov/ospfm/catalog/oph_forms.htm)
<http://www.nfprha.org>
www.HIV411.org
www.centerforhealthtraining.org