

Winter 2015

CHOICE news



Contraception Recommendation for Teens


Late last year, the *New England Journal of Medicine* released results of a new study on the use of long-acting, reversible contraception (LARC) methods among women aged 15 to 19 years old. The study provided these women with accurate information about all their birth control options, including LARC methods like the intrauterine device (IUD) and implant, and supplied them with the method of their choice at no cost. Implants are match stick sized devices inserted under a woman's skin that release a hormone that prevents pregnancy and are marketed under the names Implanon and Nexplanon.

Of the 1,400 teenage girls and women who participated, 72 percent chose an IUD or implant. The study found that participants had rates of pregnancy, birth, and abortion that were much lower than the national rates for sexually experienced teens.

This study prompted the American Academy of Pediatrics to update its contraception policy, recommending that IUDs and implants be the first-line birth control method for adolescents.

PPHP offers the full range of contraceptive options – including

the IUD and the implant – and complete information to help a woman make an informed decision about which method is best for her, according to Medical Director Vanita Kumar, MD.

“This study helps raise awareness about the safety and efficacy of IUDs and implants, which are a great option as they have a less than 1 percent failure rate,” Dr. Kumar said. “PPHP wants all young people to have the information and resources they need to prevent unintended pregnancy, meet their life goals, and start their families when the time is right for them.” 

Patients Can Access These Types of Birth Control Through PPHP:

- Birth Control Implant (Nexplanon)
- Birth Control Pills
- Birth Control Shot (Depo-Provera)
- Birth Control Vaginal Ring (NuvaRing)
- Condom
- Diaphragm
- Female Condom
- Fertility Awareness-Based Methods (FAMs)
- Intra-Uterine Contraception
- Morning-After Pill (Emergency Contraception)

**GIVE FOR HEALTH CARE
GIVE FOR EDUCATION
GIVE FOR ADVOCACY**



CARE. NO MATTER WHAT.

Your monthly gift of just \$5, \$10, or \$20 to PPHP can make a significant impact in the lives of women, men, and young people in your community.

Please visit www.pphp.org/donate

Message from the President



Dear Friends,

As we begin a new year, there is a lot of uncertainty and concern in the air for those of us who care deeply about reproductive rights.

A new class of Senators, Congresspersons, and State legislators has gone to work and threats to women's reproductive rights and government funding for the preventative health care Planned Parenthood provides are becoming more routine every day.

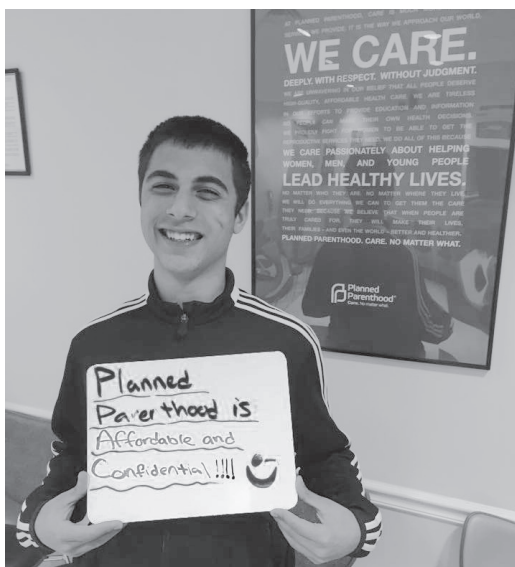
We will continue our efforts to defend reproductive rights and support initiatives that provide better access to health care in keeping with our motto – *Care. No Matter What.* We are grateful for your support that makes these efforts possible, and are so fortunate to have you in our corner, especially during these challenging times.

I hope you will consider joining us in Albany for our annual Day of Action on January 26. This year we will be lobbying for family planning funding, the Women's Equality Act, the "Boss Bill," and paid family leave. Details are on the back of this newsletter.

Yours in choice,

Reina Schiffrin, MPH

Teens Promote Smart Choices Through Social Media



Teen involved in CAPP video and social media campaign takes a moment to share why he goes to Planned Parenthood Hudson Peconic for health services

Teens have always looked to their peers for information and advice on sexual health and the information hasn't always been reliable. So, more than a dozen teens participating in Planned Parenthood Hudson Peconic's (PPHP) Comprehensive Adolescent Pregnancy Prevention (CAPP) Program, have produced three public service announcements for their peers. The PSAs focus on healthy relationships, the importance of using condoms, and a virtual visit to a PPHP health center for reproductive medical care.

The "virtual center tour" PSA entitled *No Matter What Your Drama*, the newest in the series, was filmed at PPHP's New Rochelle Health Center. The nearly seven minute video, which can be viewed at www.pphp.org, walks teens through the process of a health center visit from check-in through a consultation, and includes different scenarios.

In late 2014, as part of the project, teens worked with social media company MyMediaLife to learn how to use new media to deliver a message to other teens about sexual health. As a result the teens were tasked with creating and posting positive messages for Twitter, Instagram, Tumblr, Vine, and Facebook that include a link to the video. Their progress will be measured to see how effectively the news is spread and how widely the videos are viewed.

"These PSAs are more than just a fun project," Mary Grace Pagaduan, PPHP CAPP Manager, said. "They give young people an opportunity to take an active role in encouraging thousands of teens to make smart choices, and demystify the health center experience. At the same time, through CAPP, they learn professional skills and a positive use of social media."

The CAPP Program is a five-year project made possible through funding from the New York State Department of Health.



The video includes teens visiting a PPHP health center

PPHP Welcomes New Medical Director

While PPHP's new Medical Director Vanita Kumar, MD has been a per diem provider at PPHP for the past ten years, her work with Planned Parenthood started when she was a receptionist for Planned Parenthood Southwest Ohio Region in Dayton during college. Her interest in women's health and reproductive rights motivated her to start the first Medical Students for Choice chapter at The George Washington University School of Medicine during medical school.

Today, Dr. Kumar also holds the position of Family Medicine Physician at Montefiore Medical Center and is an Associate Professor for Family Medicine at the Albert Einstein College of Medicine. At Albert Einstein College of Medicine, she was the primary trainer for residents in family medicine and worked to expand the abortion provider pool by bringing residents to Planned Parenthood of New York City for training. Dr. Kumar has continued this practice by training Institute for Urban Family Health Reproductive Health fellows at the PPHP New Rochelle health center.

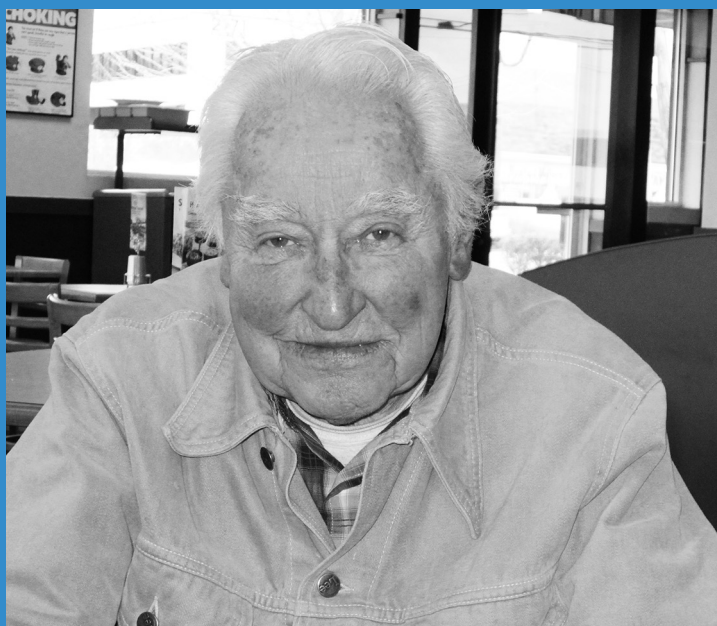
"I am looking forward to helping PPHP expand its exceptional health services, and have particular interest in increasing patients' access to long-acting, reversible contraception (LARC) methods," Dr. Kumar said.

Dr. Kumar received her medical degree at The George Washington University School of Medicine. She completed a Family Medicine residency at Beth Israel Medical Center and a Faculty Development fellowship at the Albert Einstein College of Medicine.

"I am pleased to welcome Dr. Kumar who brings considerable experience in reproductive health care and a passion for the Planned Parenthood mission to her position," President/CEO Reina Schiffrin said. [B](#)



Why I Support Planned Parenthood



He didn't know it then, but Sherman Carll's passion for Planned Parenthood began back in 1937, when he was only 14. A teacher shared information about the impact overpopulation can have on the planet and

people's standard of living, which was a concept that stayed with him.

Today, Mr. Carll is a 91 years young widower who lives on the family farm in Commack in Suffolk County, and he understands the need for people to plan their families. "Nobody is more unfortunate than an unwanted child," Mr. Carll said.

More than 20 years ago, he read something about PPHP that sparked his interest. Later, he had the opportunity to tour the Smithtown health center and was impressed. Mr. Carll made a financial contribution to build the Call Center and he has continued to support PPHP because he values that PPHP helps people with modest resources, and works to combat local and national reproductive health rights challenges.

"I am proud that I have supported PPHP since 1991," Mr. Carll said. "I have included the organization in my will, and I consider my donations a good investment."

Health Center Locations

Huntington • Mt. Vernon • New Rochelle
Patchogue • Riverhead • Smithtown • Spring Valley
West Islip • White Plains • Yonkers

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Administrative Headquarters
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resources, please contact (914) 467-7300 or
(631) 240-1128, or visit our website, www.pphp.org.



Planned Parenthood Hudson Peconic



Link directly at www.pphp.org



Planned Parenthood Hudson Peconic



This could be YOU

Join us in Albany to show
our Legislators that
New Yorkers will take a
stand for reproductive
health care.

01.26.15

ALBANY, NY

10:00am - 4:00pm

Register online:
bit.ly/PPHP2015

ANNUAL DAY OF ACTION