

Family Planning

Planning for a family is a special consideration for every woman and family. Our Family Planning specialists utilize advanced and up to date techniques to manage both routine and complicated or at-risk family planning patients. These services compliment and collaborate with those of the Maternal-Fetal Specialists. Our comprehensive services include various contraceptive options to meet your needs.

Family Planning

Upstate Health Care Center
3rd Fl.,
90 Presidential Plaza
Syracuse, NY 13202
[Map & directions](#)
Phone: 315 464-5210

Our Family Planning services include:

- Intrauterine Devices (IUD's)
- Oral Contraceptives
- Contraceptive Implants

These services may also include a variety of female sterilization methods. They also provide induced abortion services in the first trimester using medication or surgical aspiration, and in the second trimester for medically complicated pregnancies.

Referral and consultation services are available to any medical provider with patients desiring access to a full spectrum of contraceptive services, who have medical concern about contraception, sterilization or require an induced abortion for maternal or fetal indications.

Our Family Planning Division participates in the Kenneth J. Ryan Residency Training Program. This program strives to integrate and enhance family planning training for obstetrics and gynecology residents in the US and Canada.

For more information on Family Planning for women of all ages please contact our Family Planning Nurse Practitioner, Janice Agen, at 315-464-2387.



Janice Agen, MN, WHCNP

315 464-2387

Education & Fellowships

- **MSN:** University of Washington, School of Nursing, 1995, Womens Health Nurse Practitioner
- **BS:** Syracuse University, 1985, Nursing

Diseases/Specialties/Treatments

Gynecology; Contraceptive management; Gynecologic Problems; Family Planning Counseling; Women's Health



Renee E Mestad, MD, MSCI

315 464-4730

Education & Fellowships

- **Fellowship:** Washington University at St. Louis, 2010, Family Planning
- **MS:** Washington University at St. Louis, 2010, Clinical Investigation
- **Residency:** Louisiana State University Health Science Center, 2002, Obstetrics and Gynecology
- **MD:** Kansas University Medical Center, 1998

Diseases/Specialties/Treatments

Obstetrics and Gynecology; Abdominal Hysterectomy; Cervical Dysplasia; Cervical Intraepithelial Neoplasia; Cervical Polyps; Ectopic Pregnancy; [more](#)