

Division of Family Planning

Welcome to the Family Planning Division

The Family Planning Division has extensive educational program includes teaching activities for medical students, **residents**, and **fellows** in family planning, and junior faculty scholars. In addition to the regular curriculum, medical students are offered sub-internship and elective courses. Resident teaching includes interactive didactics and a teaching workshop. As an academic center, we also conduct cutting-edge clinical, translational and basic research.

UC San Diego offers family planning services with expert care from physicians who specialize in family planning. We emphasize helping you choose the best options for your particular situation. Funding assistance is available for patients with financial barriers. Services include:

- Basic contraception consultation and services
- Emergency contraception
- Pregnancy testing and options counseling
- Nexplanon insertions and removals
- Contraceptive injectables (Depo-Provera)
- IUD insertion (for women who have or have not given birth) and removal
- Miscarriage management
- Management of abnormal or unintended pregnancies
- Postpartum contraception
- Laparoscopic sterilization

Comprehensive Contraception Clinic

This unique program serves women who have complex medical issues (including epilepsy, bariatric surgery or uncontrolled diabetes) and would benefit from counseling about safe and highly effective contraceptive options. If you've been told not to become pregnant because of medical issues, we offer contraceptive advice based on the latest evidence from family planning experts.

To schedule an appointment, call 619-806-7108.

Division Chief:

Sheila Mody, MD, MPH

Faculty

Sheila Mody, MD, MPH

Sarah Averbach, MD, MAS

Training and Education

Fellowship Training Program in Family Planning

Women's Reproductive Health Research Program

Labs and Research

Dr. Mody's Research

Dr. Mody has several existing family planning research projects taking place at UCSD. Most of the projects focus on Complex Contraception and involve collaborations with other departments such as Transplant Surgery, Neurology, Psychiatry and Oncology. She is also has studies looking at pain control for intrauterine device placement.

Dr. Averbach's Research

Dr. Averbach has considerable experience in global reproductive health and research as well as clinical expertise in family planning gained during her fellowship training at UCSF. She has an interest in developing a program in global reproductive health education and research within the Department of Reproductive Medicine at UCSD. This program will seek to address health disparities in family planning care and to transform patient care and research collaborations globally in a sustainable way. In order to build this program, she will focus on strengthening relationships with colleagues in academic institutions and NGOs around the world including existing relationships in India, Nepal, Uganda and Zimbabwe.

Fellows

Bonnie Crouthamel, MD 2017-2019

Sarah Tilford, MD 2018-2020

Nicole Economou, MD 2019-2021

Faculty Support

Administrative

Elizabeth Santos, 858-249-0373, esantos@ucsd.edu

Clinical

Elizabeth Castillo, 619-806-7108, familyplanning@ucsd.edu

Research

Marisa Hildebrand, familyplanningresearch@ucsd.edu