

# PPA counsels on birth, VD

PLANNED PARENTHOOD ASSOCIATION OF MONROE COUNTY, INC.

THE PLANNED PARENTHOOD CLINIC AT THE INDIANA UNIVERSITY STUDENT HEALTH CENTER OFFERS:

- \* Birth Control Information
- \* Counseling
- \* Clinic Services
- \* Prescriptions for Birth Control Supplies

At the clinic a Planned Parenthood nurse will instruct patients in the use of the birth control method they prefer. All patients will have a pelvic and breast examination, urinalysis, blood pressure, and a Pap Smear will be taken. (If you have had a pelvic examination and a Pap smear within the past six months, and bring a note from your doctor with the result of the examination, it will not be necessary to have another.)

## IF YOU NEED...

- \* A test for VD (syphilis or gonorrhea)
- \* A consultation with a nurse or doctor for any problem you would like to discuss -- including problem pregnancy

Contact the contraceptive nurse at 337-8782, the Student Health Nurse at 337-4011, or Planned Parenthood at 336-0219.

## CLINIC SERVICES

Clinics are held every week at the student health center on Wednesday evenings between 6:30 and 9:00 p.m. for students (full and part time) who have appointments. The clinic is for routine exams for persons who wish to use a contraceptive method (including Rhythm).

New patients who have never used a method of contraception must attend an Information Conference before going to the clinic for a medical exam and prescription.

## INFORMATION CONFERENCES

The conferences are held daily at the Student Health Center. At the conference a film is shown which explains the available birth control methods. It is followed by a question and answer session with the Contraceptive Nurse. The purpose of the conference is to help students fully understand the nature of the various birth control methods so that they may make an informed choice.

## WHO SHOULD ATTEND?

- \* The student who has never used a method of birth control.
- \* The student who wishes to change methods to one which she has never used.

\* Anyone interested in up to date information on birth control

Appointments are necessary for the clinic and information conferences.

## BIRTH CONTROL SUPPLIES

Pills, diaphragms (available by prescription only), condoms and contraceptive foam are available at the Student Health Center Pharmacy to students during regular daytime hours, as well as during the Wednesday night clinics.

## WHAT DO THESE SERVICES COST?

The charge for the medical examination including the Pap smear is \$10. Prescriptions for birth control supplies may be filled at the Student Health Center Pharmacy at a minimal cost to the patient.

There is no charge for consultations with the Contraceptive Nurse, or for the Information Conference on contraception.

## PROBLEM COUNSELING

The Contraceptive Nurse is available for questions and counseling in problems related to the use of birth control by appointment at the Student Health Center. Call 337-7688 for an appointment. She may be reached in her office by calling 337-8782. If she is not available, and your situation is urgent, a Student Health Nurse is available at 337-4011.

ANNUAL MEDICAL EXAMINATIONS are necessary for renewal of birth control prescriptions.

## COMMONLY ASKED QUESTIONS

Q: Are birth control pills really safe? What about side effects?

A: Birth control pills have been in use for 15 years. They appear to be highly safe and extremely effective in preventing pregnancy. There is probably no connection between using birth control pills and later development of cancer; in fact, they may reduce the likelihood of certain types of cancer. Birth control pills probably do increase slightly the risk of a woman developing phlebitis (blood clots in leg veins). Migraine headaches may be made worse by birth control pills; occasionally women will have a slight spotting of blood between periods and once in a while a woman may miss a period entirely while on the pill. No one should take birth control pills without just having had a medical history and examination performed.

Q: What can people do for birth control if they decide to have intercourse without previous preparation?

A: The combination of the woman using a vaginal foam or jelly and the man using a condom is highly effective and available at almost any drug store without a prescription.

Q: Why aren't IUD's prescribed more often?

A: Intrauterine devices (coils, loops, spirals) are not prescribed more frequently because they are unsuitable for most women who have never had

a baby. There is a small-but real-failure rate with IUD's, so many women prefer birth control pills, which are nearly 100% more effective.

Q: Can a girl get pregnant if she has intercourse just one time?

A: Definitely yes! While the chance of pregnancy occurring from one act of intercourse is not very high, pregnancy can occur if the woman is at the fertile time of her cycle.

Q: Is there a "Morning After Pill"? How does one get it?

A: Yes. High doses of female hormone taken within a day of two after intercourse will usually prevent pregnancy. However, this morning after pill often has unpleasant side effects, and cannot be used routinely. One would have to see a physician for a prescription.

## Dental history valuable

It may be impossible to avoid the suffering of dental work and high-priced dental bills, but there are ways to minimize both.

Most important, you should take your past history and x-rays when moving or switching dentists. Teeth often have small holes that are not infected and do not threaten the teeth or gums. Repair work on these is unnecessary but, unless you and the dentist can compare past pictures with new ones, there is no way to be sure.

Radical repair work, like radical surgery, is expensive and irrevocable. A second or even third opinion should be sought. If everyone votes for such work, the least expensive route is through the I.U. - Purdue Dental Clinic at Indianapolis. The general information phone number at the School of Dentistry is (317) 264-7957. There is no set appointment schedule -- cases are chosen by the dental students to help them fulfill requirements. The wait is usually about the same as for a local appointment, but there may be as little as a week's notice as to the exact date.

Clinic fees are extremely low. There is an initial fee of a dollar or two which is added to if special work or special materials are called for. Even with added costs, the charge is generally less than 10% the fee of private dentists.

Most, perhaps all, dentists, recommend using dental floss at least once a day in addition to brushing the teeth and gums.

Vitamin C supplements will help keep both teeth and gums healthy and large doses can stop many specific gum problems.

## Bayh says abortion opposed by Hoosiers

Senator Birch Bayh says that the mail he has been getting is running very strongly opposed to the Supreme Court decision permitting legal abortions.

If you would like to see abortion kept as a legal, medically-regulated procedure, you can help by sending a note to that effect to Senators Bayh and Hartke and to your representatives in the House.

Senator Birch Bayh  
Senate Office Building  
Washington, D.C. 20510

Senator Vance Hartke  
Senate Office Building  
Washington, D.C. 20510

Representative John T. Myers  
103 House Office Building  
Washington, D.C. 20515

Representative Lee Hamilton  
House Office Building  
Washington, D.C. 20515

A simple letter is sufficient:

Dear Sir:

I would like to express my strong support for the Supreme Court decision allowing legal abortion under proper medical supervision, and urge that you do all possible to oppose efforts to change that ruling.

Thank you.

Sincerely yours,