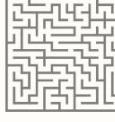
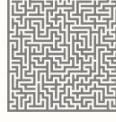
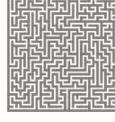
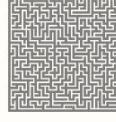
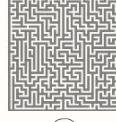
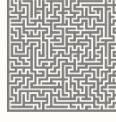
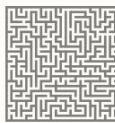
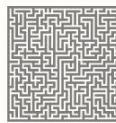
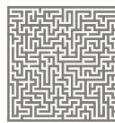
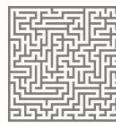
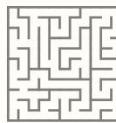
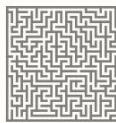
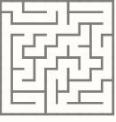
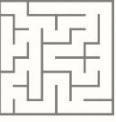
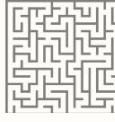
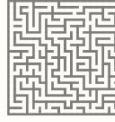
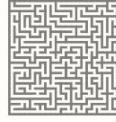
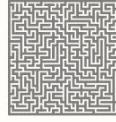
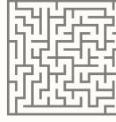
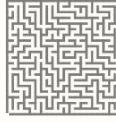
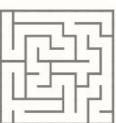
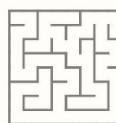
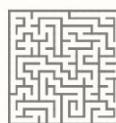
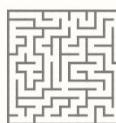
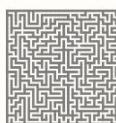
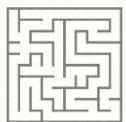


# THE United States OF Abortion Mazes

To illustrate how difficult it is to get abortion care, we built a maze for each state where the difficulty is calculated by the state's abortion policies. Work through all the mazes in this book or online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).



A maze activity book from **The Pudding**

# About

In 1973, *Roe v. Wade* granted a nationwide right to abortion and helped create a **path to access**. But, abortion access has **rarely been a straight line** — it's full of twists, turns, and roadblocks.

And these barriers have only gotten more complicated since the US Supreme Court **gave states the power to ban abortion** in 2022's *Dobbs* ruling.

While 13 states completely outlawed abortion, with many additional states dismantling access in other ways, other states have moved to strengthen their protections, creating a complicated patchwork of laws across the country.

To illustrate how difficult it is to get abortion care, we built a maze for each state where the difficulty is calculated by the state's abortion policies.

---

*To calculate the complexity of each state maze, 28 state-level data points from the Guttmacher Institute were collected, normalized, weighted, and combined to produce a complexity score. Abortion bans were weighted at 10, with ban exceptions and constitutional measures weighted at 5. Other policies and laws aimed at limiting abortion access were weighted at 2. Other reproductive health policies, like sexual education and contraception access, were weighted at 1.*

*Our complexity calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation.*

*Mazes were generated using a depth first search algorithm, with a size and difficulty that matched the complexity score.*

**By Jan Diehm and Michelle Pera-McGhee, Illustrations by Maria Scherlies**



**The Pudding**

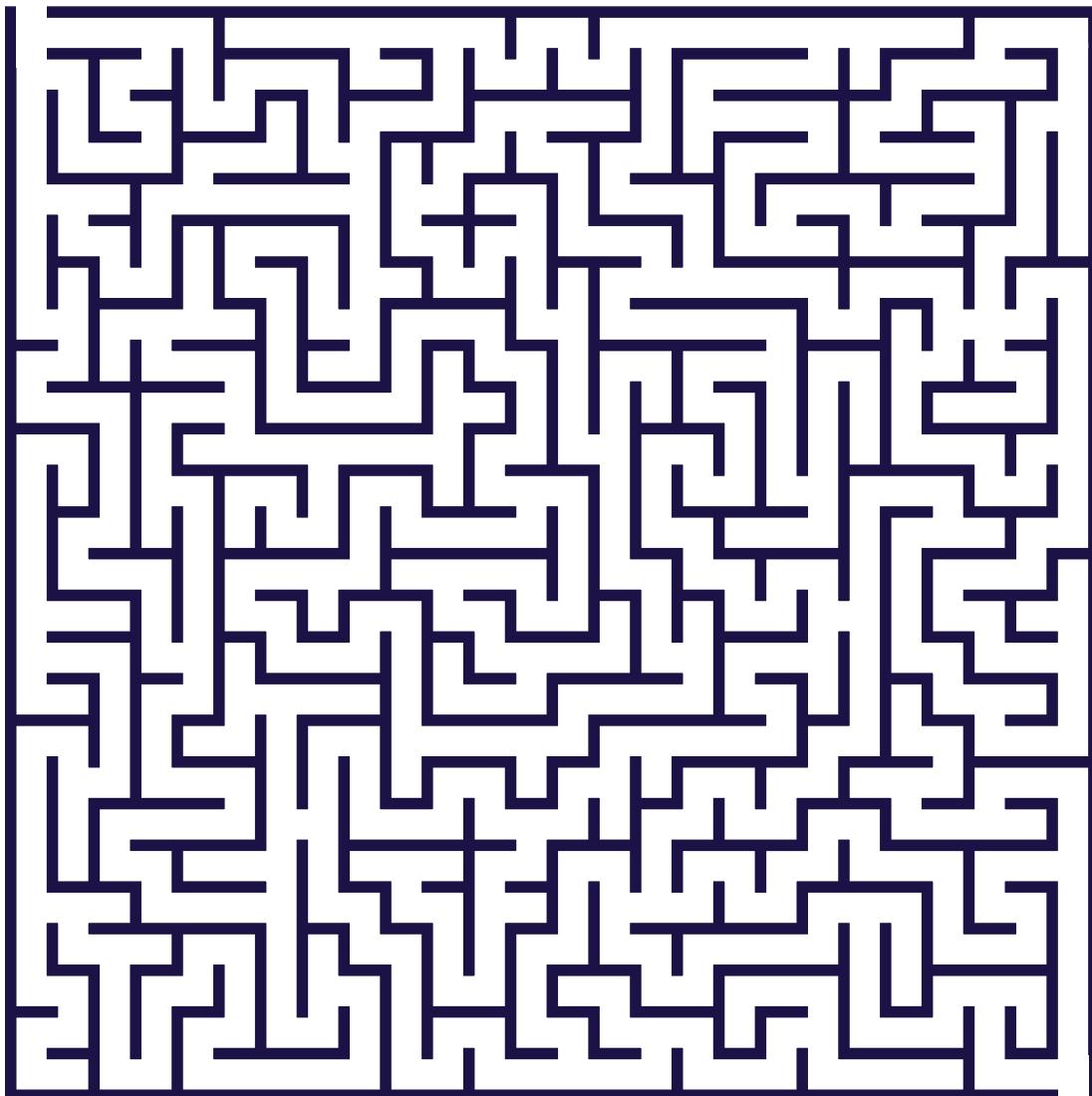
Work through all the mazes in this book or online at  
[pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# Alabama

is one of the **most complex states** for navigating abortion access.  
The state **completely bans abortion** with very limited exceptions.

- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 48 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

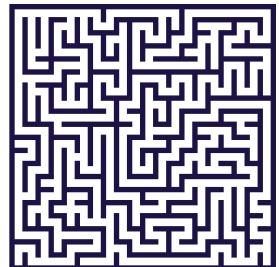
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## ALABAMA'S NEIGHBORS

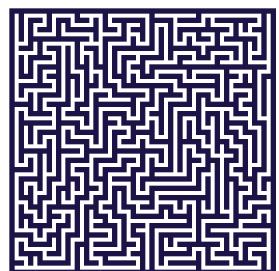
### Georgia

Very complex



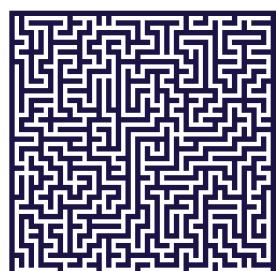
### Mississippi

Most complex



### Tennessee

Most complex



## The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# Alaska

is a somewhat **complex state** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

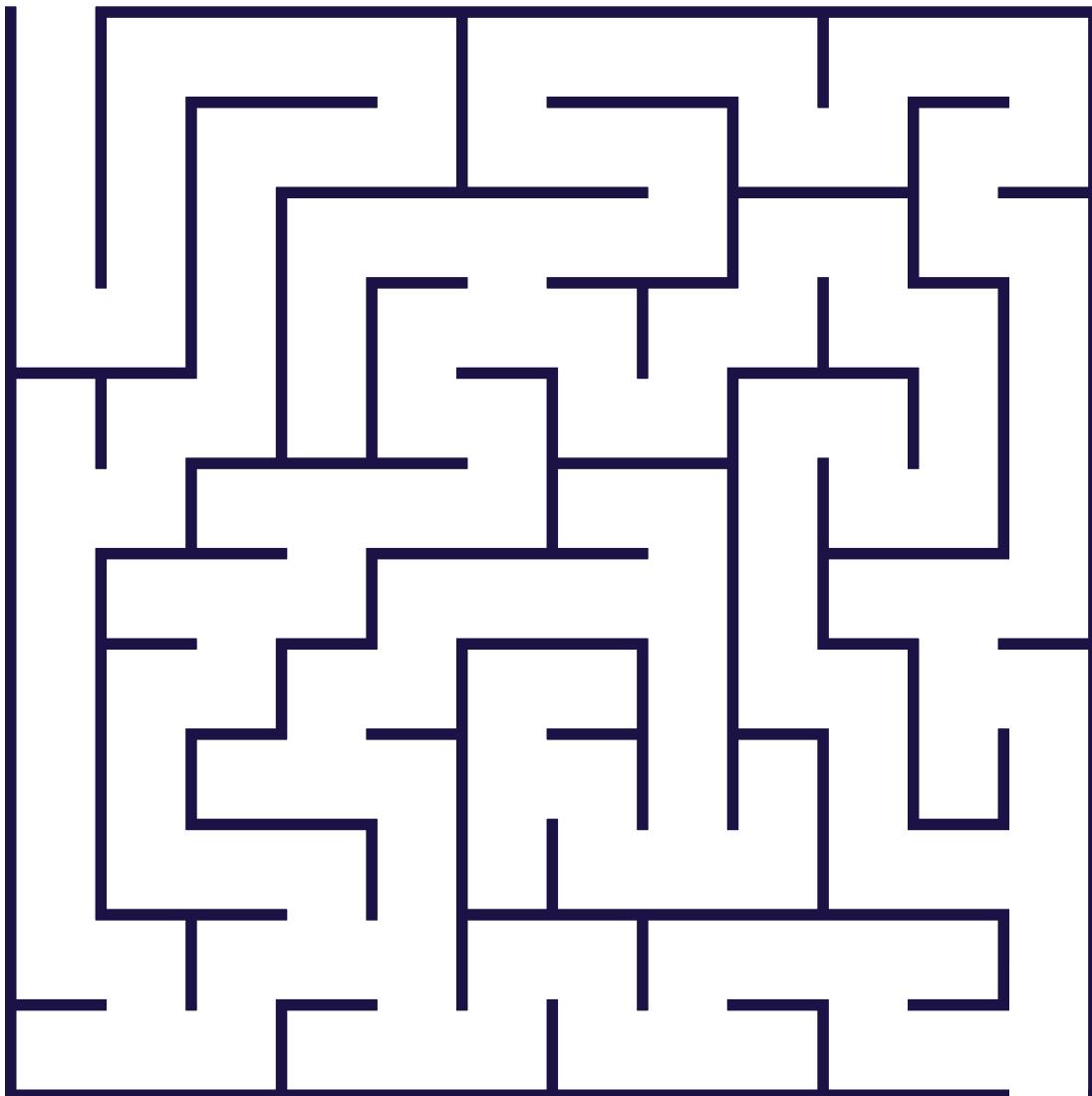
- All qualified health care professionals can perform abortions.

- Patients must obtain medication abortion from a doctor.

- Individual providers may refuse to perform abortions.

- Private institutions may refuse to perform abortions.

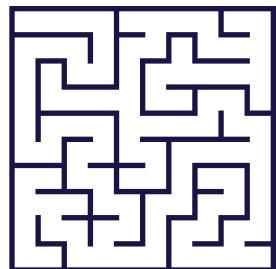
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## ALASKA'S NEIGHBORS

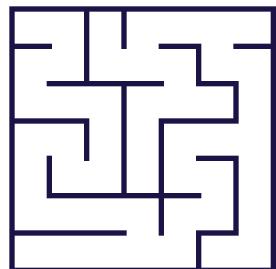
### Hawaii

Somewhat complex



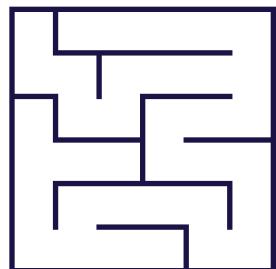
### Oregon

Least complex



### Washington

Least complex



## The Pudding

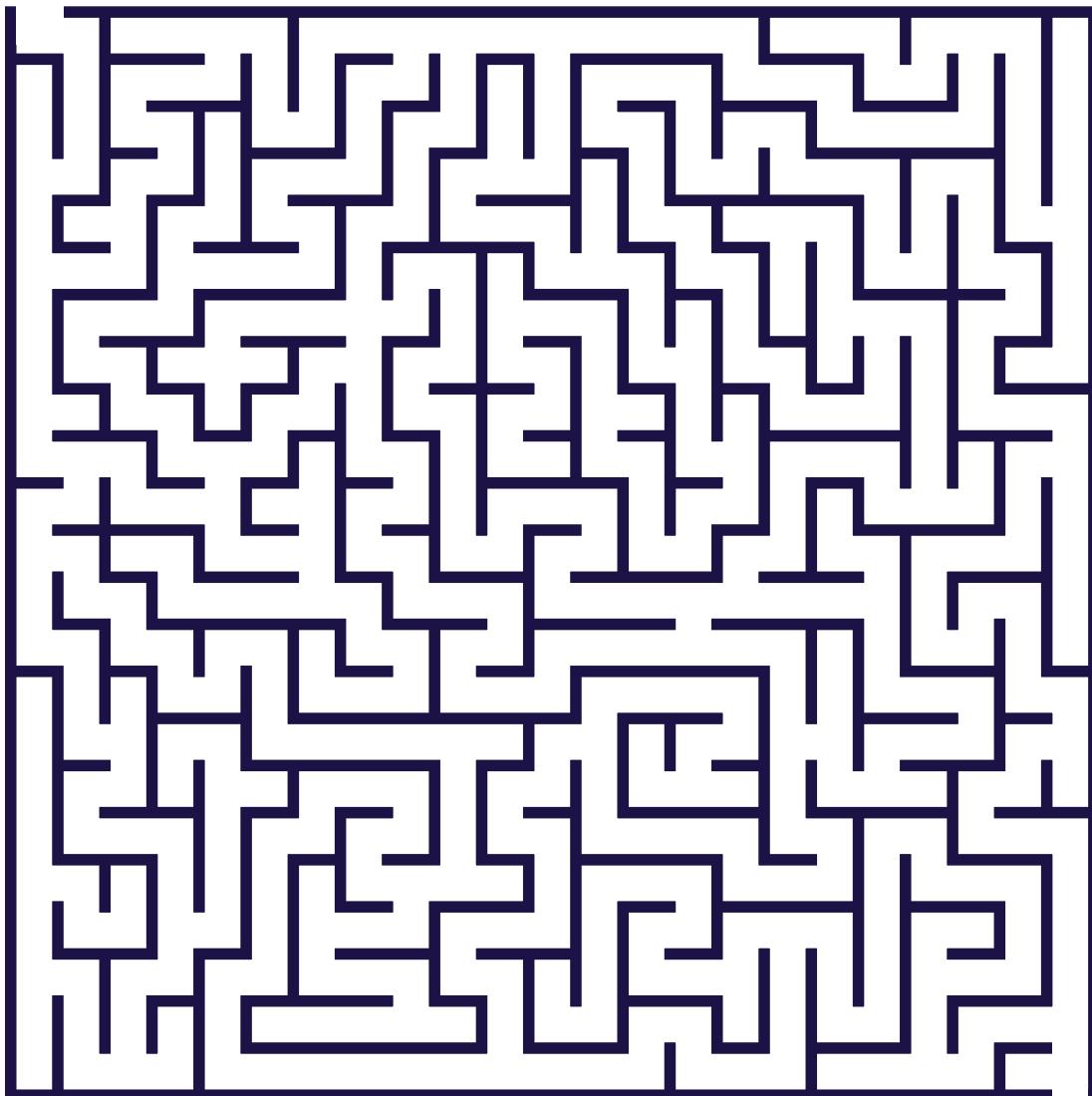
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# Arizona

is a **very complex state** for navigating abortion access. The state **bans abortion at 15 weeks.**

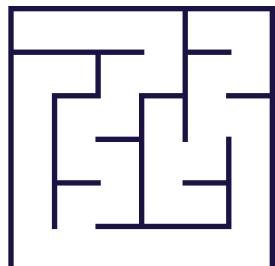
- Patients must attend in-person counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Patients must obtain medication abortion in person.
- Mailing abortion pills is banned.
- Parental consent is required for minors seeking abortions.

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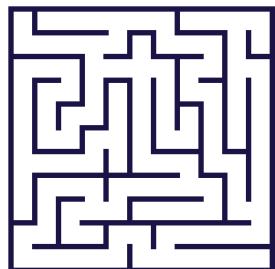


## ARIZONA'S NEIGHBORS

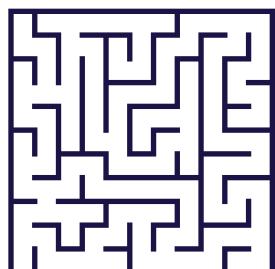
**California**  
Least complex



**Nevada**  
Somewhat complex



**New Mexico**  
Somewhat complex



## The Pudding

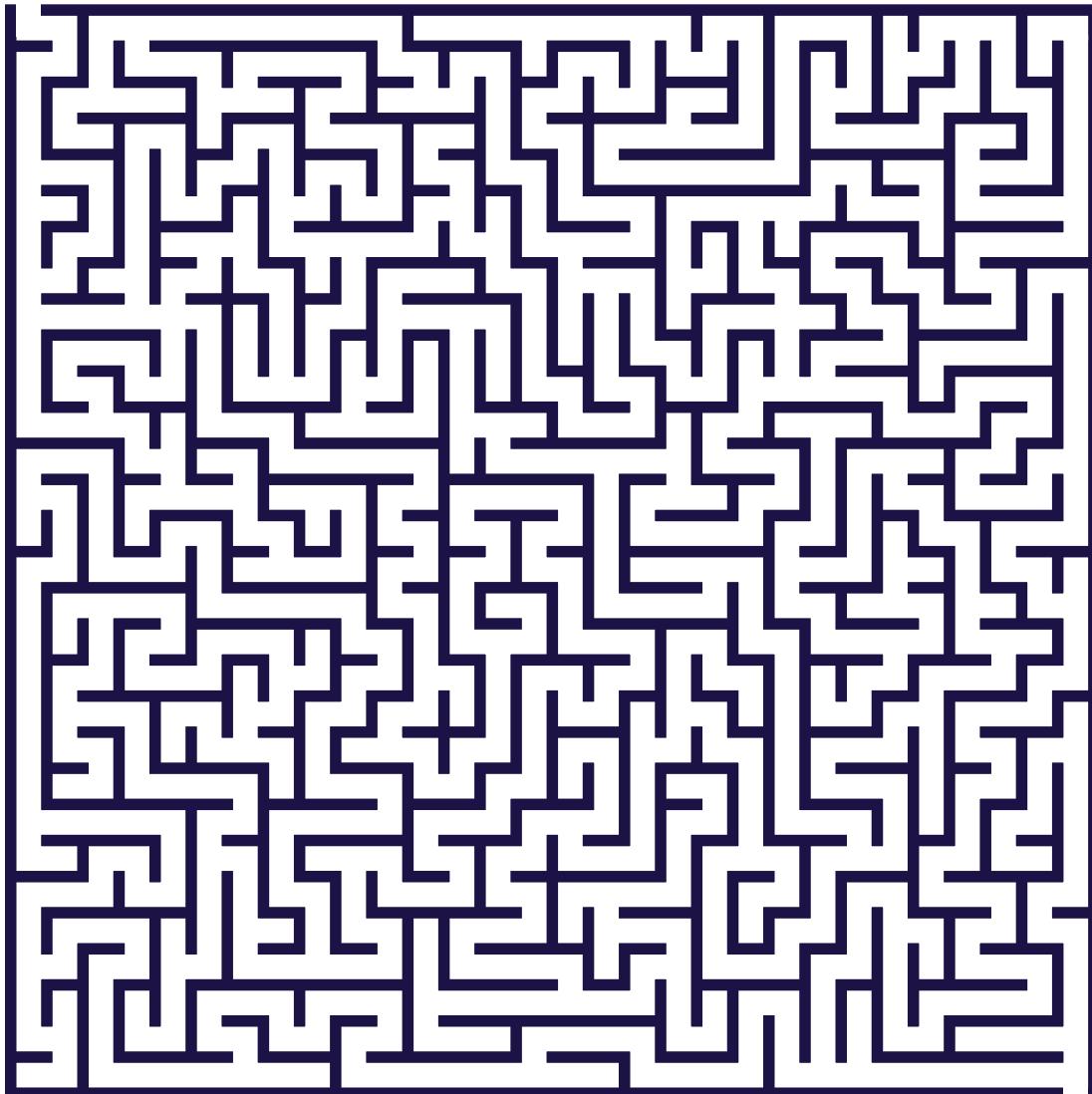
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# Arkansas

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

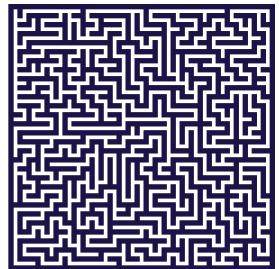
- Patients must attend counseling 72 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.

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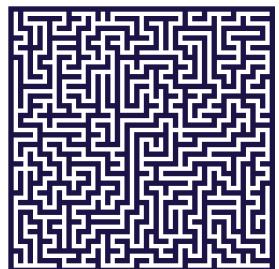


## ARKANSAS' NEIGHBORS

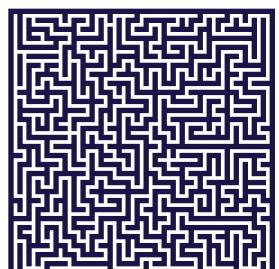
**Missouri**  
Most complex



**Tennessee**  
Most complex



**Texas**  
Most complex



## The Pudding

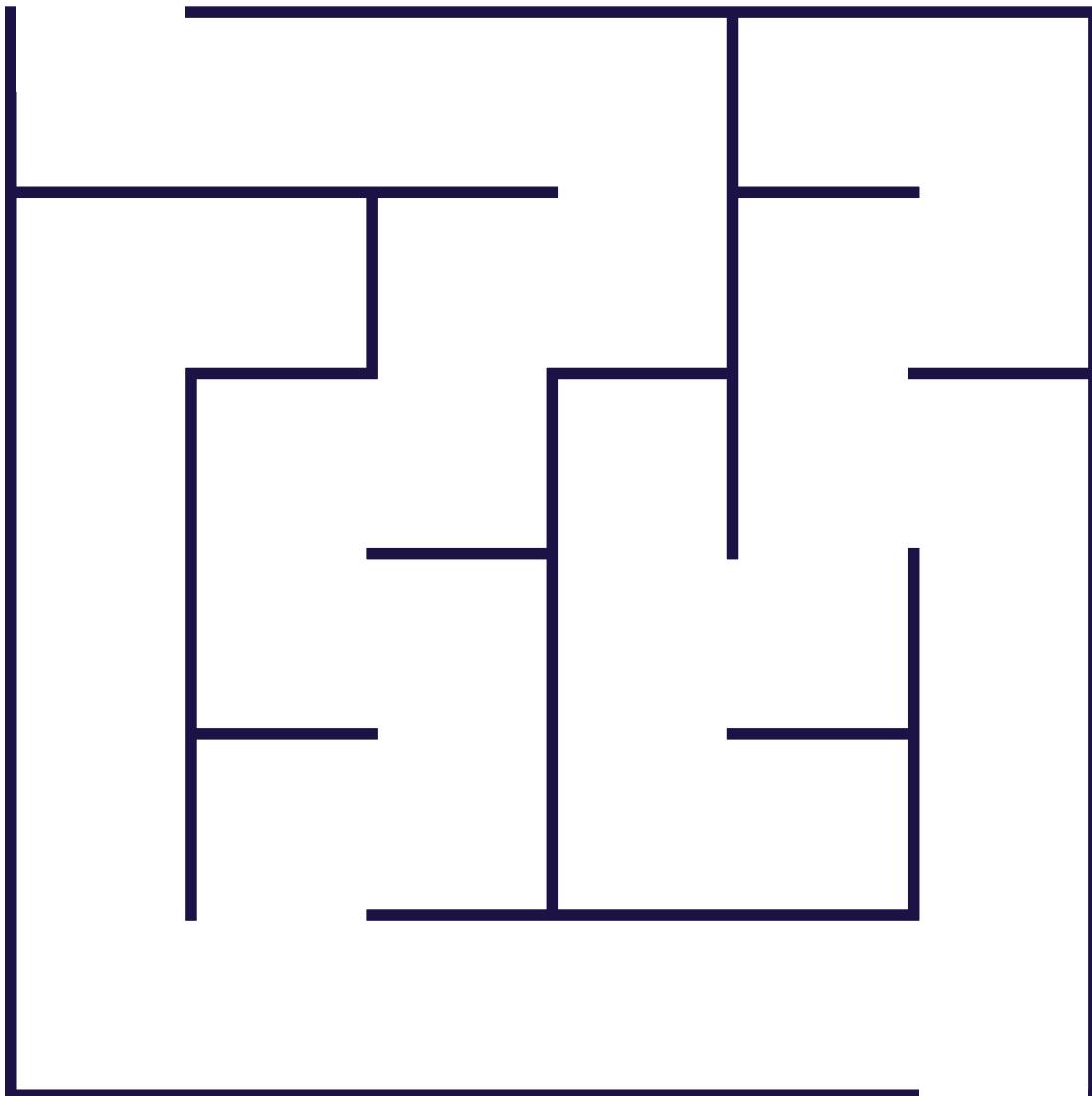
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# California

is one of the **least complex states** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortion rights are explicitly protected in the state constitution.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

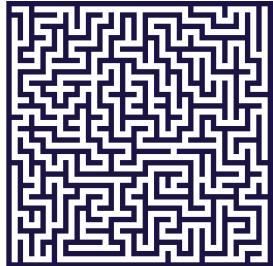
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## CALIFORNIA'S NEIGHBORS

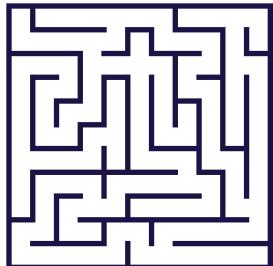
### Arizona

Very complex



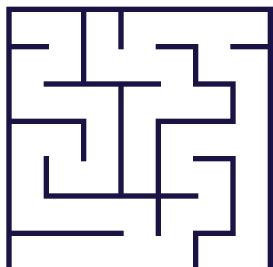
### Nevada

Somewhat complex



### Oregon

Least complex



## The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# Colorado

is one of the **least complex states** for navigating abortion access.  
The state **does not restrict abortion based on gestational duration.**

- Parental notification is required for minors seeking abortions.

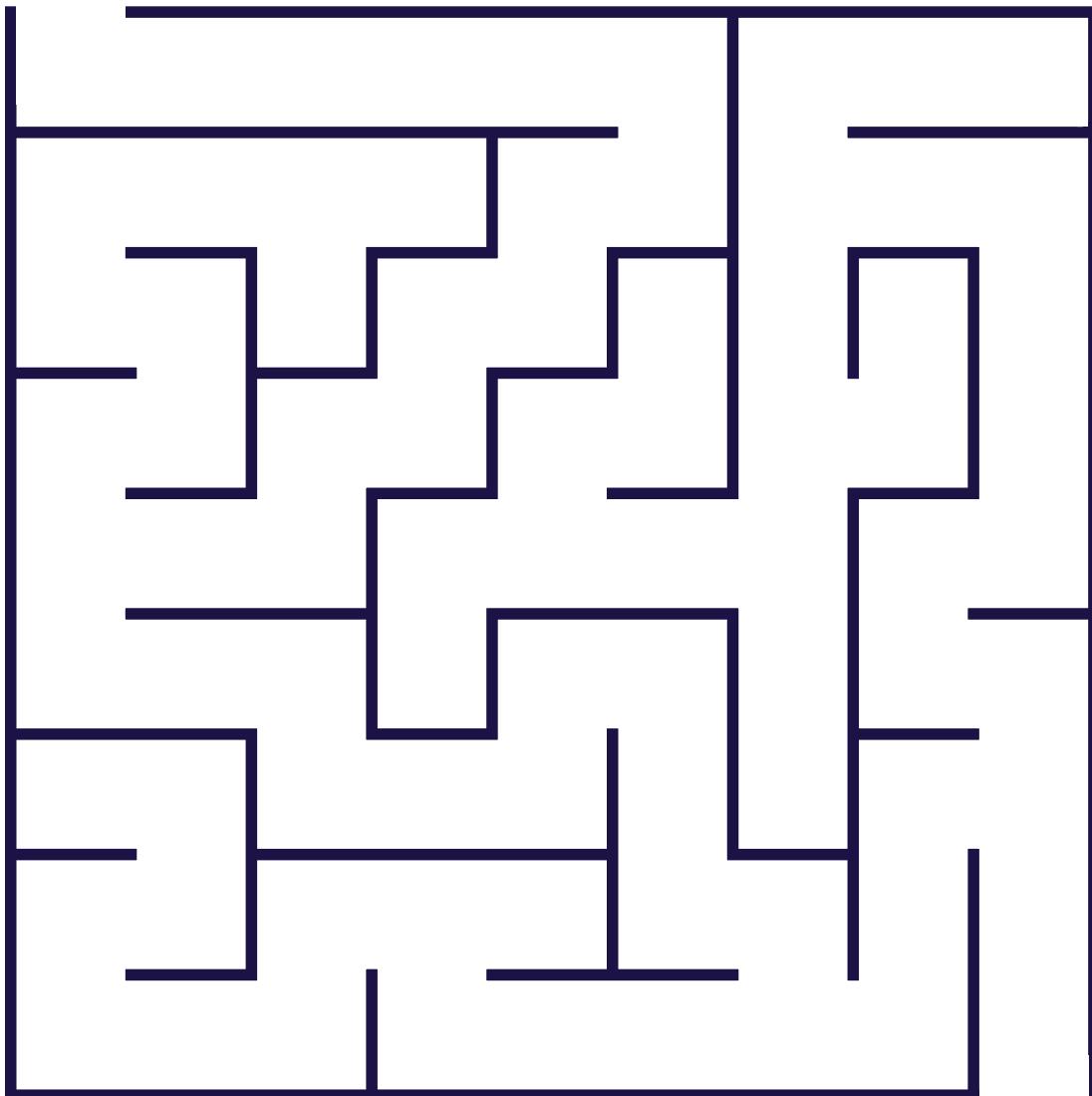
- All qualified health care professionals can perform abortions.

- Medicaid coverage of abortion is banned with very little exceptions.

- Abortion providers are protected by a shield law.

- Abortion clinics are protected by a bubble zone.

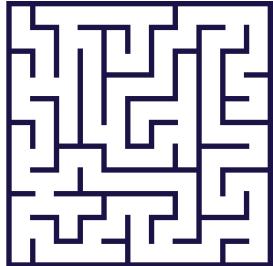
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## COLORADO'S NEIGHBORS

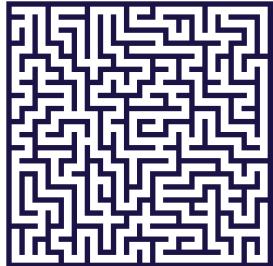
### New Mexico

Somewhat complex



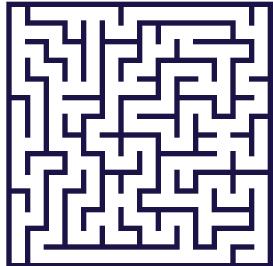
### Utah

Very complex



### Wyoming

Moderately complex



## The Pudding

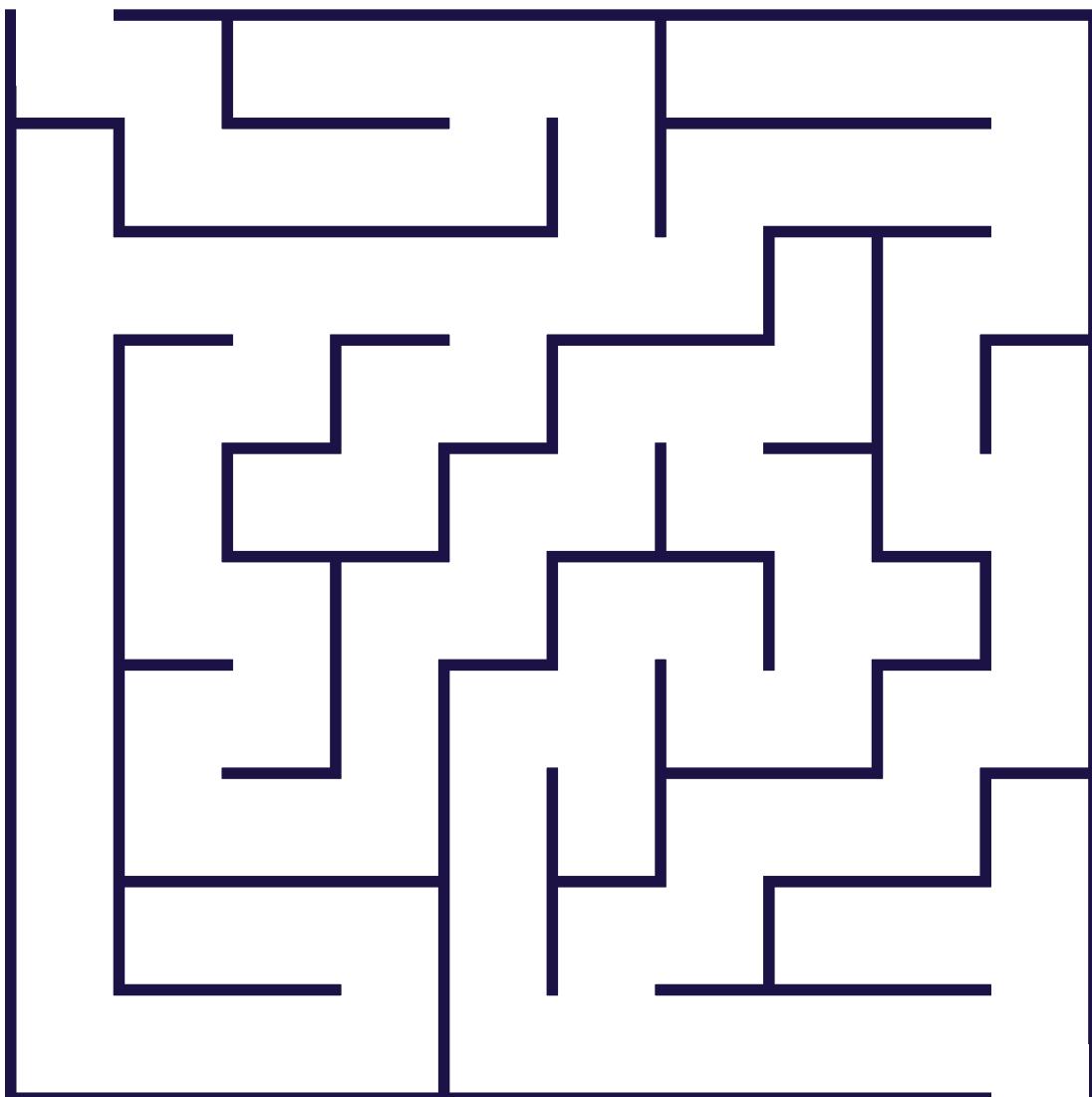
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# Connecticut

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.
- Abortion clinics face unnecessary regulations without basis in medicine.
- Individual providers may refuse to perform abortions.

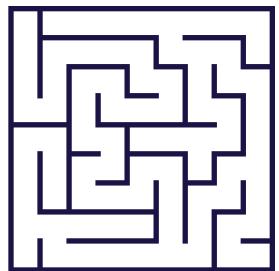
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CONNECTICUT'S  
NEIGHBORS

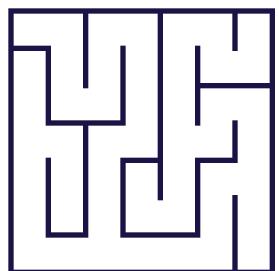
**Massachusetts**

Least complex



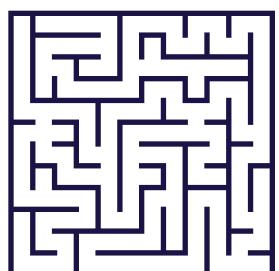
**New York**

Least complex



**Rhode Island**

Moderately complex



## The Pudding

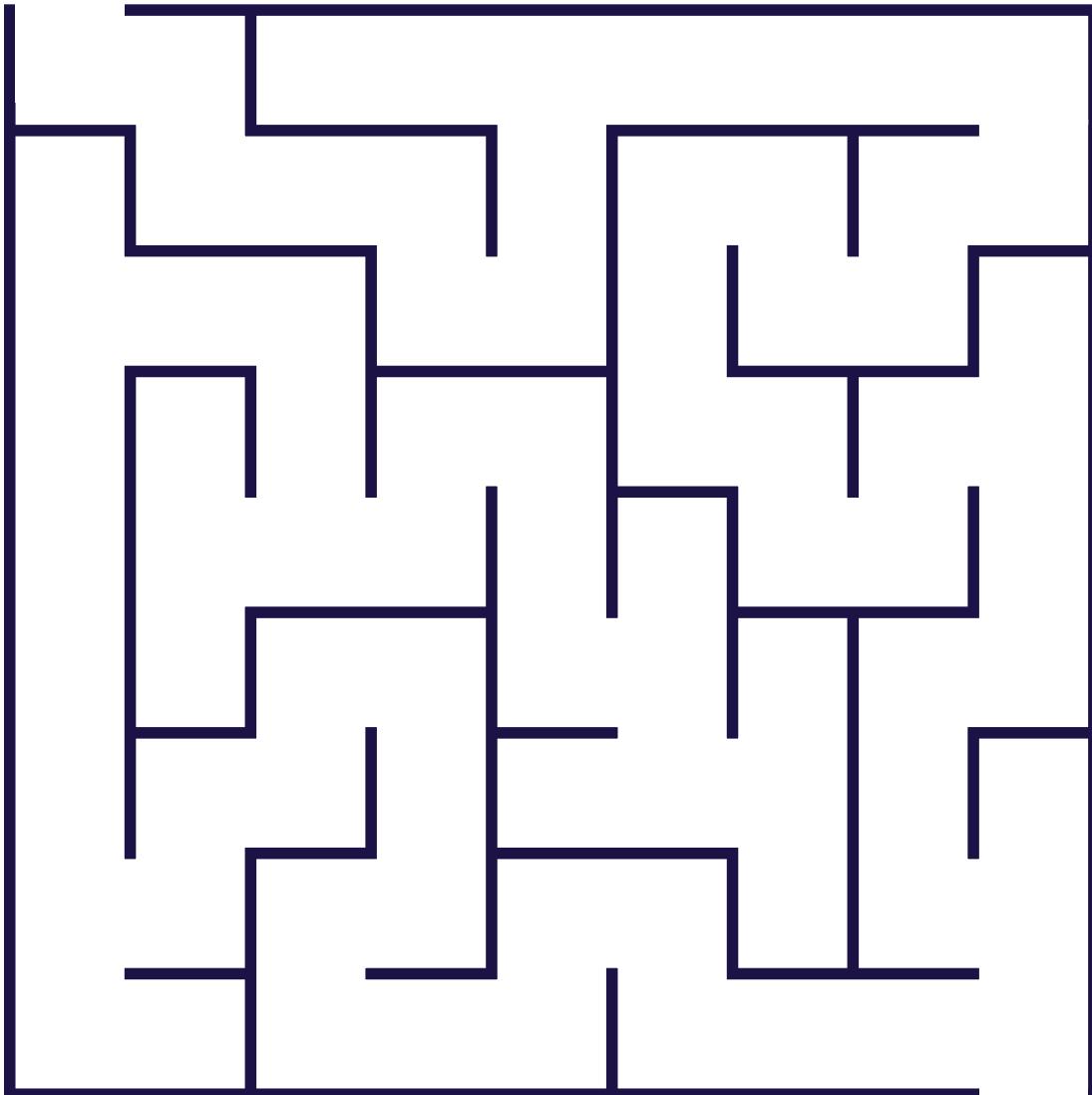
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# Delaware

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.
- Individual providers may refuse to perform abortions.

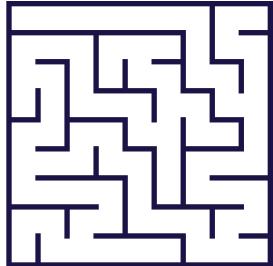
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## DELAWARE'S NEIGHBORS

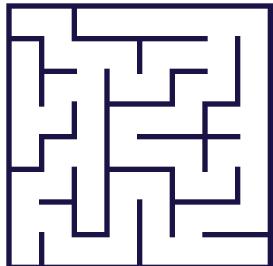
### Maryland

Least complex



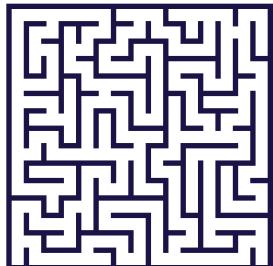
### New Jersey

Least complex



### Pennsylvania

Moderately complex



## The Pudding

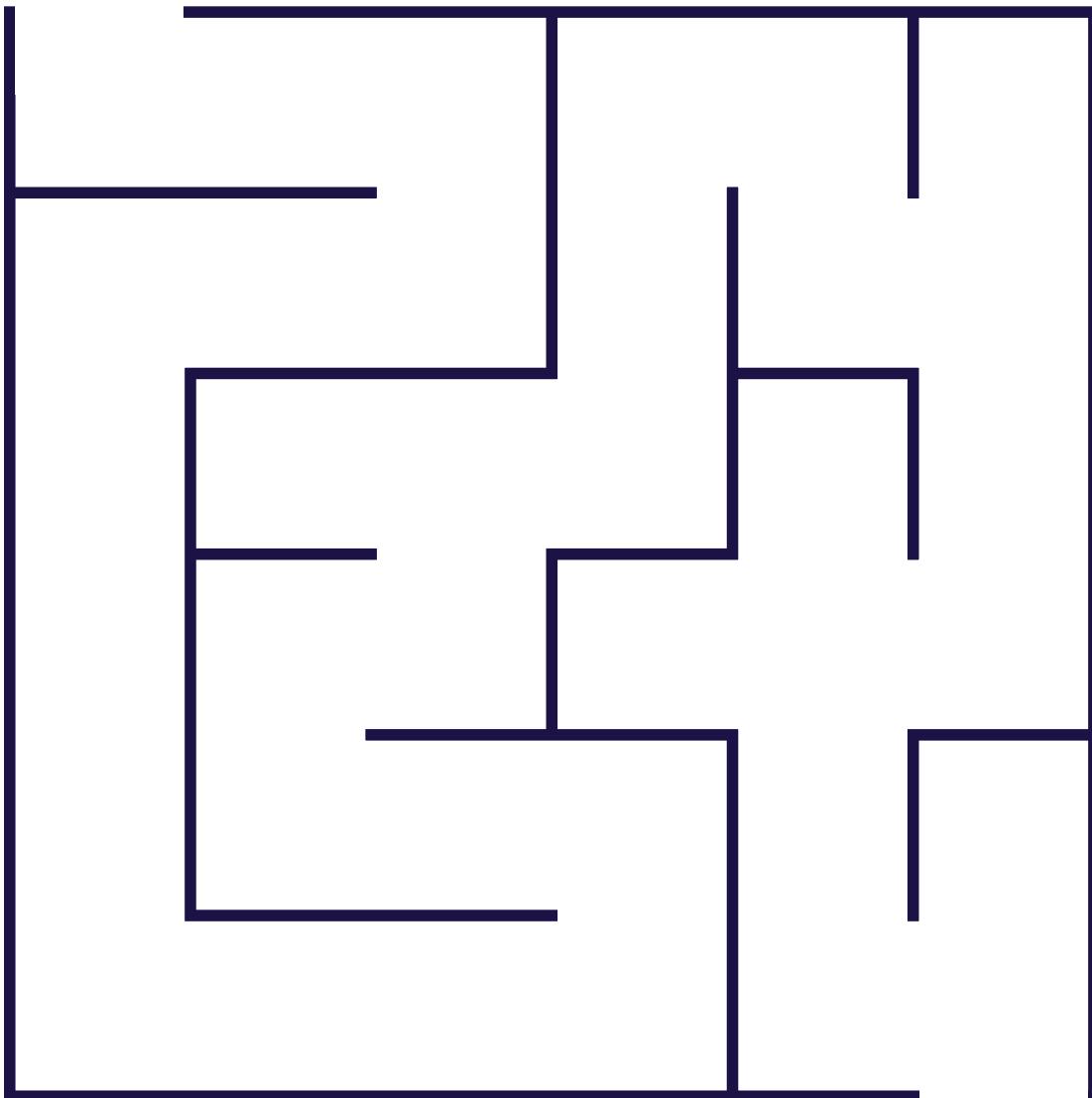
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# District of Columbia

is one of the **least complex states** for navigating abortion access. The district **does not restrict abortion based on gestational duration.**

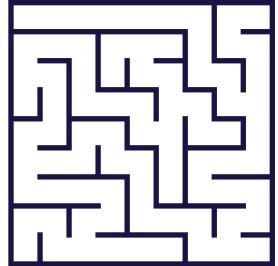
- DC is under the jurisdiction of the US Congress, who can modify or overturn legislation and impose unwanted laws on DC.
- Medicaid coverage of abortion is banned with very little exceptions.
- Abortion providers are protected by a shield law.
- Laws prohibit obstructing access to abortion clinics.
- Emergency rooms must dispense emergency contraception upon request.

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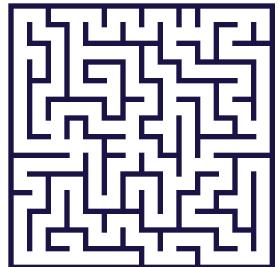


DC'S  
NEIGHBORS

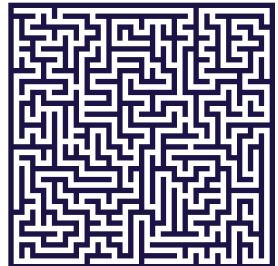
**Maryland**  
Least complex



**Virginia**  
Moderately complex



**West Virginia**  
Most complex



## The Pudding

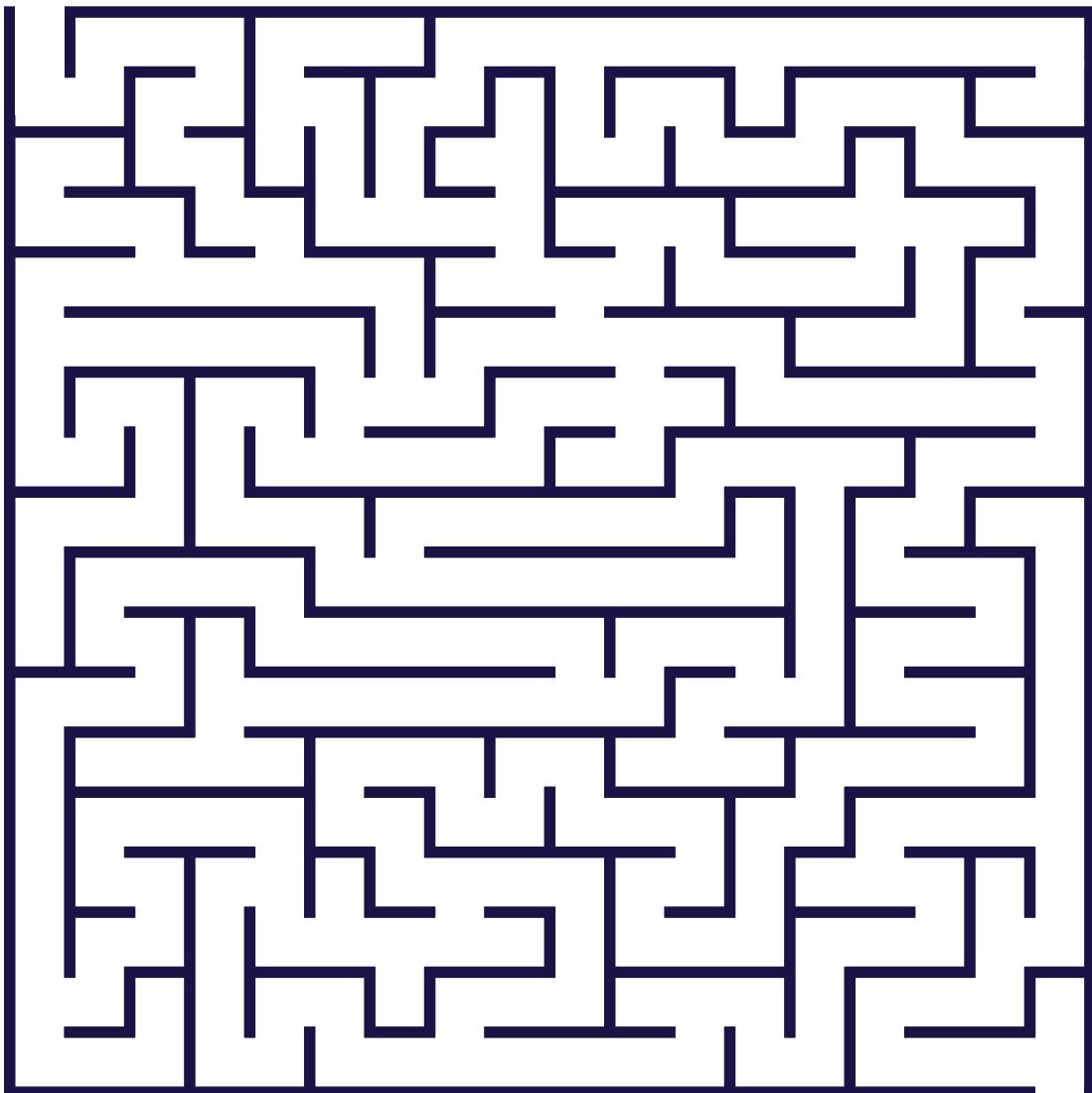
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# Florida

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Mailing abortion pills is banned.
- Parental consent is required for minors seeking abortions.

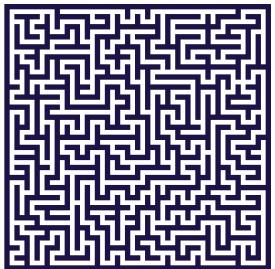
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## FLORIDA'S NEIGHBORS

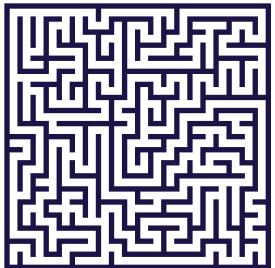
### Alabama

Most complex



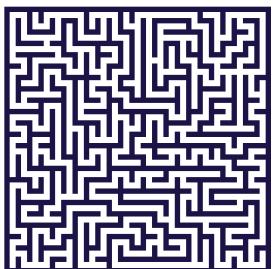
### Georgia

Very complex



### South Carolina

Very complex



## The Pudding

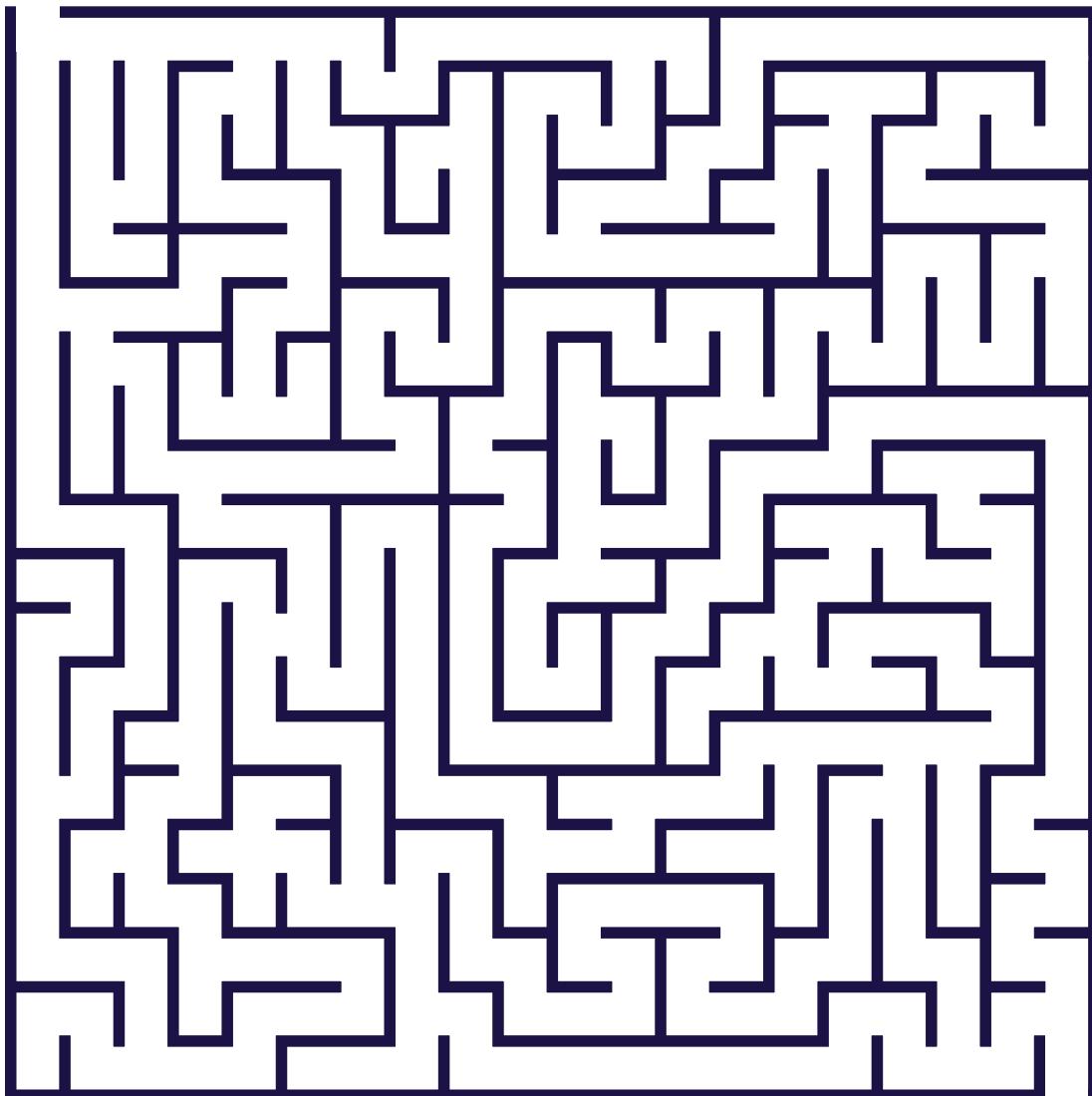
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# Georgia

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- Only physicians can provide abortions.
- Individual providers may refuse to perform abortions.

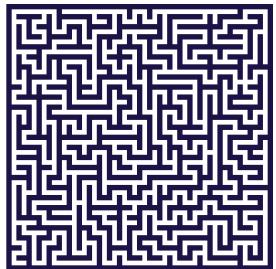
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## GEORGIA'S NEIGHBORS

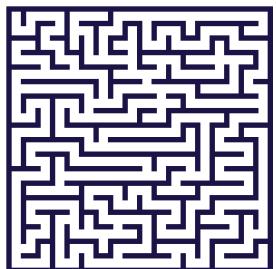
### Alabama

Most complex



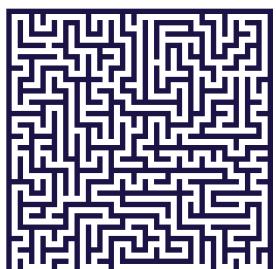
### Florida

Very complex



### South Carolina

Very complex



## The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# Hawaii

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.

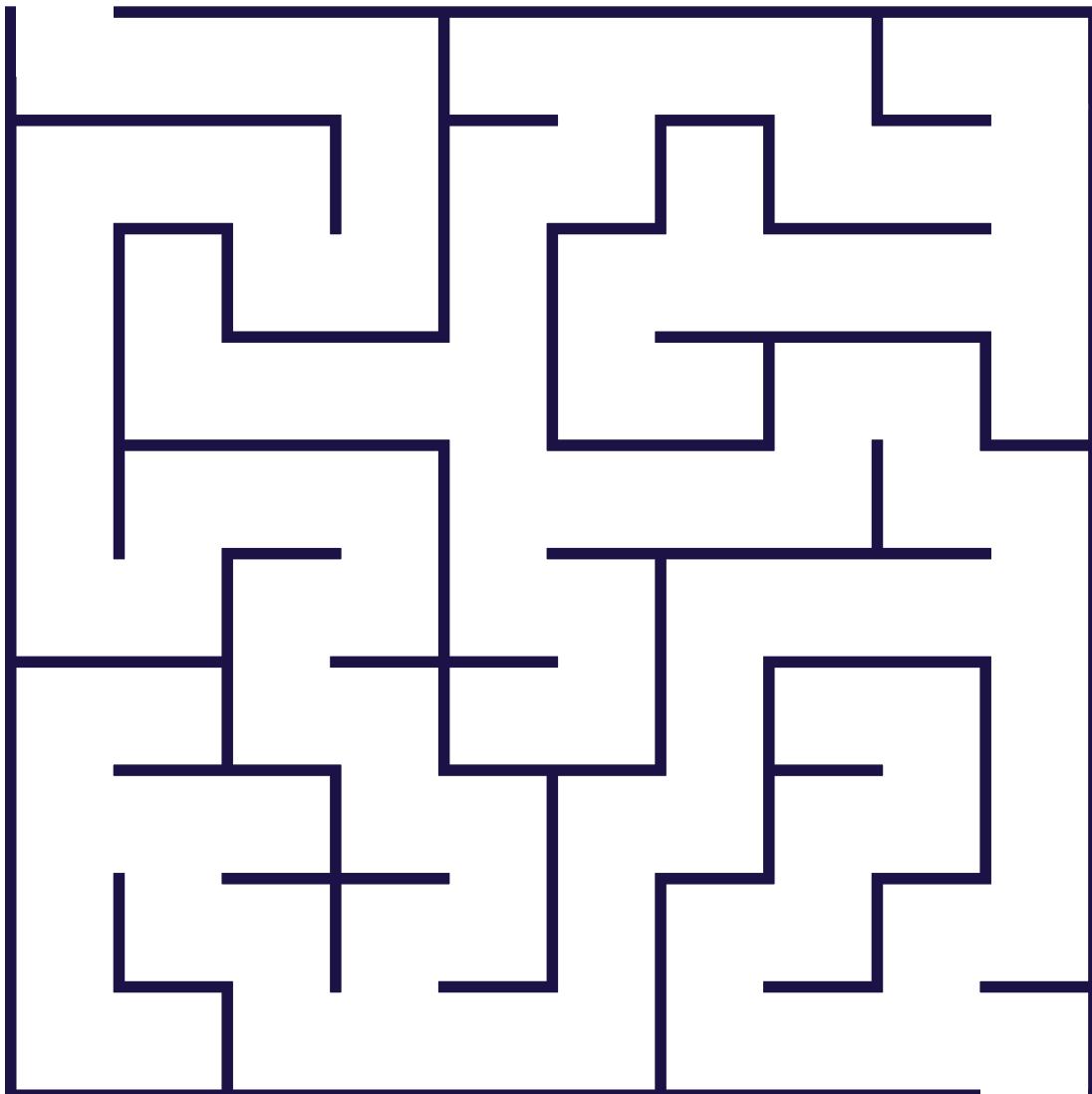
- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Institutions may refuse to perform abortions.

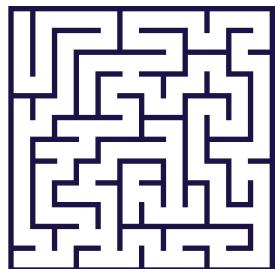
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## HAWAII'S NEIGHBORS

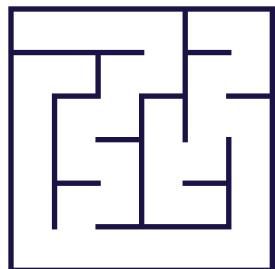
### Alaska

Somewhat complex



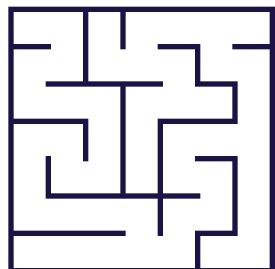
### California

Least complex



### Oregon

Least complex



## The Pudding

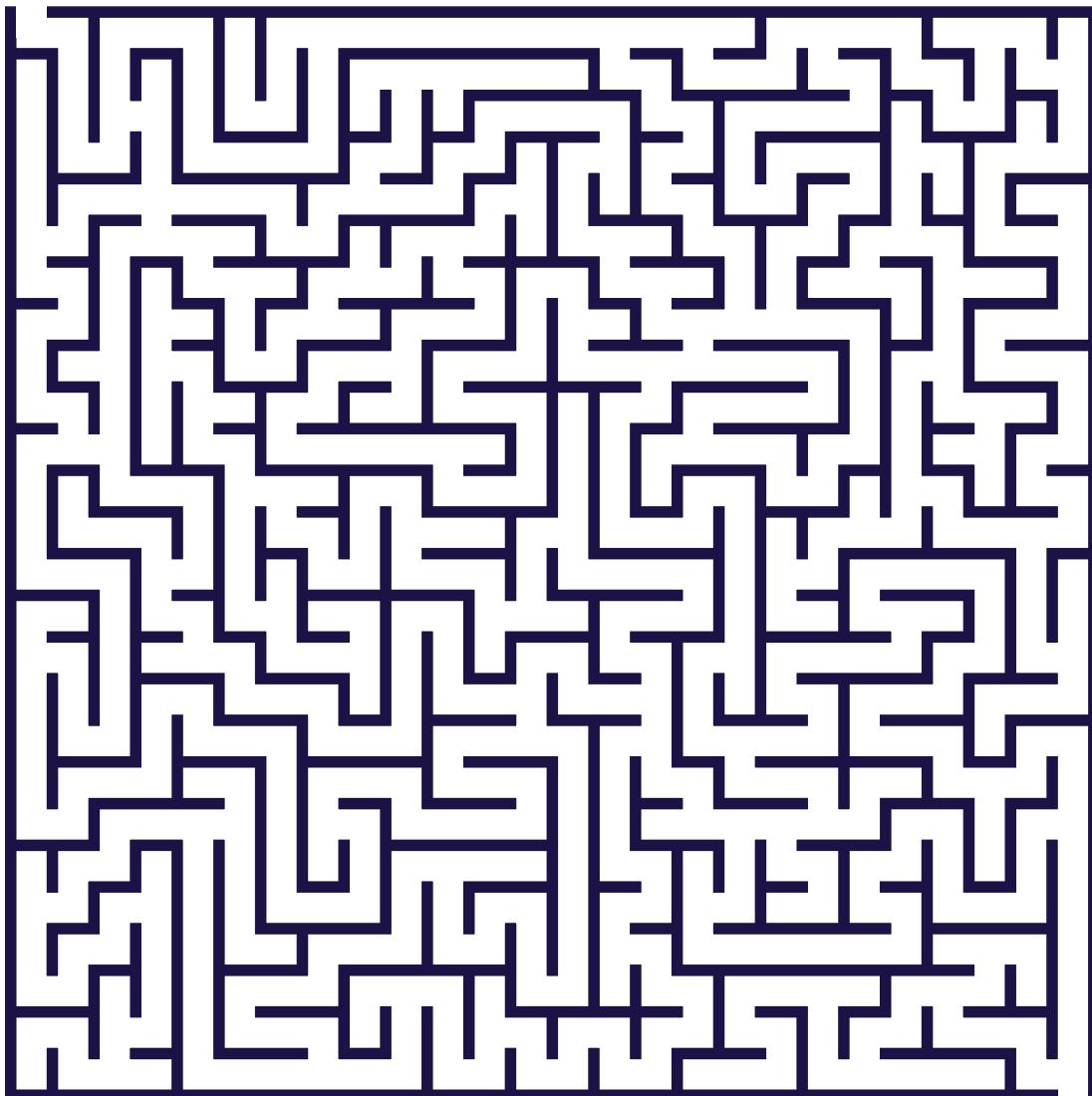
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# Idaho

is one of the **most complex** states for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

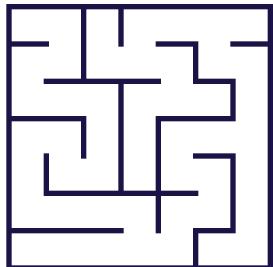
- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.

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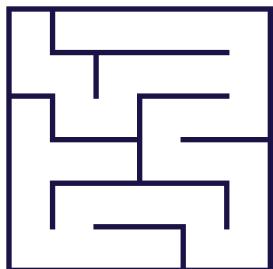


## IOWA'S NEIGHBORS

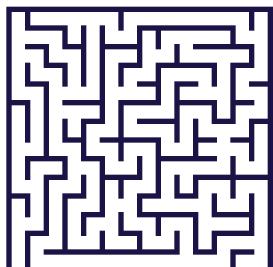
**Oregon**  
Least complex



**Washington**  
Least complex



**Wyoming**  
Moderately complex



## The Pudding

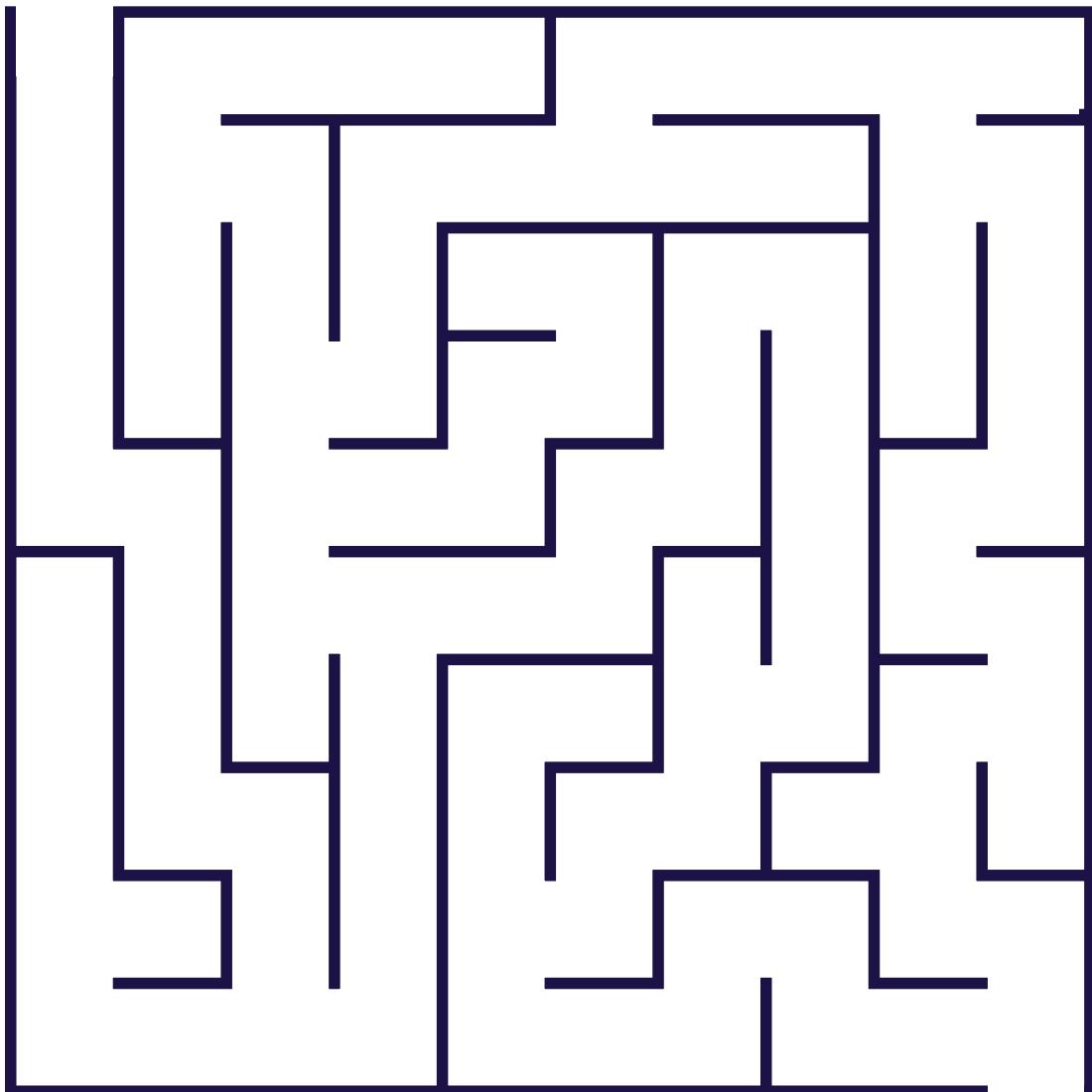
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# Illinois

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.
- Laws protect data privacy for patients seeking reproductive health care.

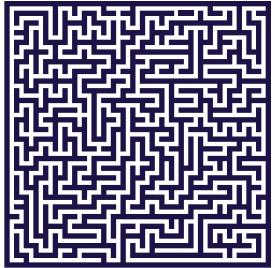
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## ILLINOIS' NEIGHBORS

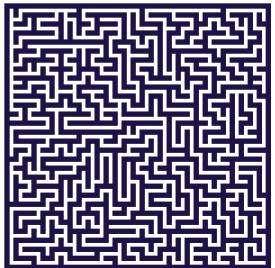
### Indiana

Most complex



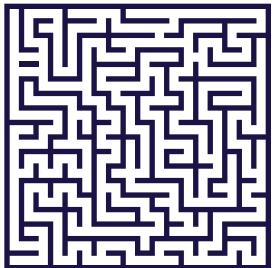
### Missouri

Most complex



### Wisconsin

Moderately complex



## The Pudding

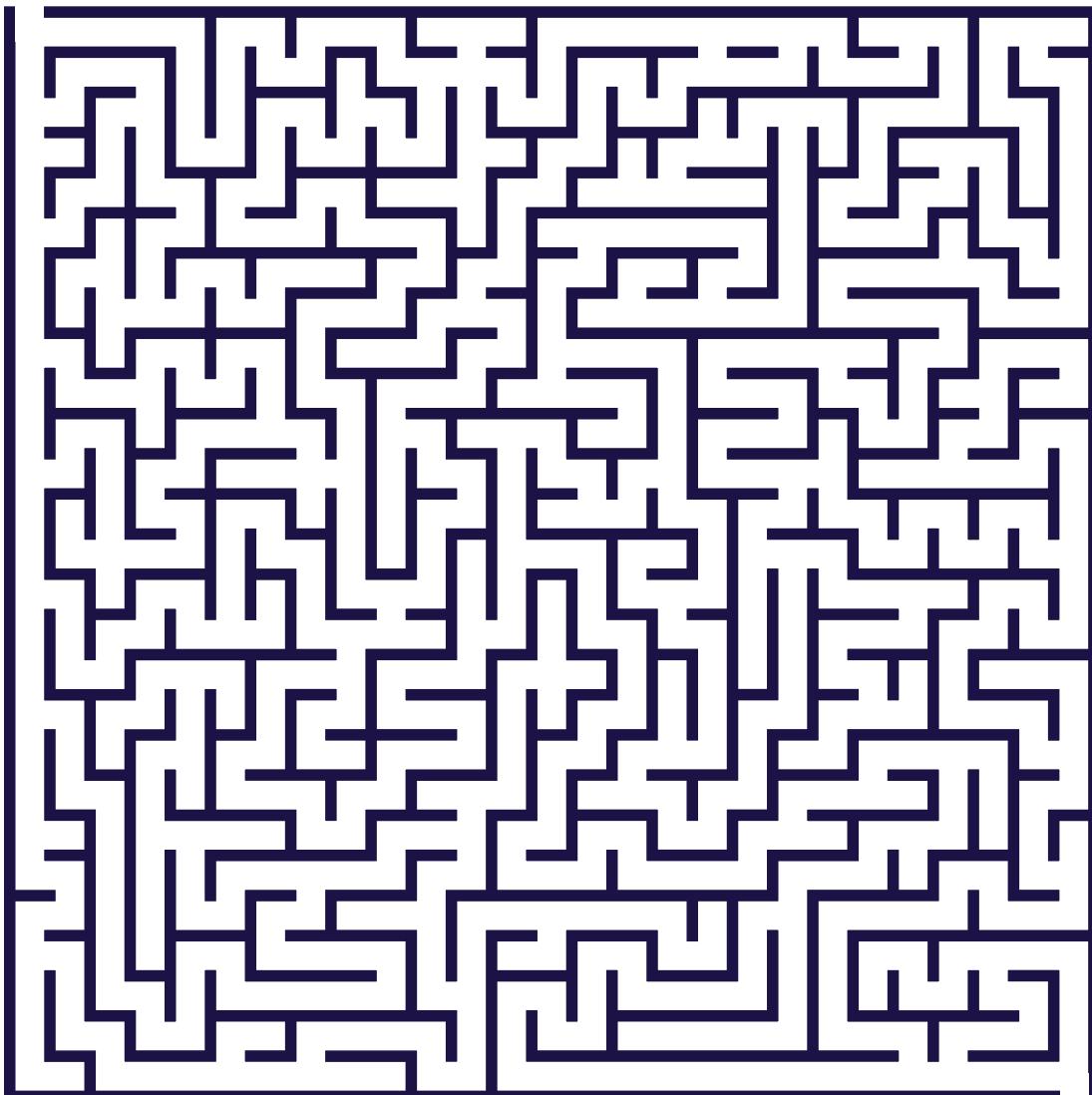
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# Indiana

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 18 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

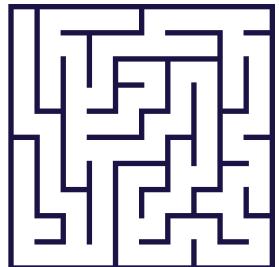
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## INDIANA'S NEIGHBORS

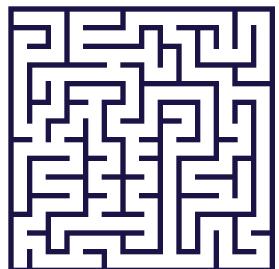
### Illinois

Somewhat complex



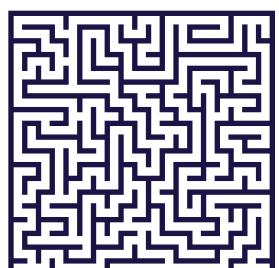
### Michigan

Moderately complex



### Ohio

Moderately complex



## The Pudding

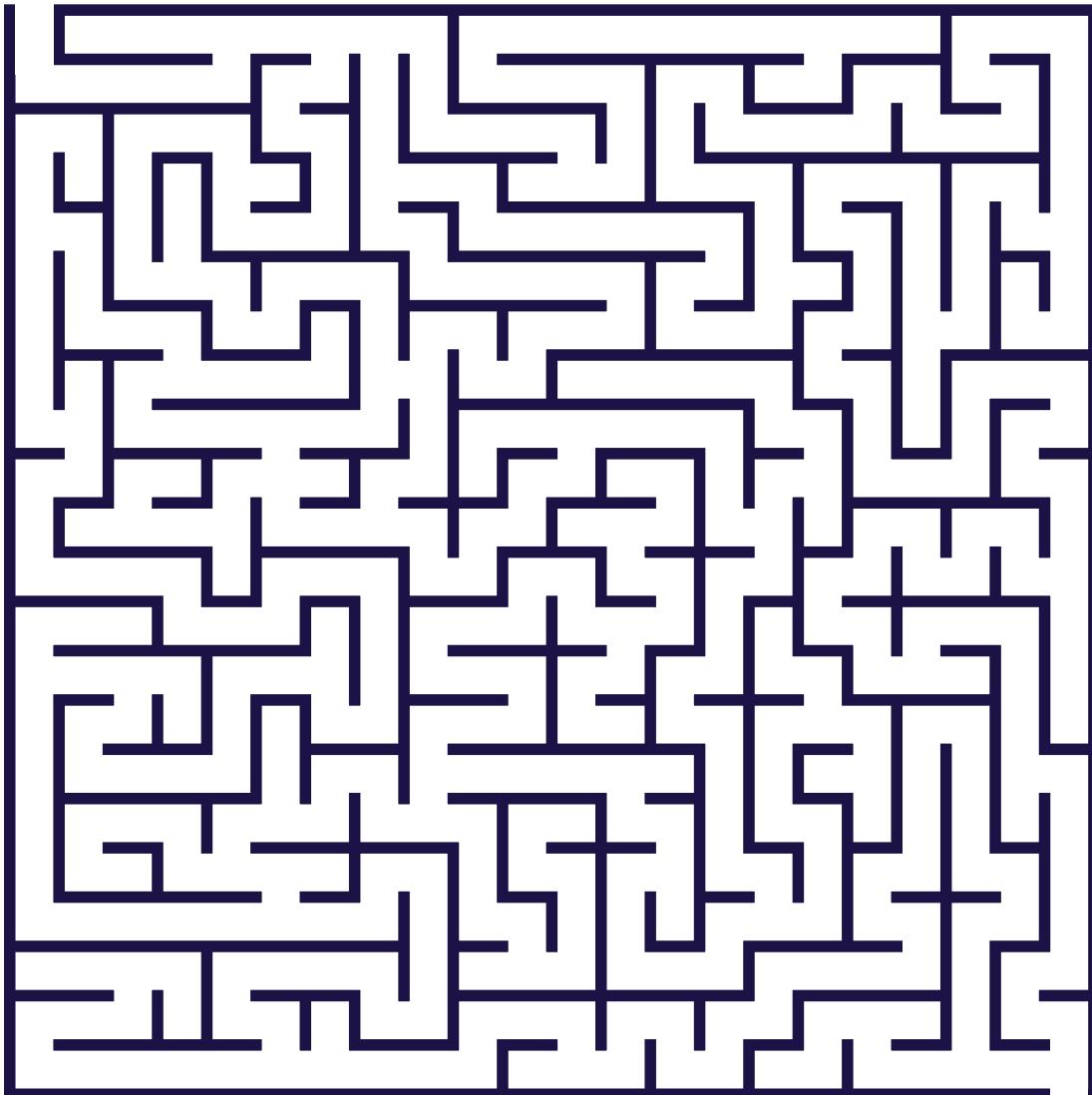
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# Iowa

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend in-person counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- Only physicians can provide abortions.

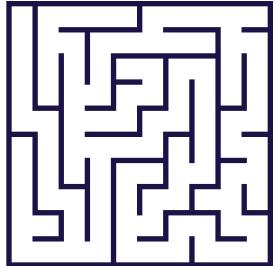
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## IOWA'S NEIGHBORS

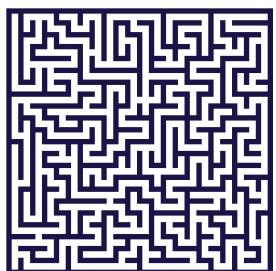
### Illinois

Somewhat complex



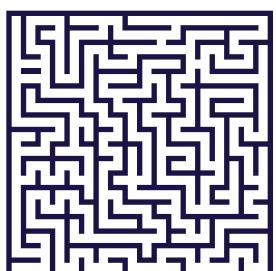
### Nebraska

Very complex



### Wisconsin

Moderately complex



## The Pudding

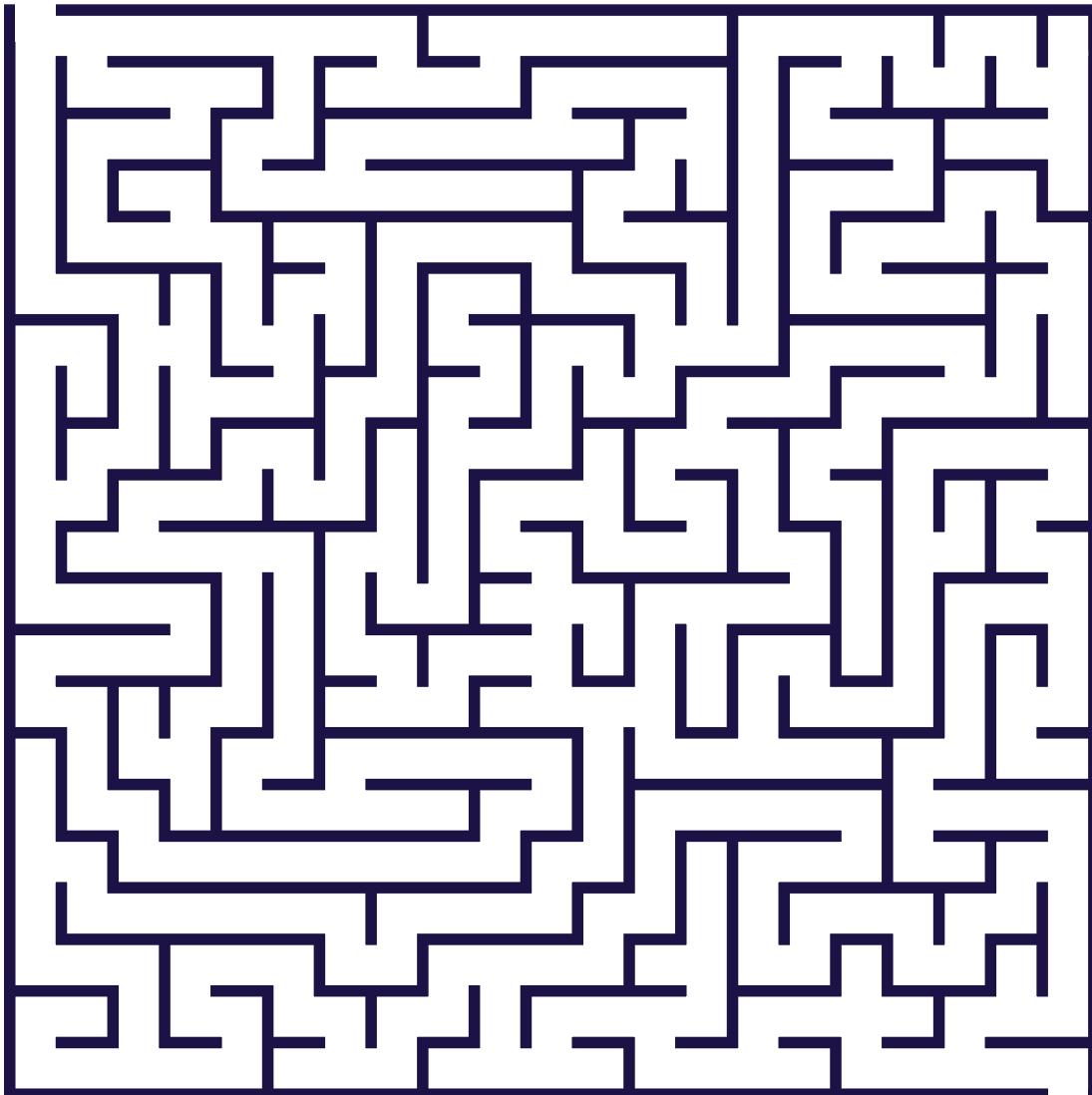
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# Kansas

is a **very complex state** for navigating abortion access. The state **bans abortion at 22 weeks.**

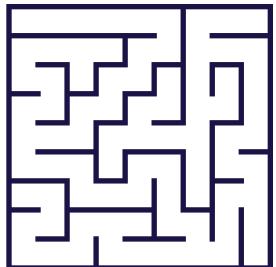
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.
- Individual providers may refuse to perform abortions.

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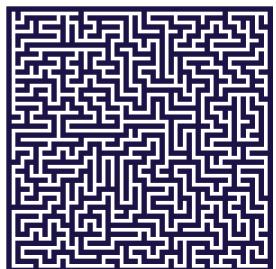


## KANSAS' NEIGHBORS

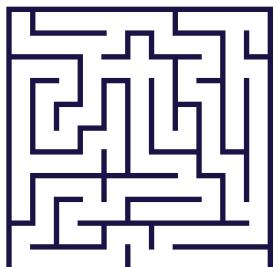
**Colorado**  
Least complex



**Missouri**  
Most complex



**Nebraska**  
Very complex



## The Pudding

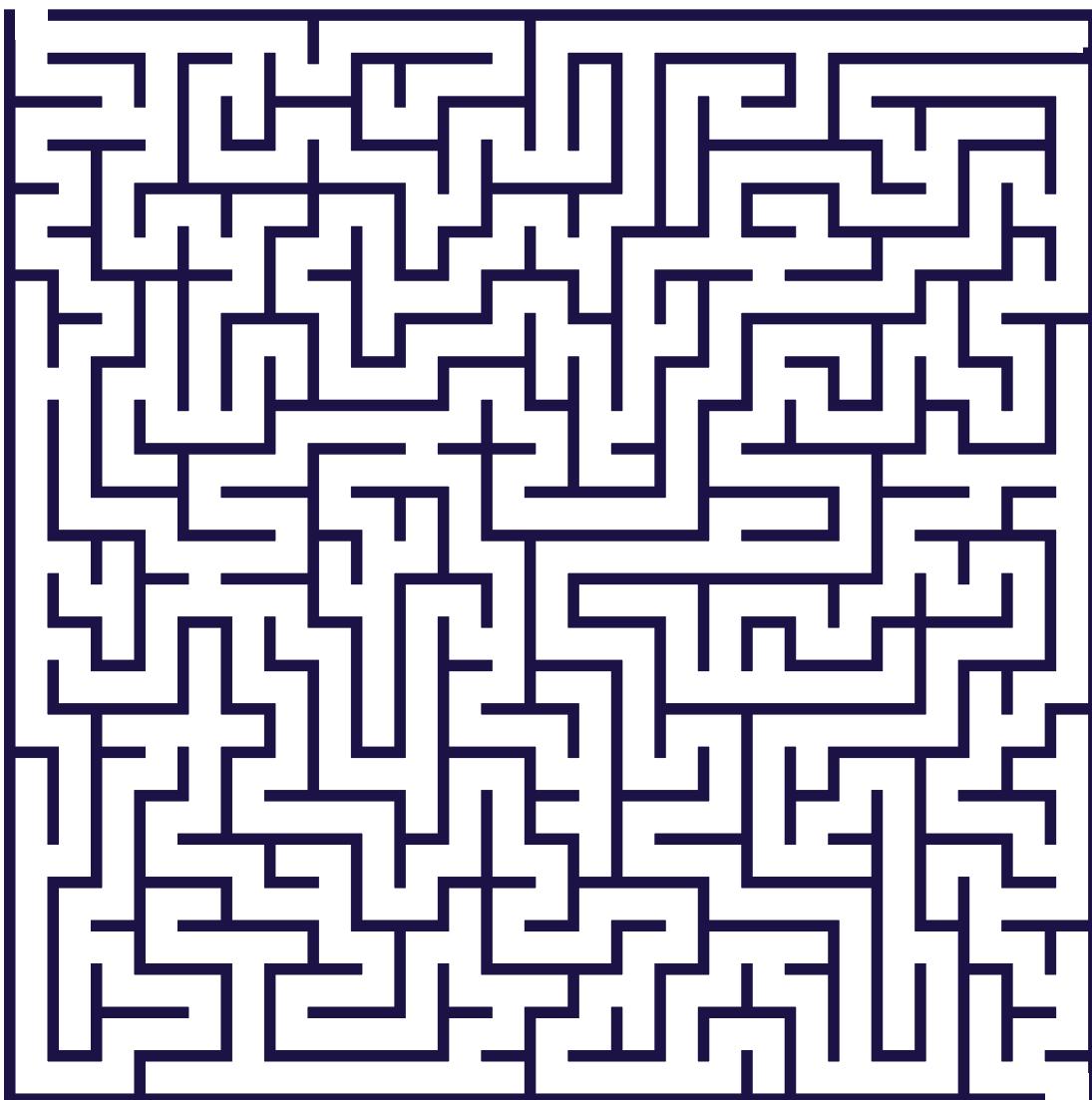
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# Kentucky

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.

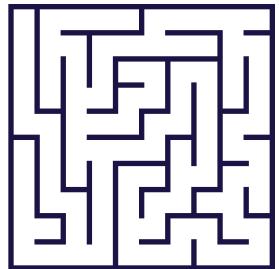
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## KENTUCKY'S NEIGHBORS

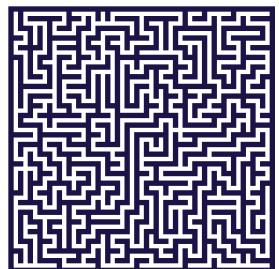
### Illinois

Somewhat complex



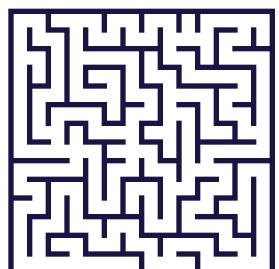
### Tennessee

Most complex



### Virginia

Moderately complex



## The Pudding

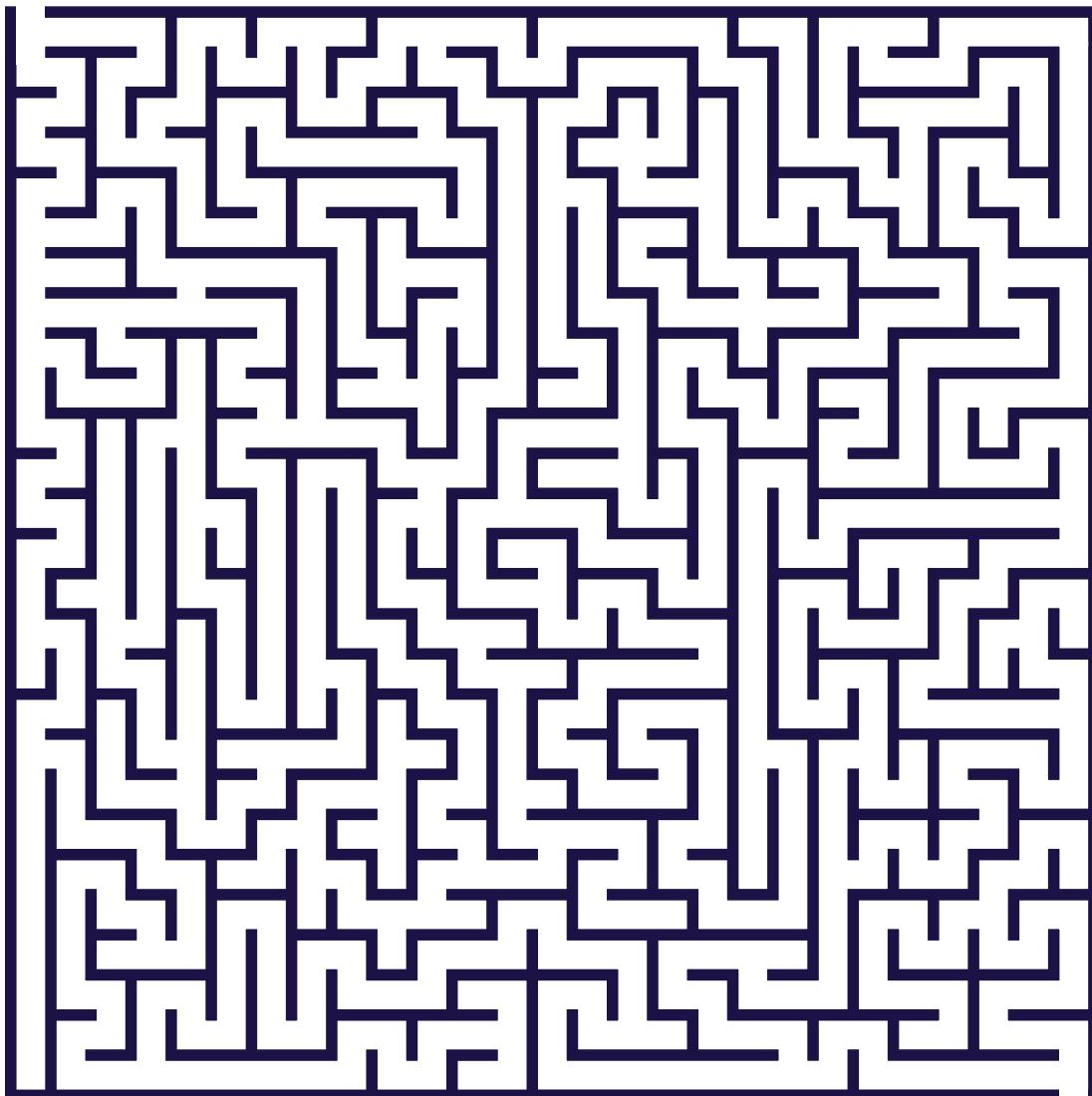
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# Louisiana

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.

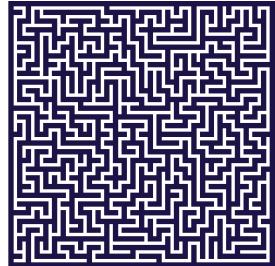
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## LOUISIANA'S NEIGHBORS

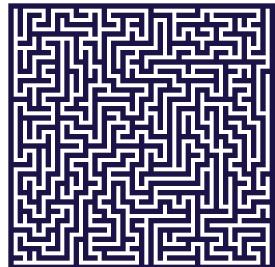
### Arkansas

Most complex



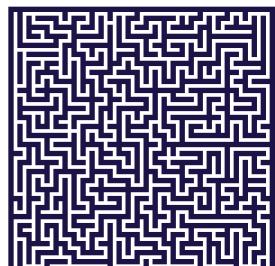
### Mississippi

Most complex



### Texas

Most complex



## The Pudding

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# Maine

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.

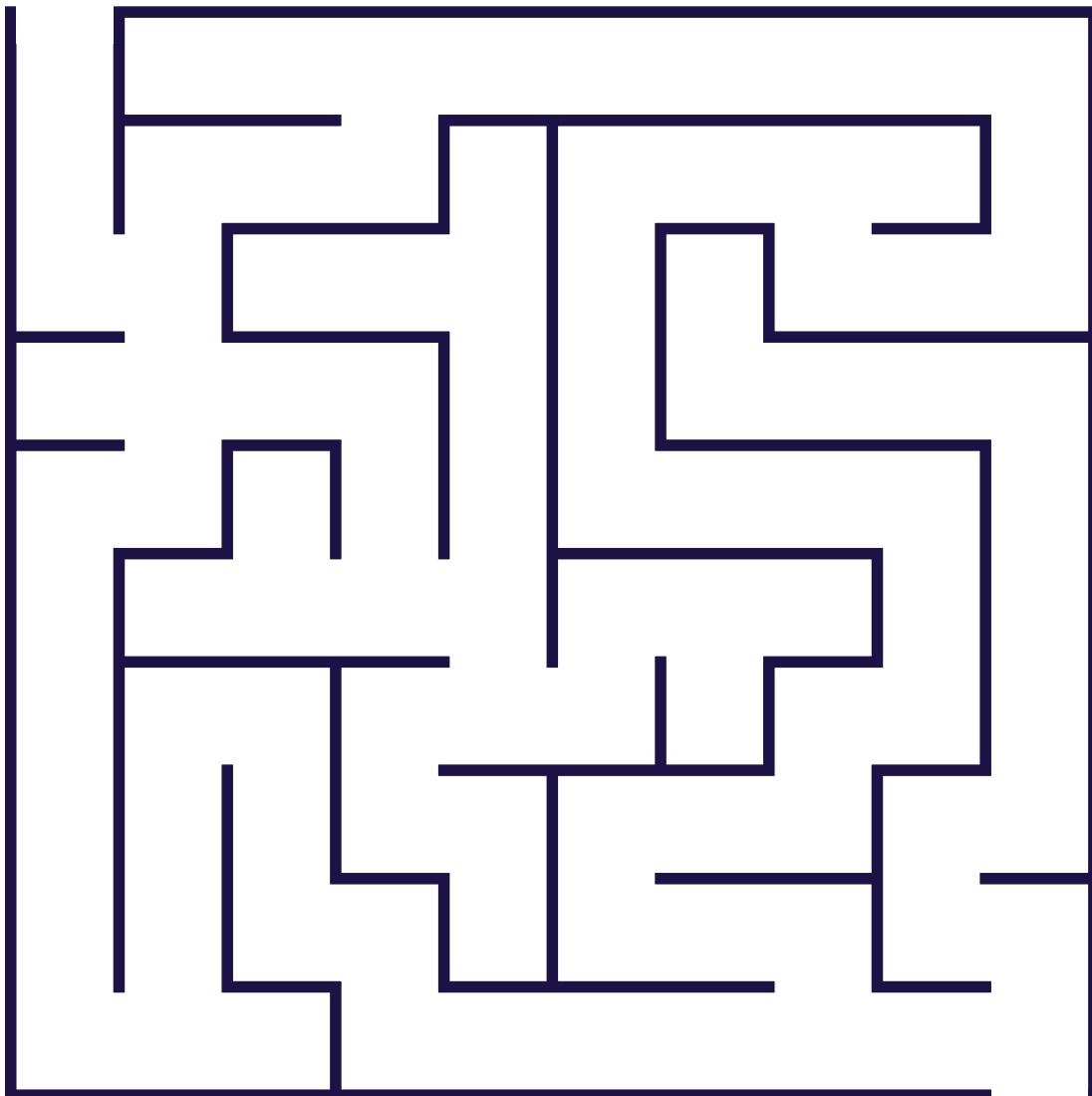
- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

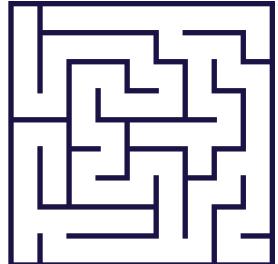
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## MAINE'S NEIGHBORS

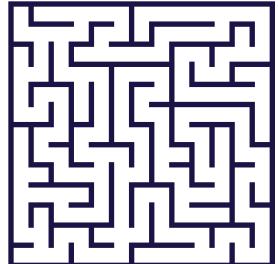
### Massachusetts

Least complex



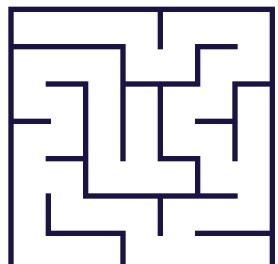
### New Hampshire

Moderately complex



### Vermont

Least complex



## The Pudding

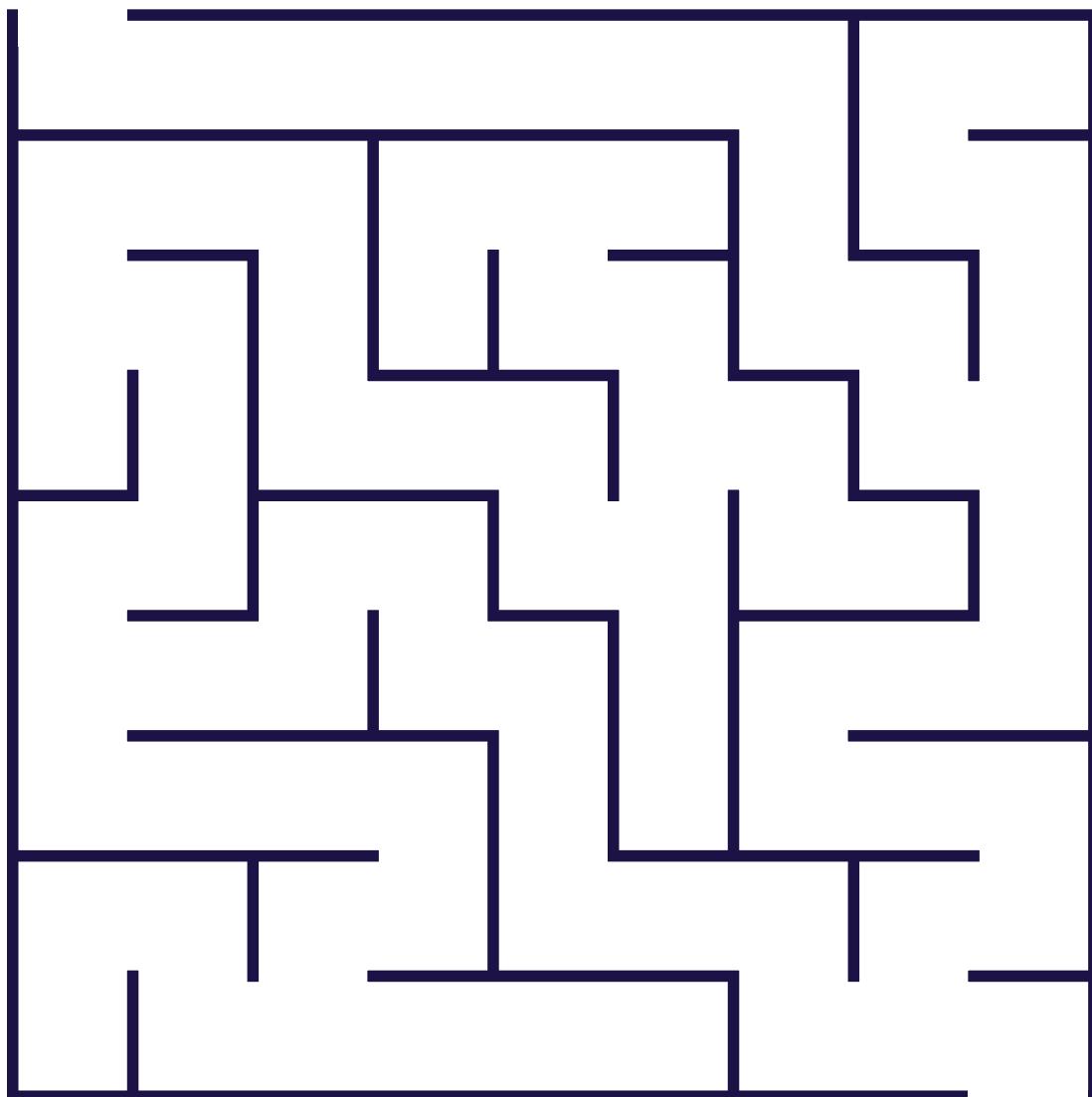
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# Maryland

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Parental notification is required for minors seeking abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.

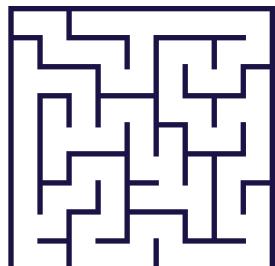
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## MARYLAND'S NEIGHBORS

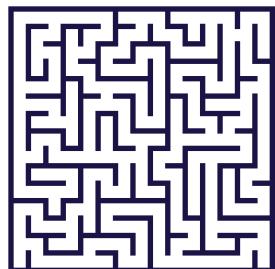
### Delaware

Somewhat complex



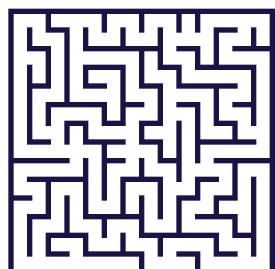
### Pennsylvania

Moderately complex



### Virginia

Moderately complex



## The Pudding

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# Massachusetts

is one of the **least complex states** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Parental consent is required for minors seeking abortions.

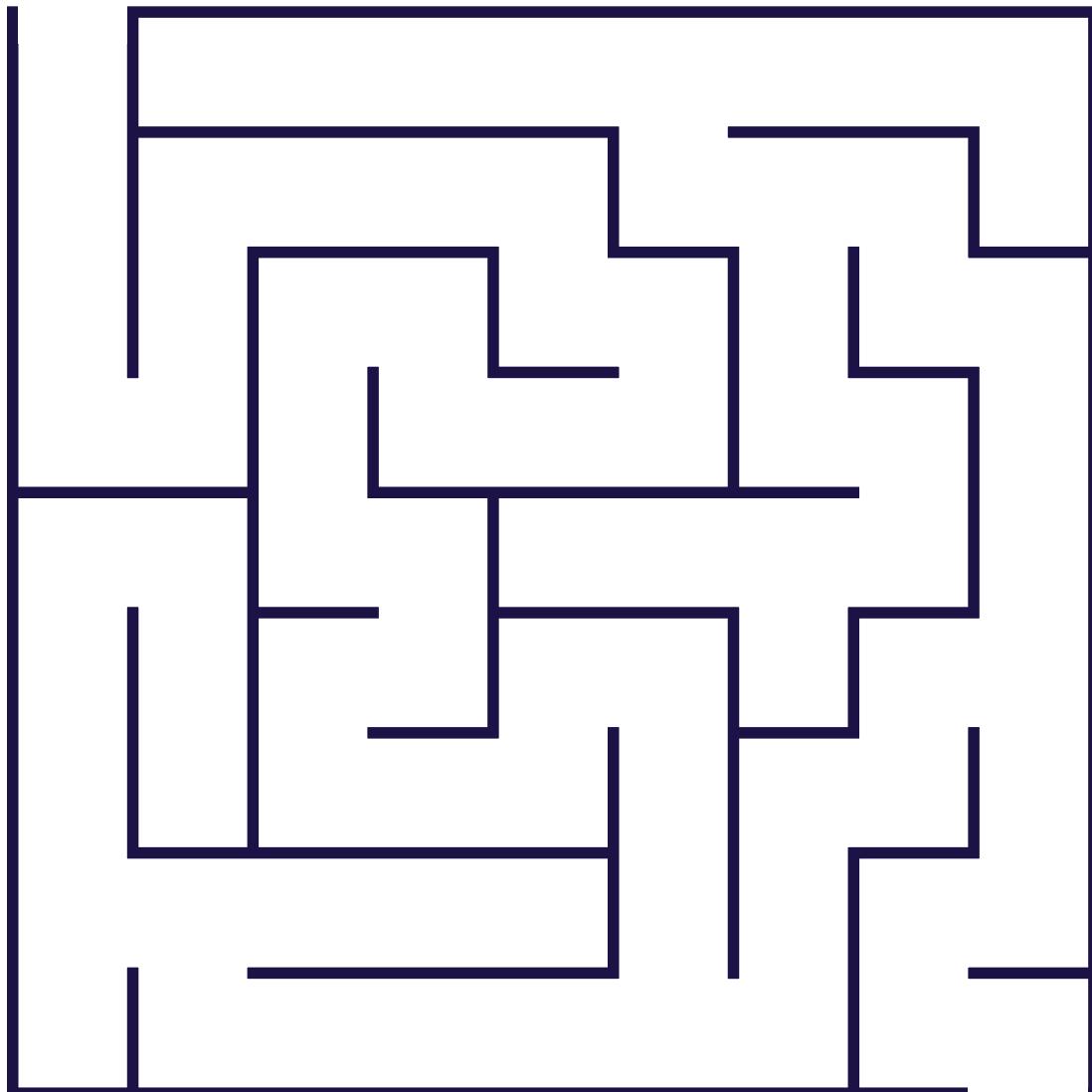
- Abortions are covered by state Medicaid funds.

- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

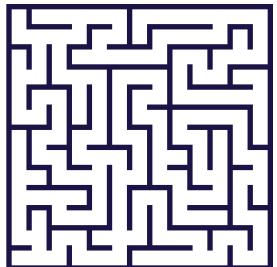
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## MASSACHUSETTS' NEIGHBORS

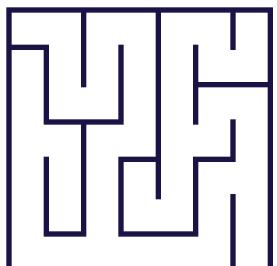
### New Hampshire

Moderately complex



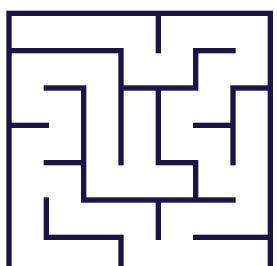
### New York

Least complex



### Vermont

Least complex



## The Pudding

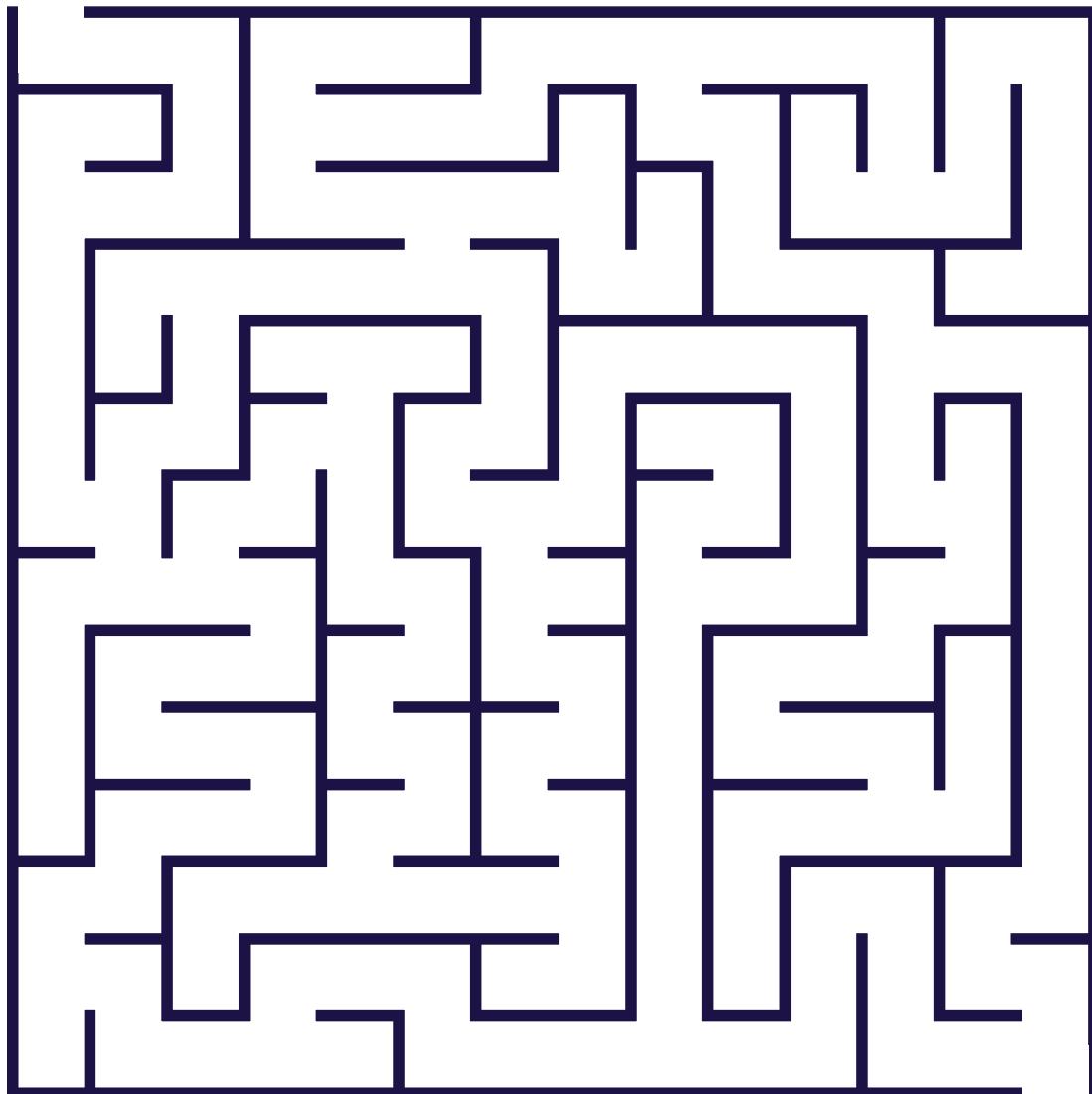
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# Michigan

is a **moderately complex state** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortion rights are explicitly protected in the state constitution.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

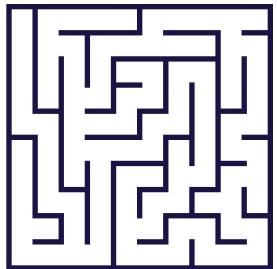
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## MICHIGAN'S NEIGHBORS

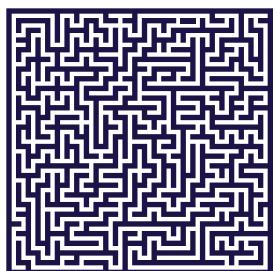
### Illinois

Somewhat complex



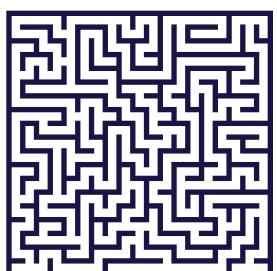
### Indiana

Most complex



### Ohio

Moderately complex



## The Pudding

*The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).*

# Minnesota

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

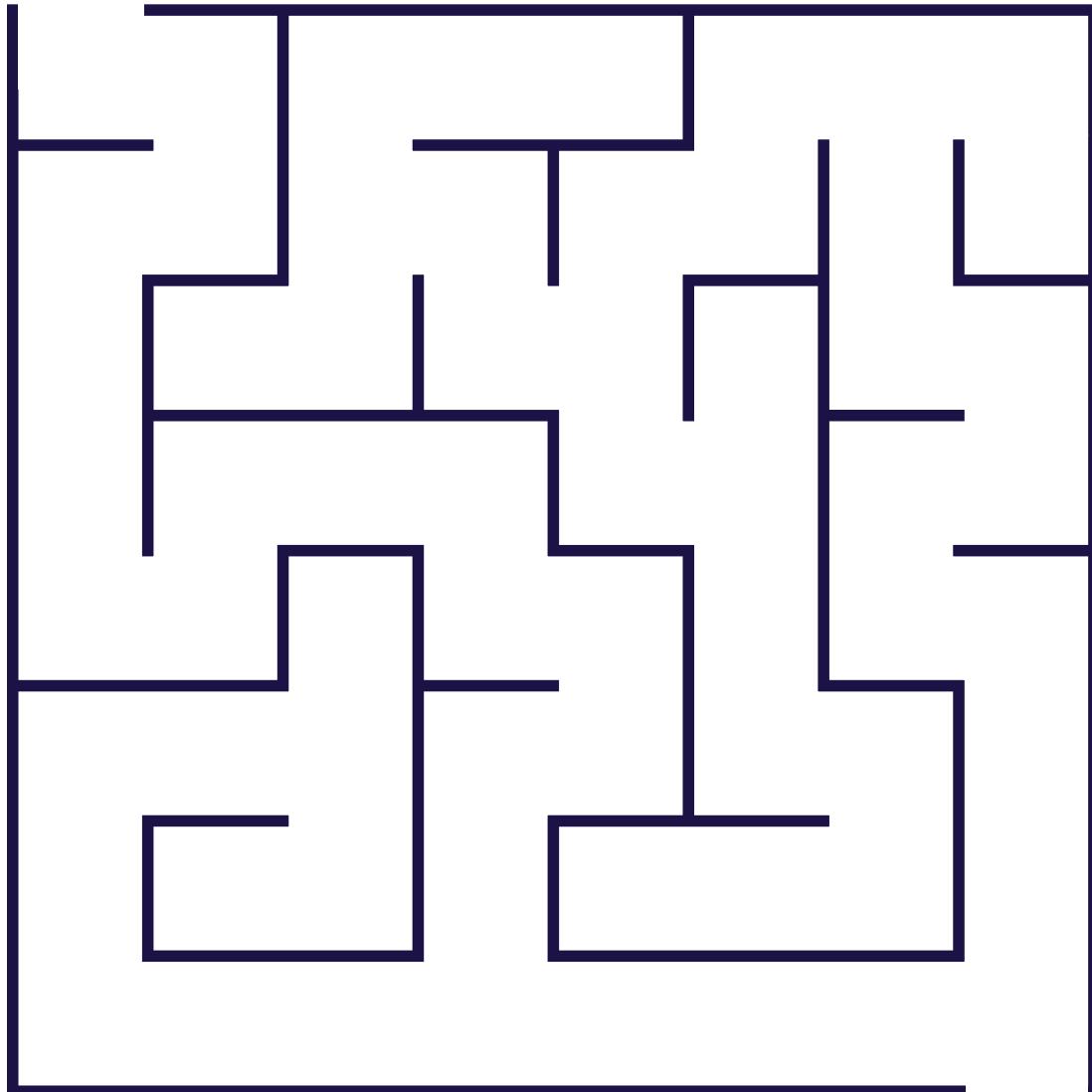
- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Private institutions may refuse to perform abortions.

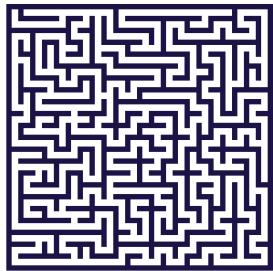
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## MINNESOTA'S NEIGHBORS

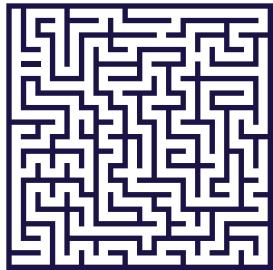
### Iowa

Very complex



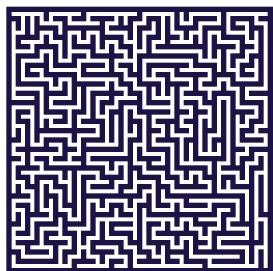
### Wisconsin

Moderately complex



### South Dakota

Most complex

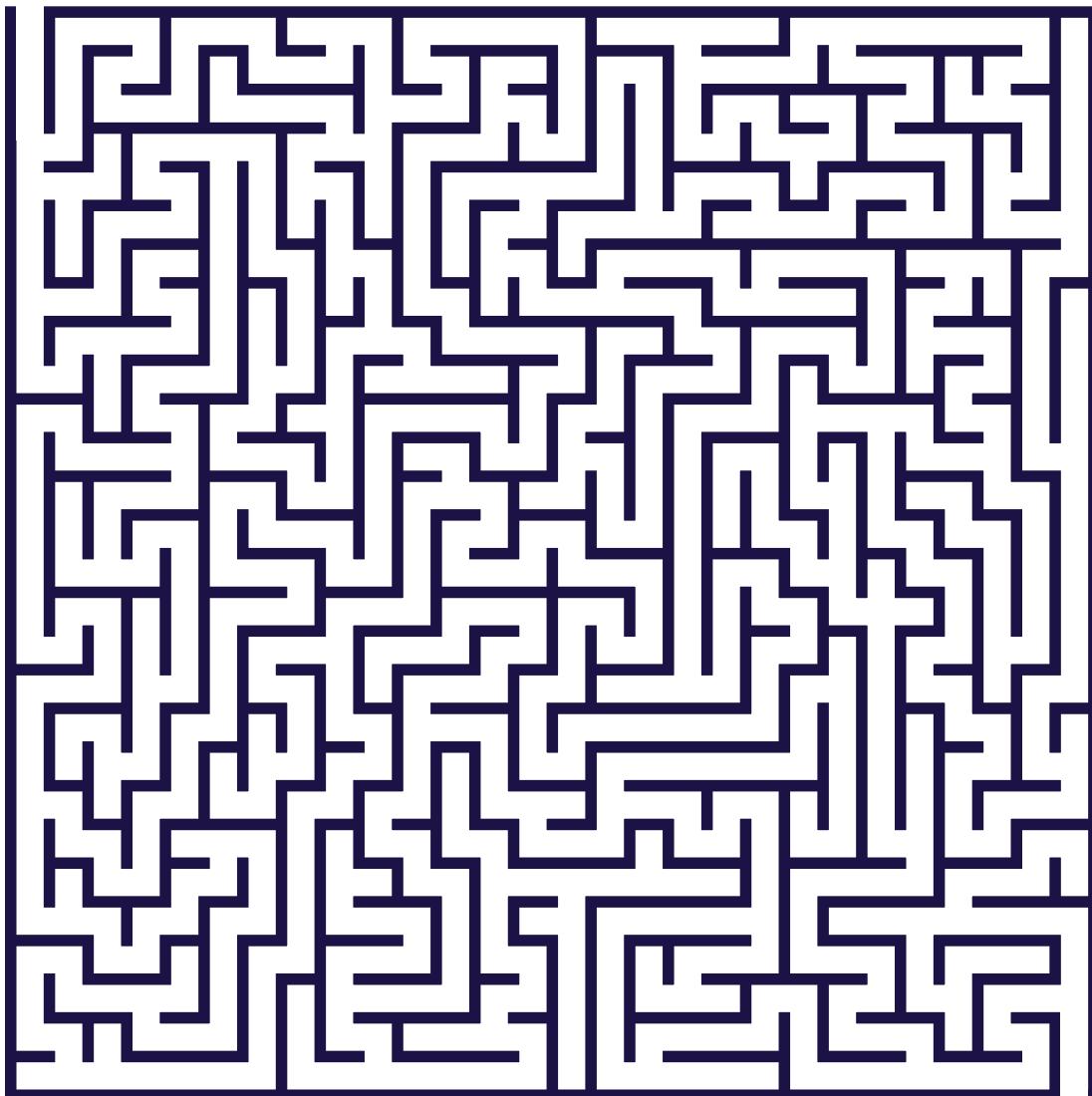


# Mississippi

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

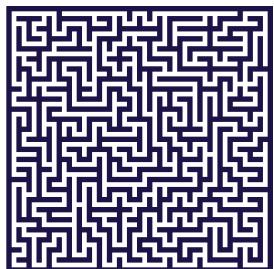
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## MISSISSIPPI'S NEIGHBORS

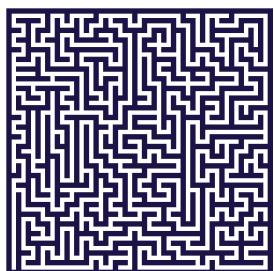
### Alabama

Most complex



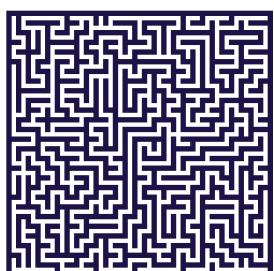
### Louisiana

Most complex



### Tennessee

Most complex



## The Pudding

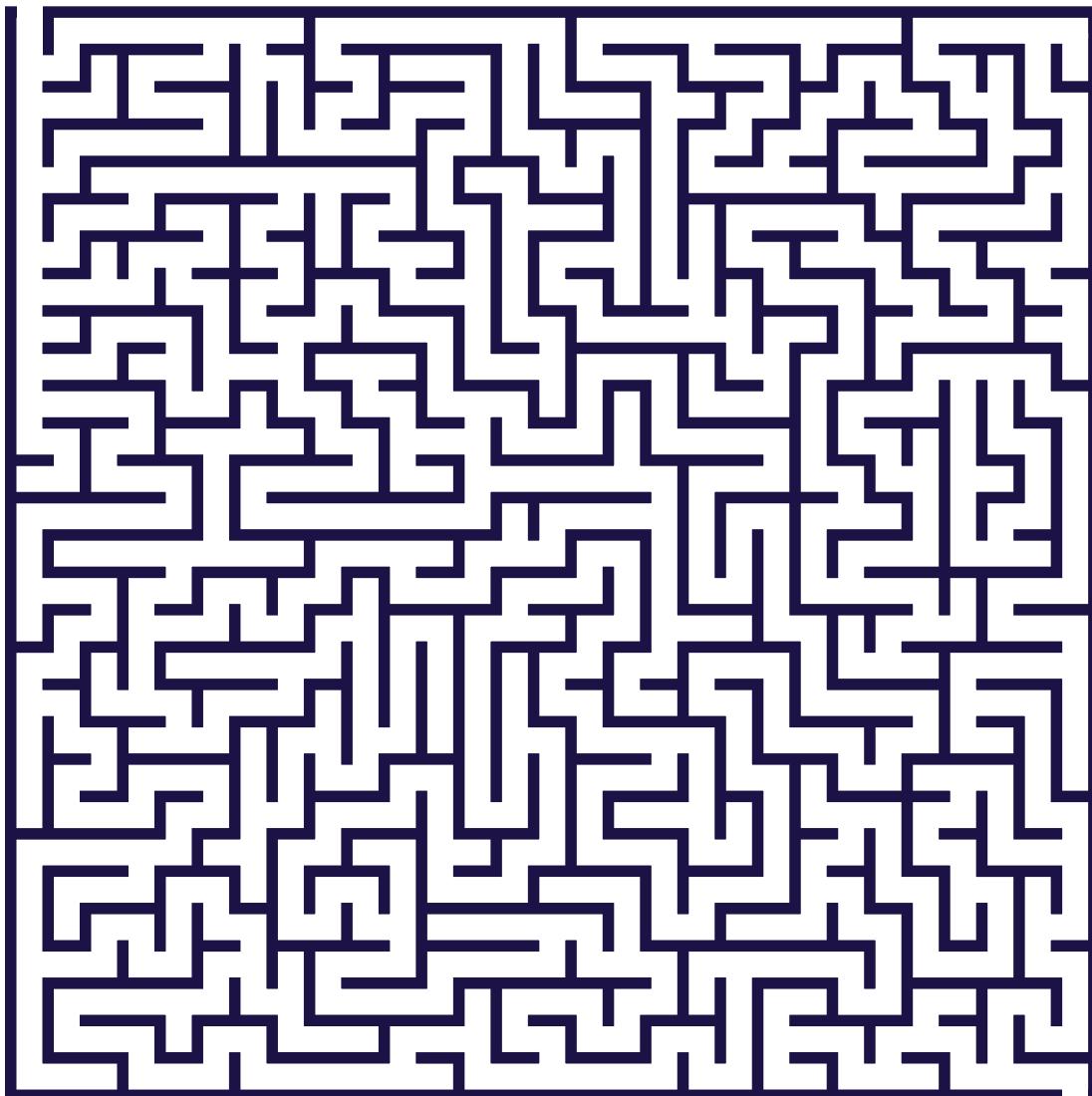
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# Missouri

is one of the **most complex states** for navigating abortion access. The state **completely bans** **abortion** with very limited exceptions.

- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

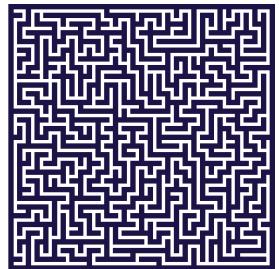
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## MISSOURI'S NEIGHBORS

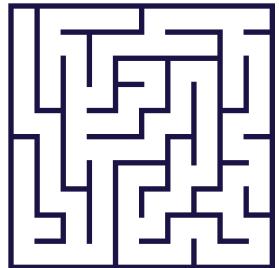
### Arkansas

Most complex



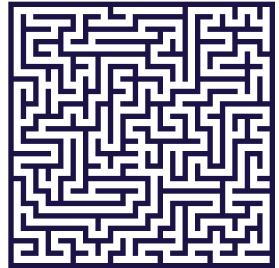
### Illinois

Somewhat complex



### Kansas

Very complex



## The Pudding

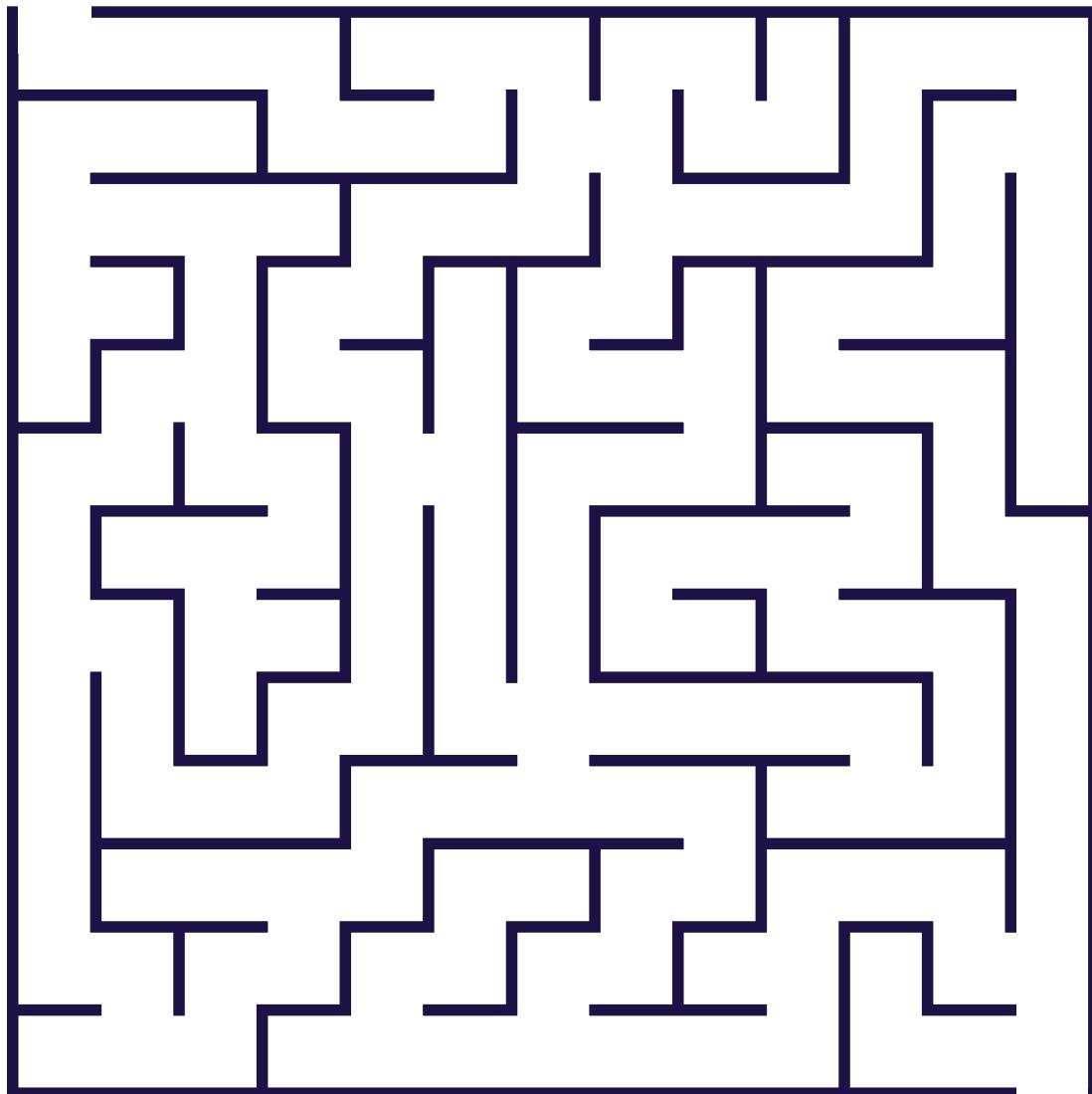
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# Montana

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Parental notification is required for minors seeking abortions.
- Abortions are covered by state Medicaid funds.
- All qualified health care professionals can perform abortions.
- Individual providers may refuse to perform abortions.
- Private institutions may refuse to perform abortions.

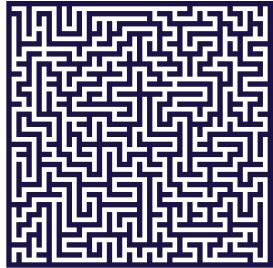
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## MONTANA'S NEIGHBORS

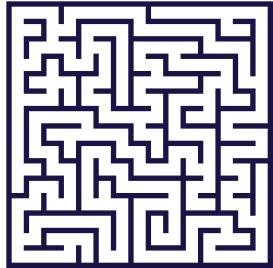
### Idaho

Most complex



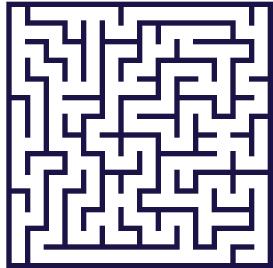
### North Dakota

Moderately complex



### Wyoming

Moderately complex



## The Pudding

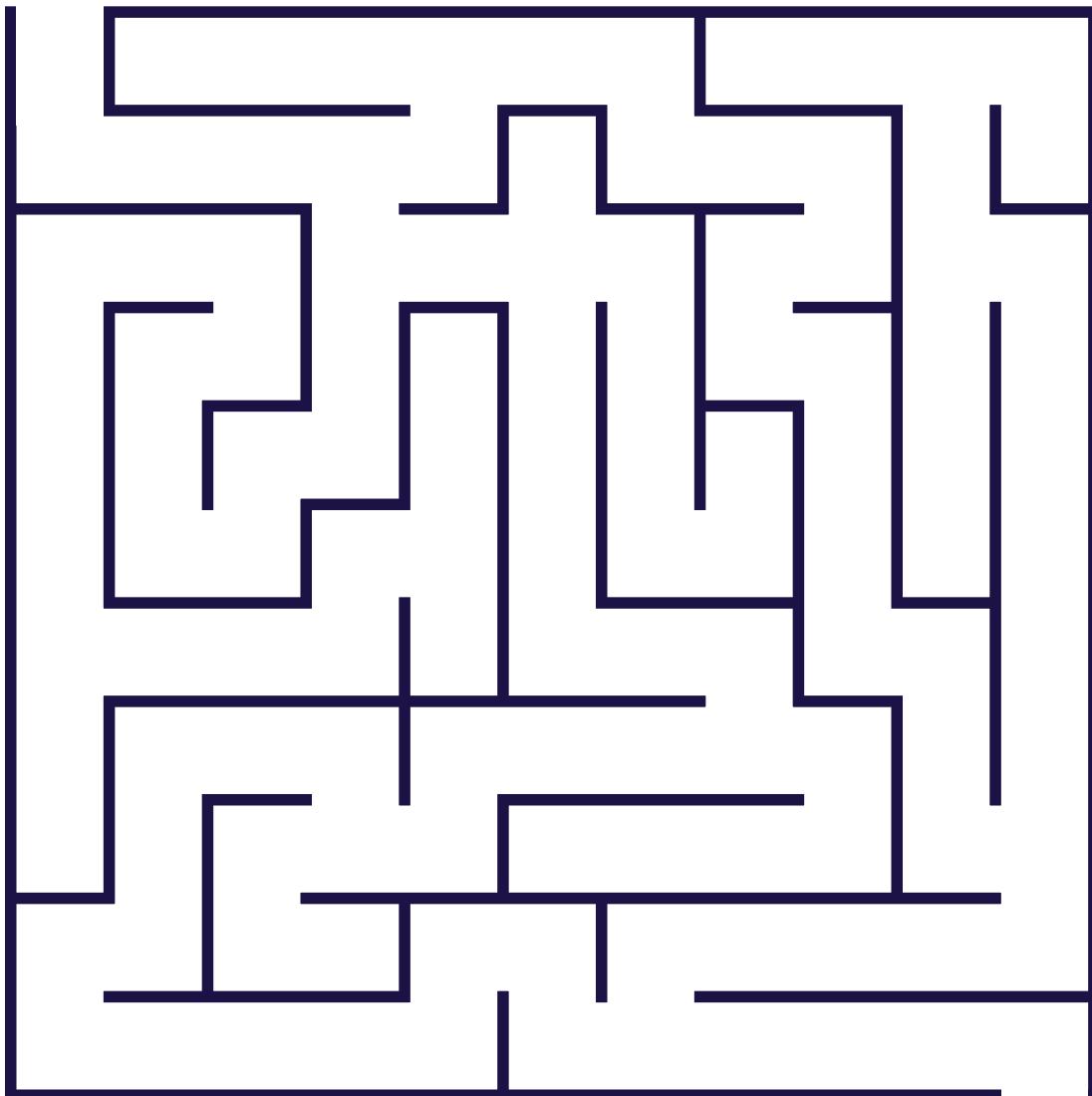
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# Nebraska

is a **very complex state** for navigating abortion access. The state **bans abortion at 12 weeks.**

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

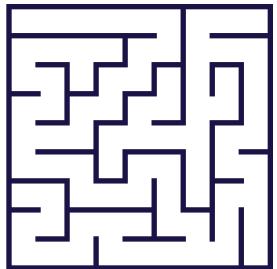
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## NEBRASKA'S NEIGHBORS

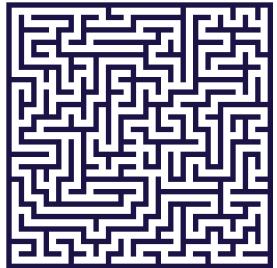
### Colorado

Least complex



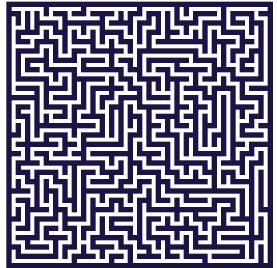
### Kansas

Very complex



### South Dakota

Most complex



## The Pudding

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# Nevada

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Only physicians can provide abortions.

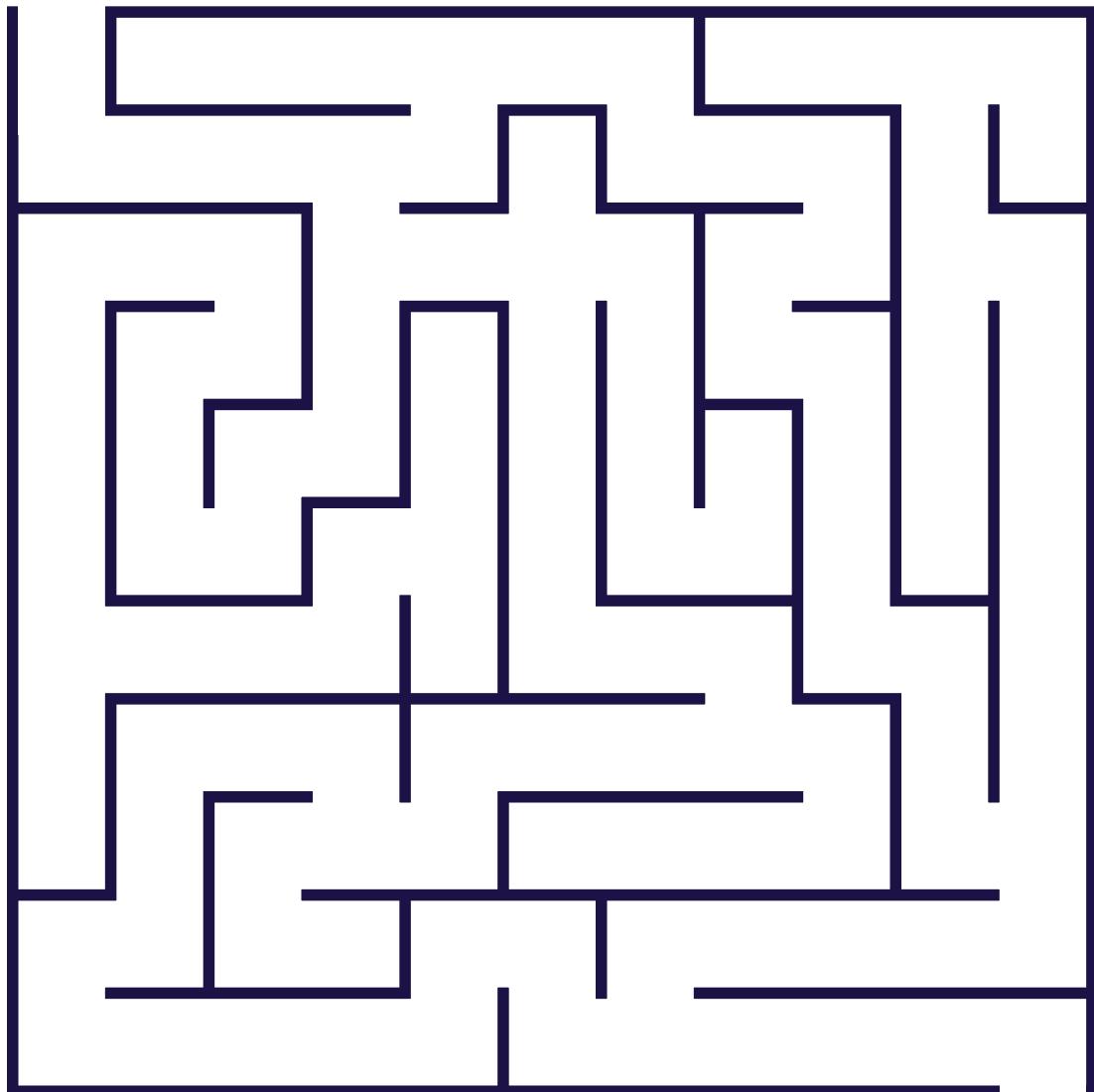
- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Private institutions may refuse to perform abortions.

- Laws prohibit obstructing access to abortion clinics.

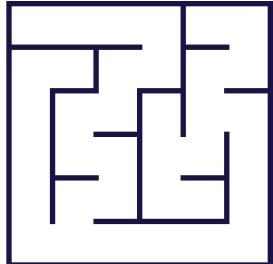
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## NEVADA'S NEIGHBORS

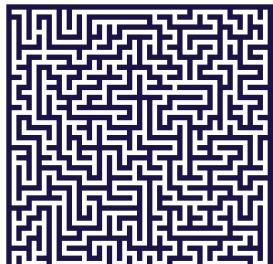
### California

Least complex



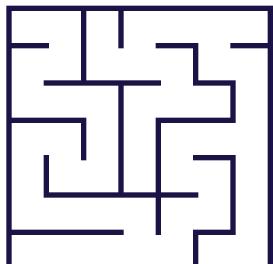
### Idaho

Most complex



### Oregon

Least complex



## The Pudding

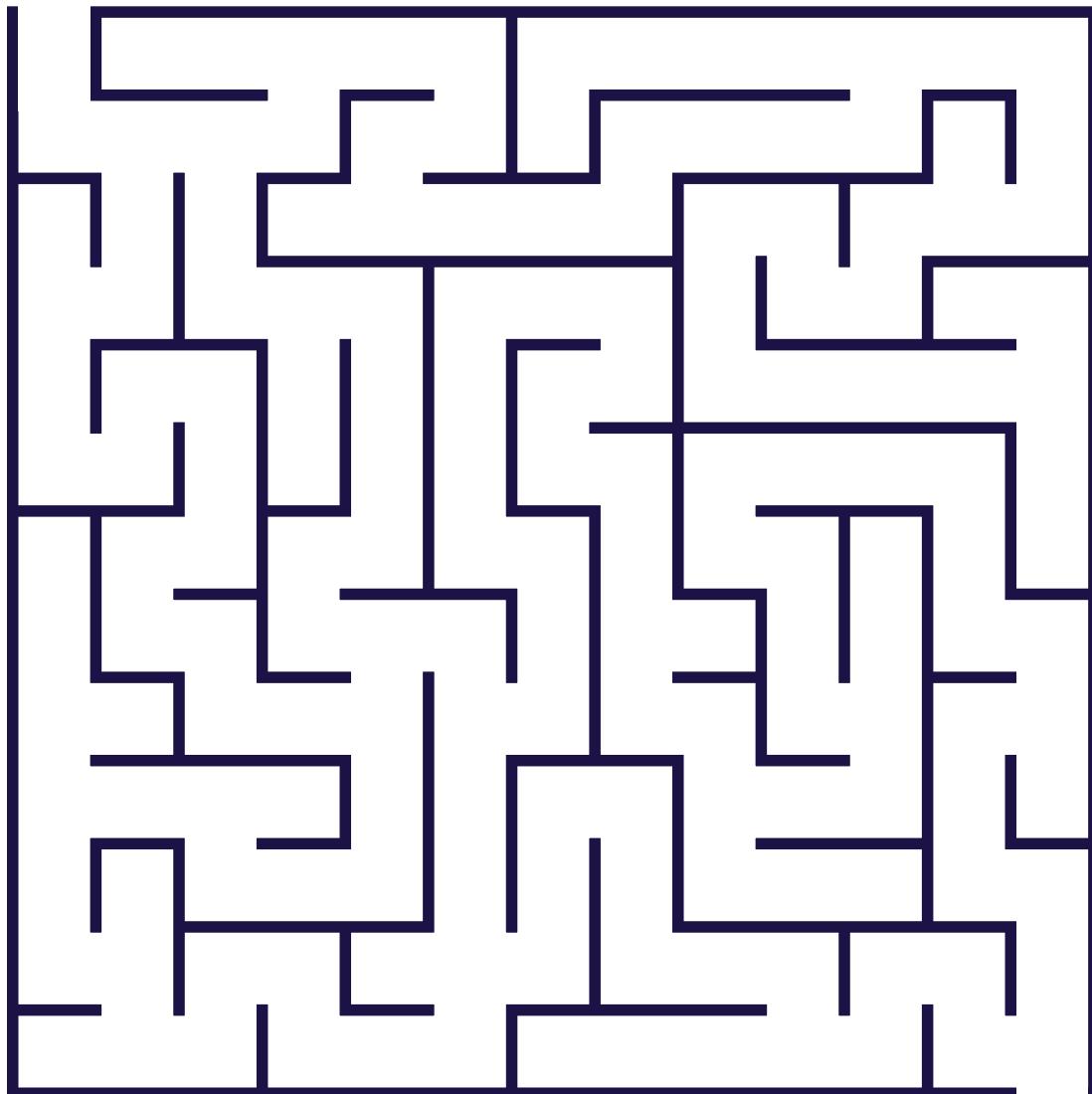
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# New Hampshire

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Medicaid coverage of abortion is banned with very little exceptions.
- Parental notification is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Family planning funds are barred from going to abortion providers.
- Pharmacists may dispense emergency contraception.

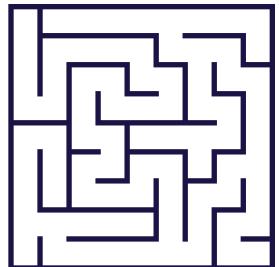
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## N. HAMPSHIRE'S NEIGHBORS

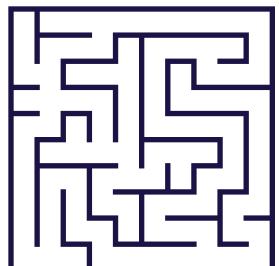
### Massachusetts

Least complex



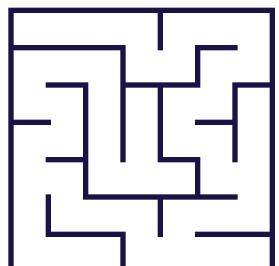
### Maine

Somewhat complex



### Vermont

Least complex



# New Jersey

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

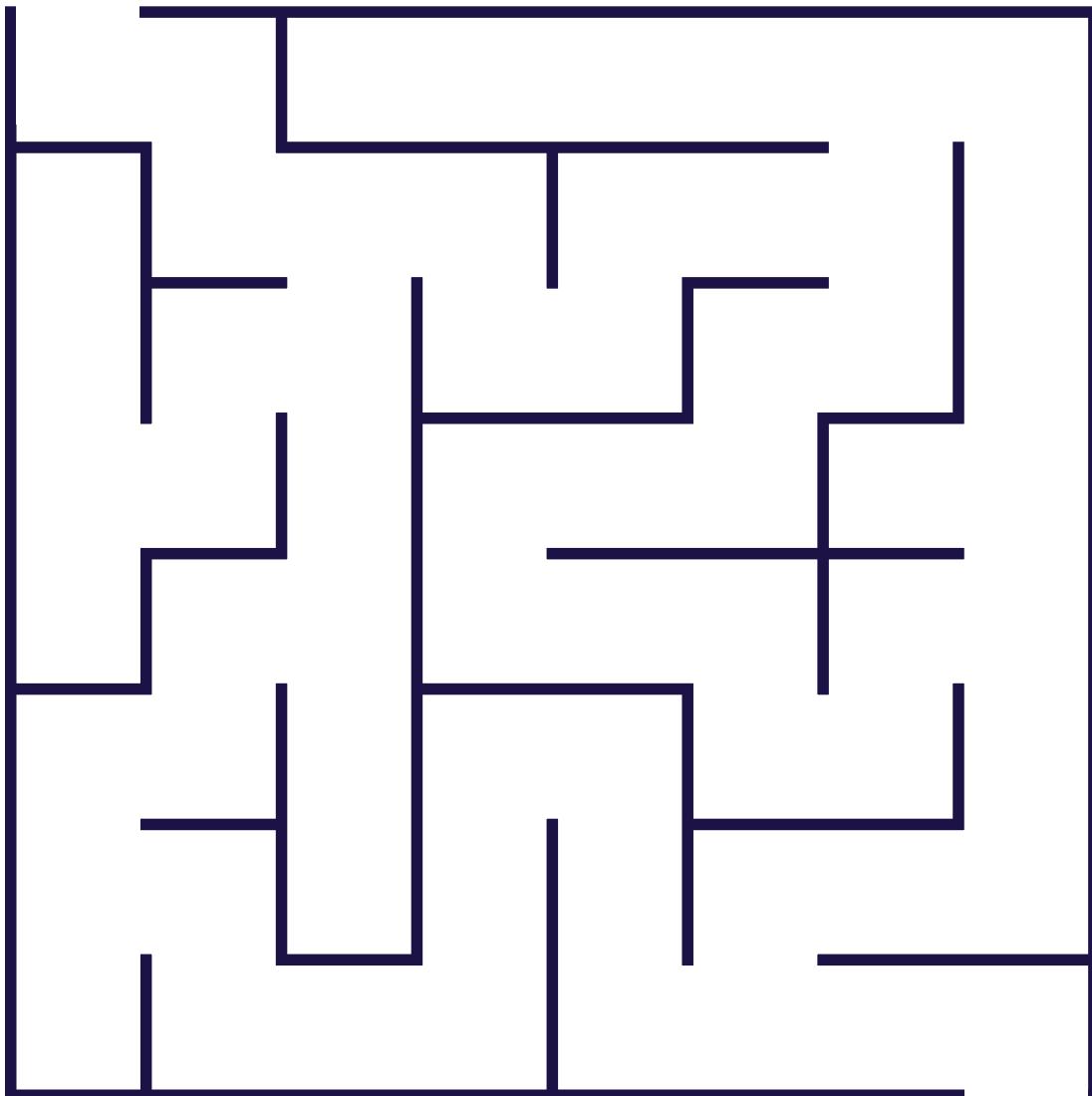
- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

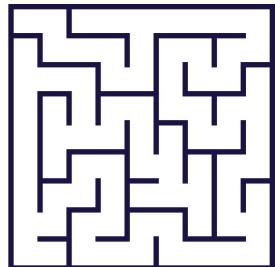
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## NEW JERSEY'S NEIGHBORS

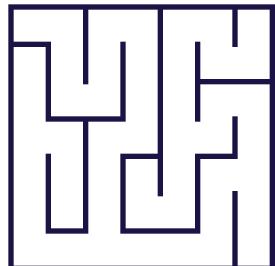
### Delaware

Somewhat complex



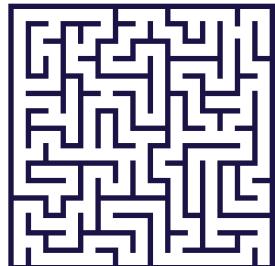
### New York

Least complex



### Pennsylvania

Moderately complex



## The Pudding

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# New Mexico

is a **somewhat complex state** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortions are covered by state Medicaid funds.

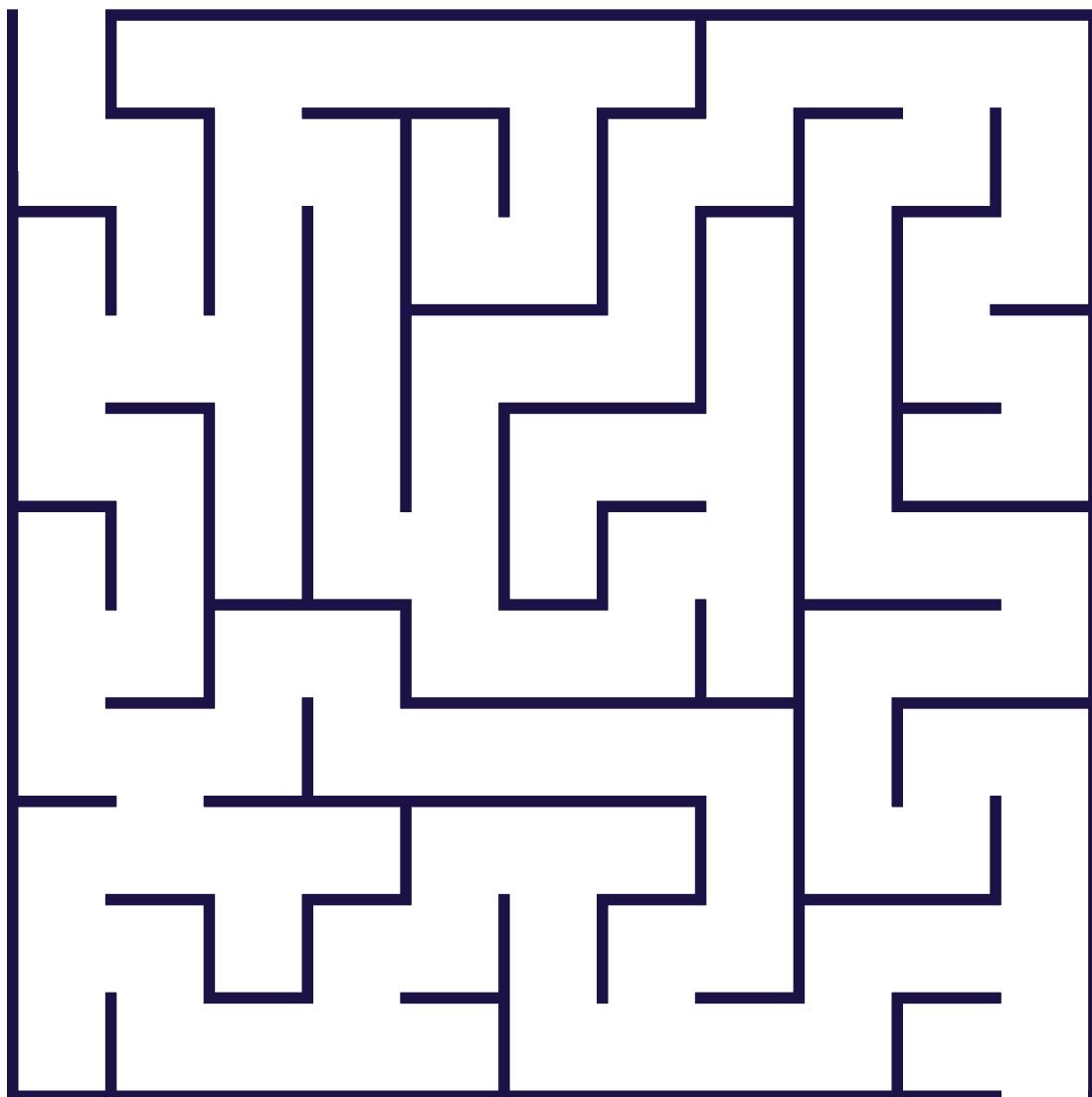
- All qualified health care professionals can perform abortions.

- Abortion providers are protected by a shield law.

- Individual providers may refuse to perform abortions.

- Institutions may refuse to perform abortions.

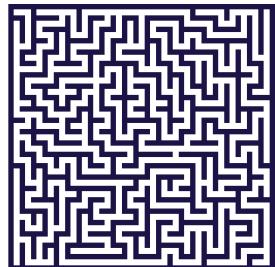
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## NEW MEXICO'S NEIGHBORS

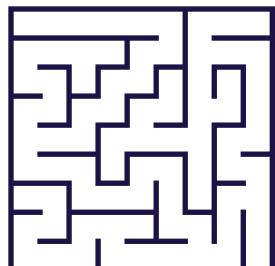
### Arizona

Very complex



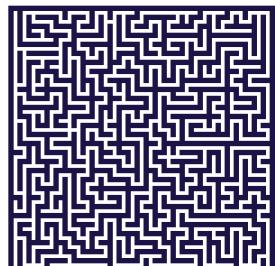
### Colorado

Least complex



### Texas

Most complex



## The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# New York

is one of the **least complex states** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.

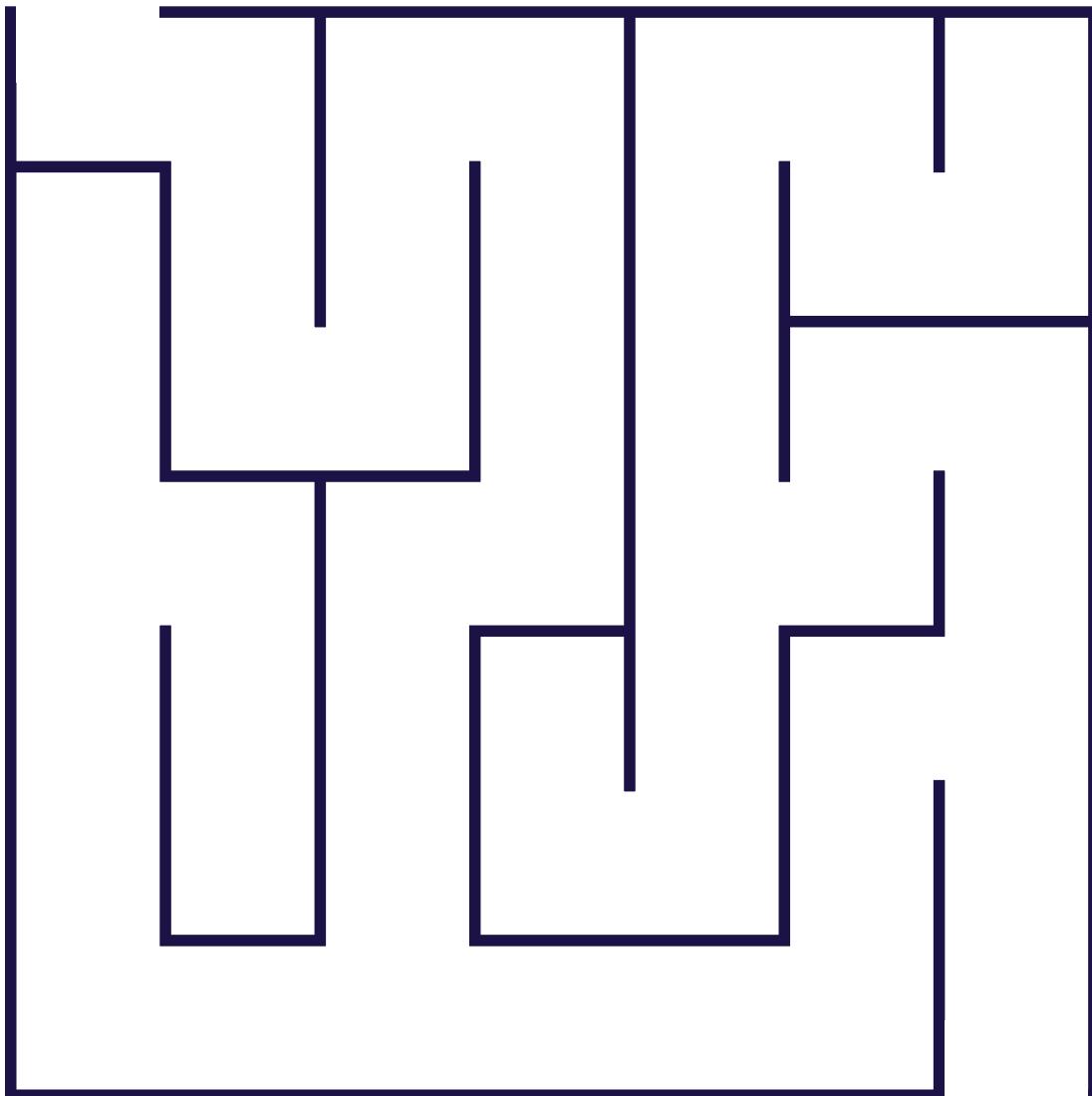
- Abortions must be covered by private health insurance.

- All qualified health care professionals can perform abortions.

- State fund helps patients pay for abortion care.

- Abortion providers are protected by a shield law.

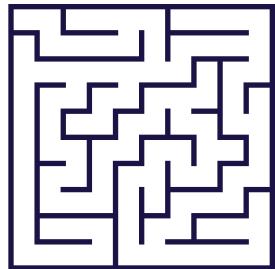
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## NEW YORK'S NEIGHBORS

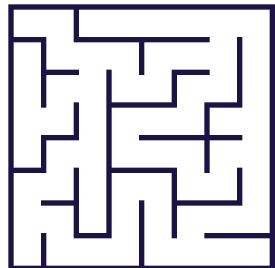
### Connecticut

Somewhat complex



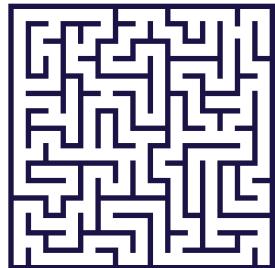
### New Jersey

Least complex



### Pennsylvania

Moderately complex



# The Pudding

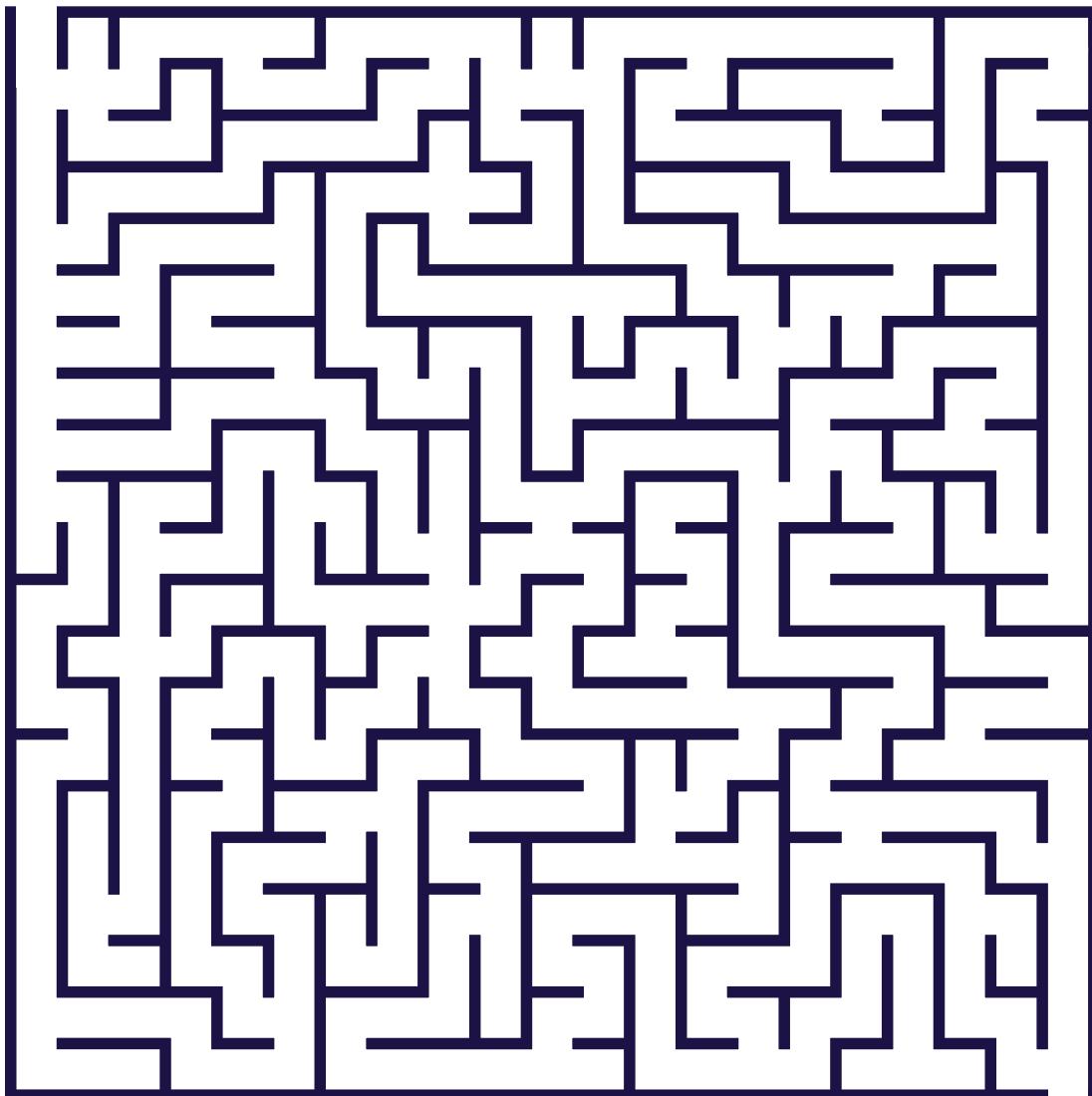
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# North Carolina

is a **very complex state** for navigating abortion access. The state **bans abortion at 12 weeks.**

- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.

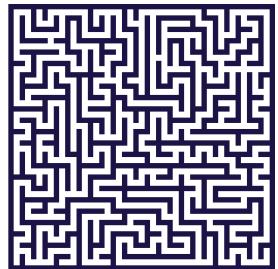
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## N. CAROLINA'S NEIGHBORS

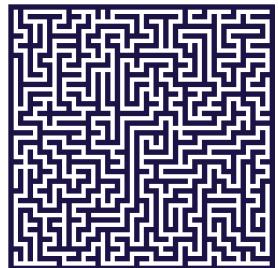
### South Carolina

Very complex



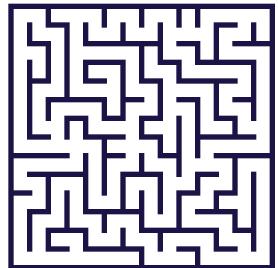
### Tennessee

Most complex



### Virginia

Moderately complex



## The Pudding

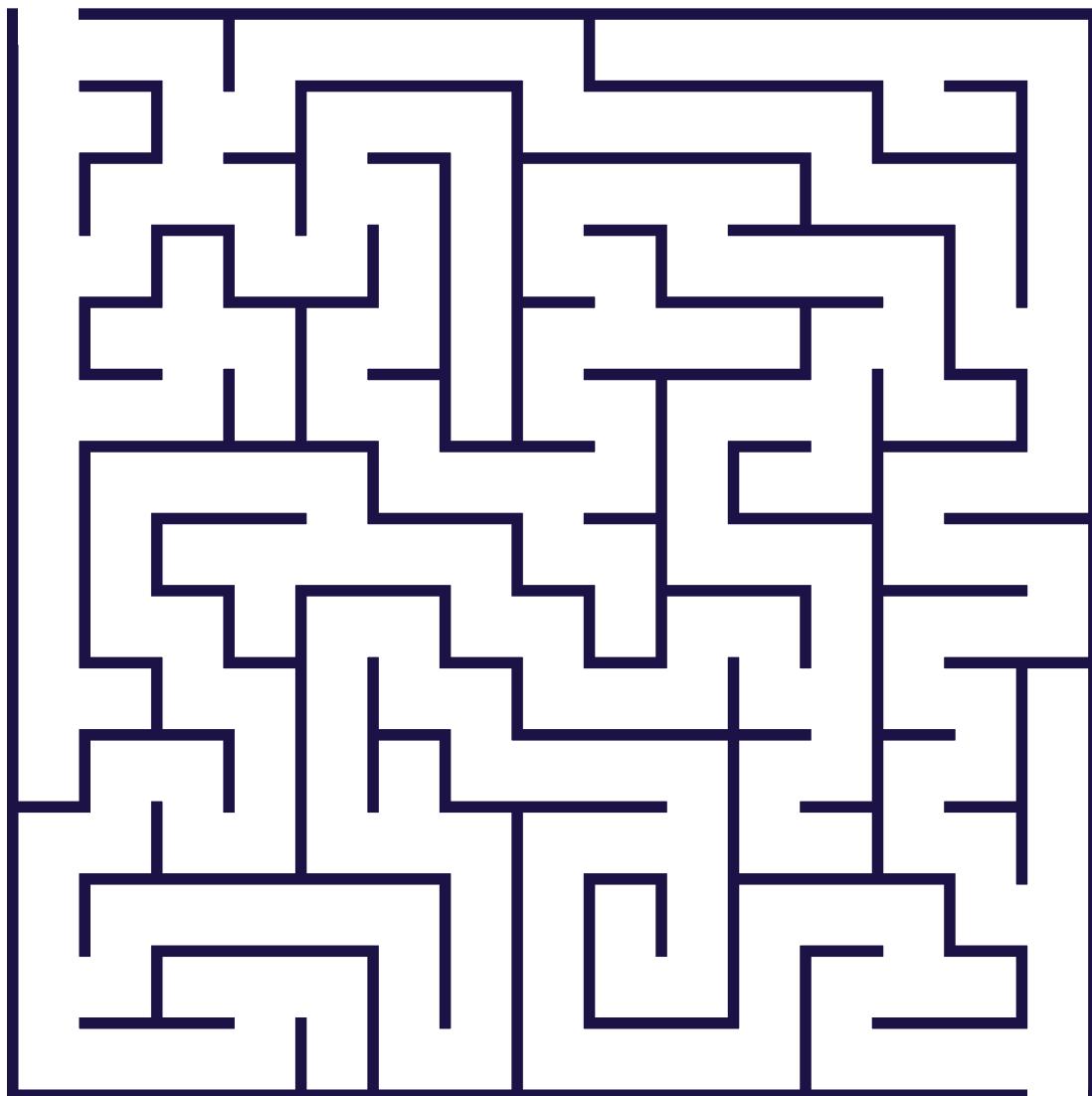
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# North Dakota

is a **moderately complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

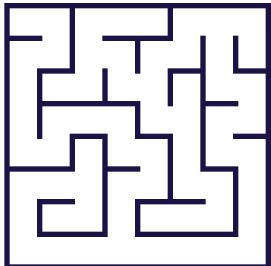
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## NORTH DAKOTA'S NEIGHBORS

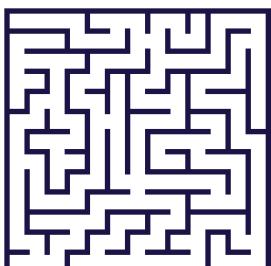
### Minnesota

Least complex



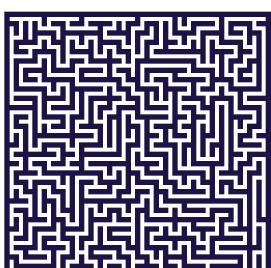
### Montana

Somewhat complex



### South Dakota

Most complex



## The Pudding

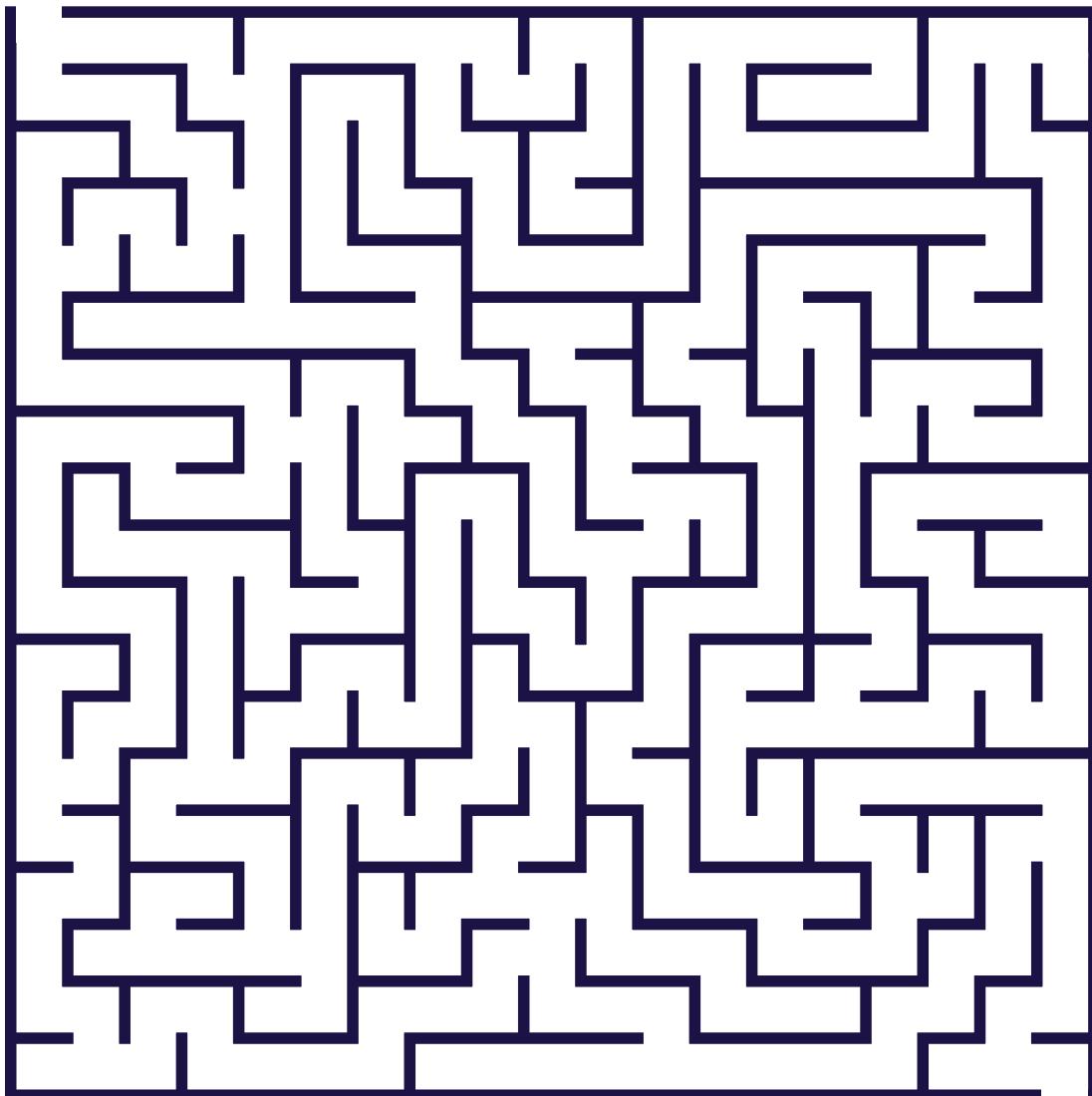
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# Ohio

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 20 weeks**.

- Abortion rights are explicitly protected in the state constitution.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.
- All qualified health care professionals can perform abortions.

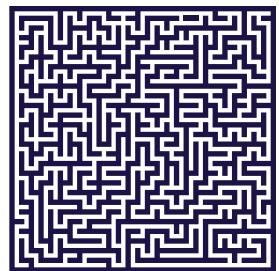
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## OHIO'S NEIGHBORS

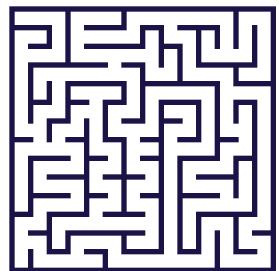
### Indiana

Most complex



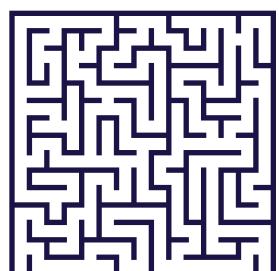
### Michigan

Moderately complex



### Pennsylvania

Moderately complex



## The Pudding

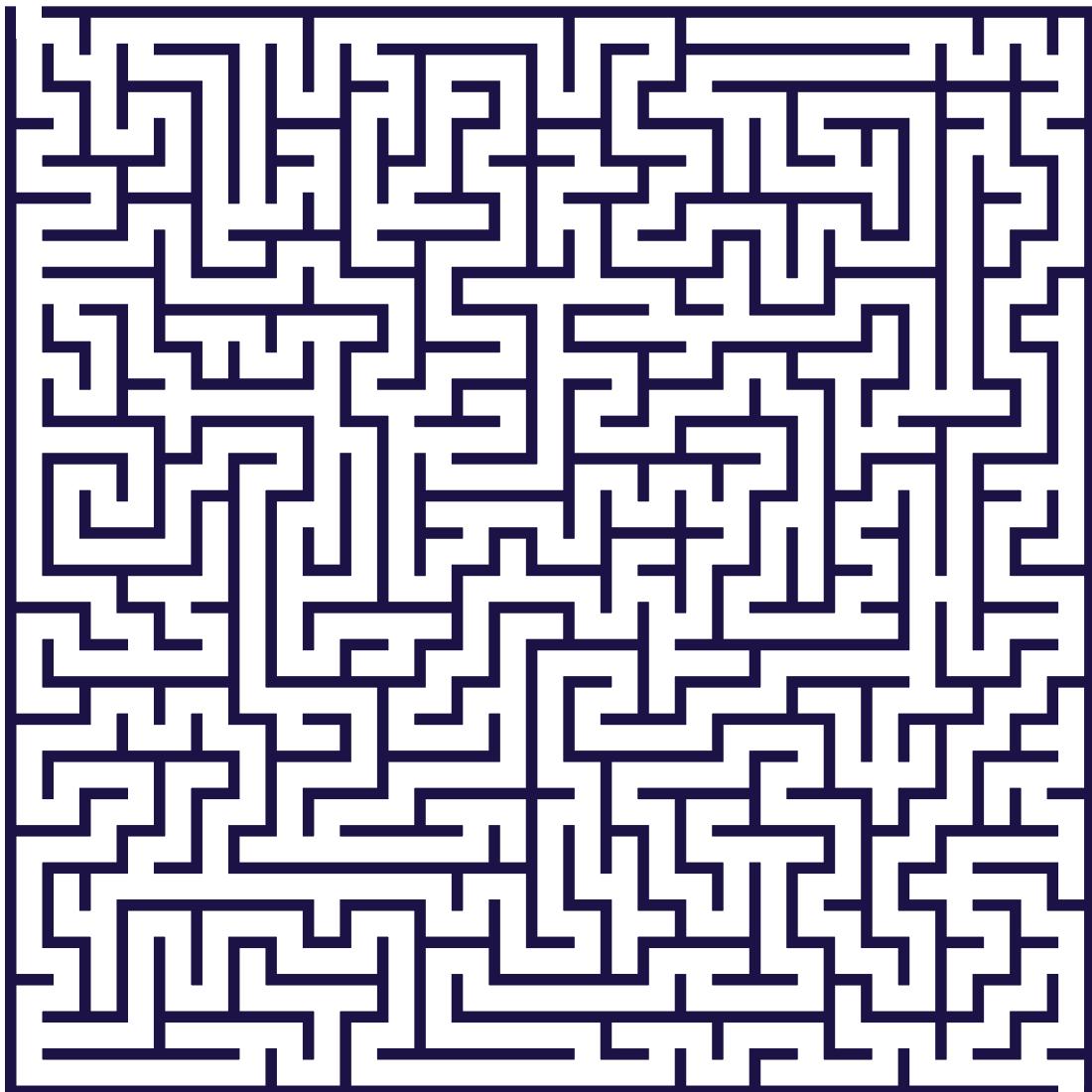
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# Oklahoma

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

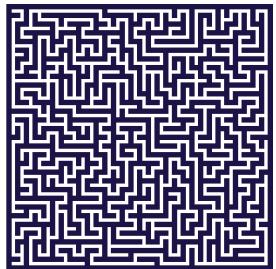
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## OKLAHOMA'S NEIGHBORS

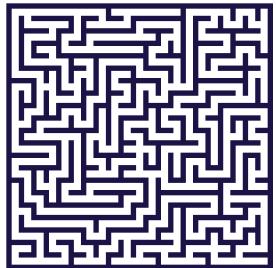
### Arkansas

Most complex



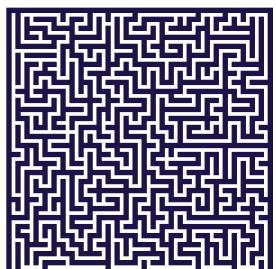
### Kansas

Very complex



### Texas

Most complex



## The Pudding

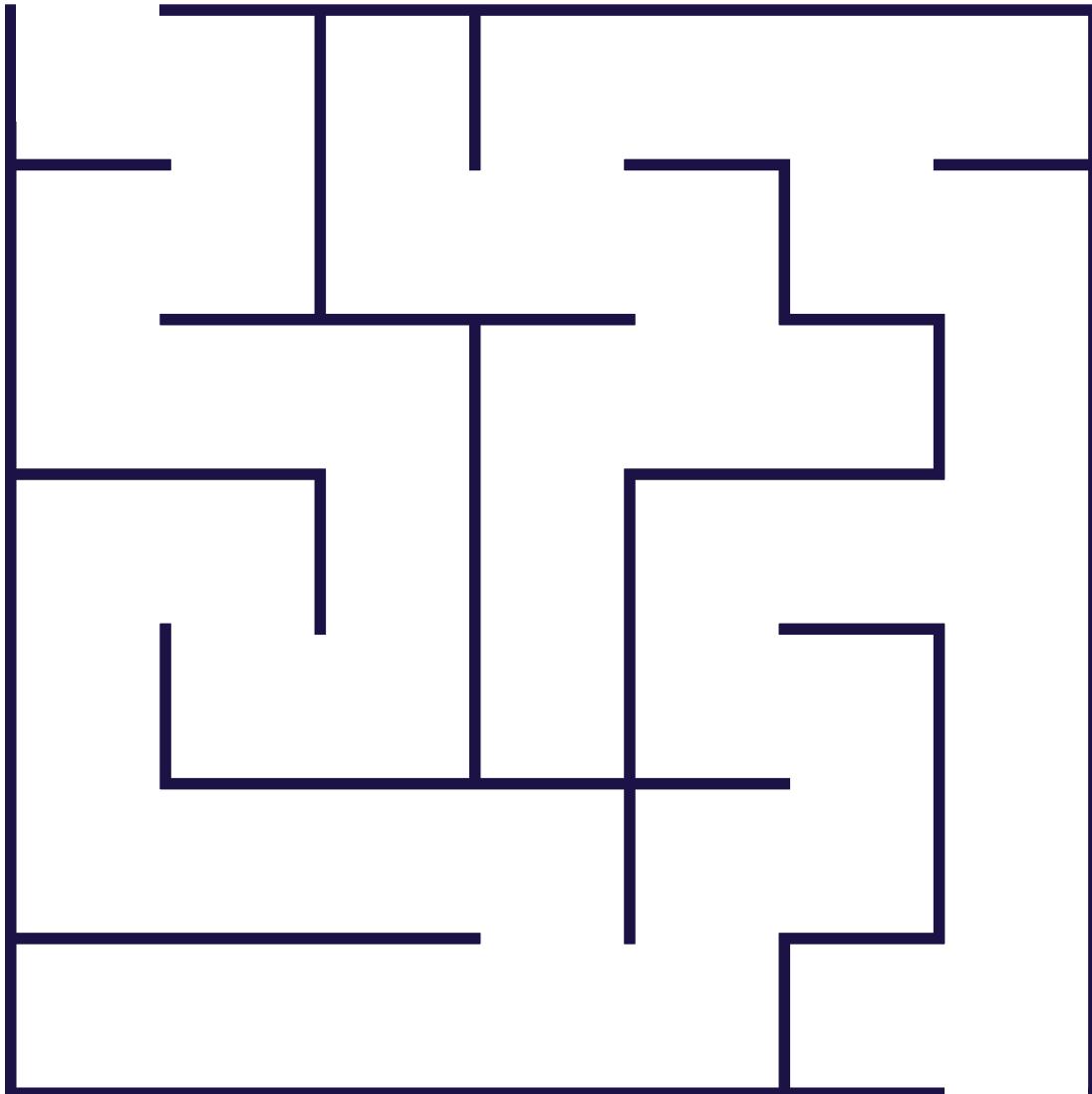
*The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).*

# Oregon

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortion rights are explicitly protected in the state constitution.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- State fund helps patients pay for abortion care.

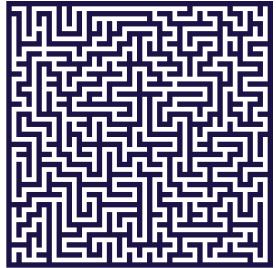
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## OREGON'S NEIGHBORS

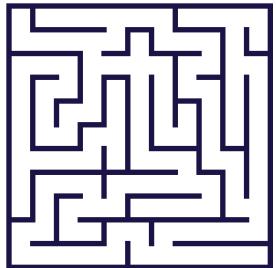
### Idaho

Most complex



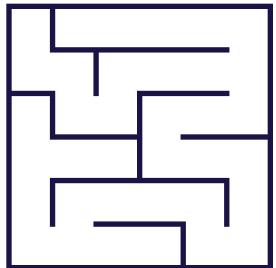
### Nevada

Somewhat complex



### Washington

Least complex



## The Pudding

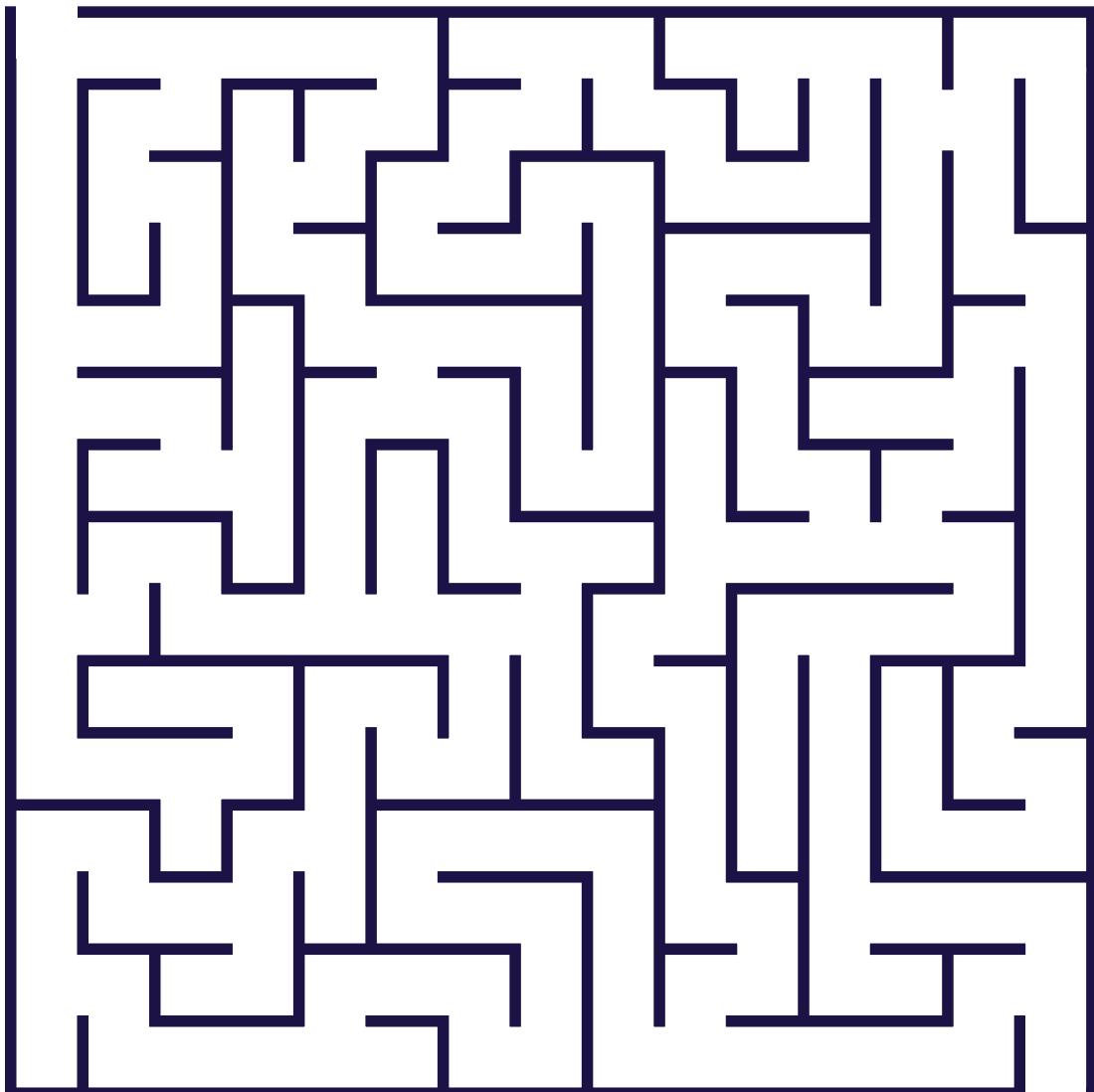
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# Pennsylvania

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 24 weeks**.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.

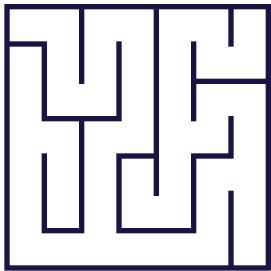
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## PENNSYLVANIA'S NEIGHBORS

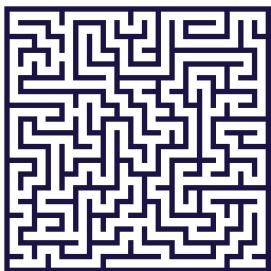
### New York

Least complex



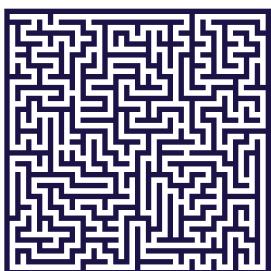
### Ohio

Moderately complex



### West Virginia

Most complex



## The Pudding

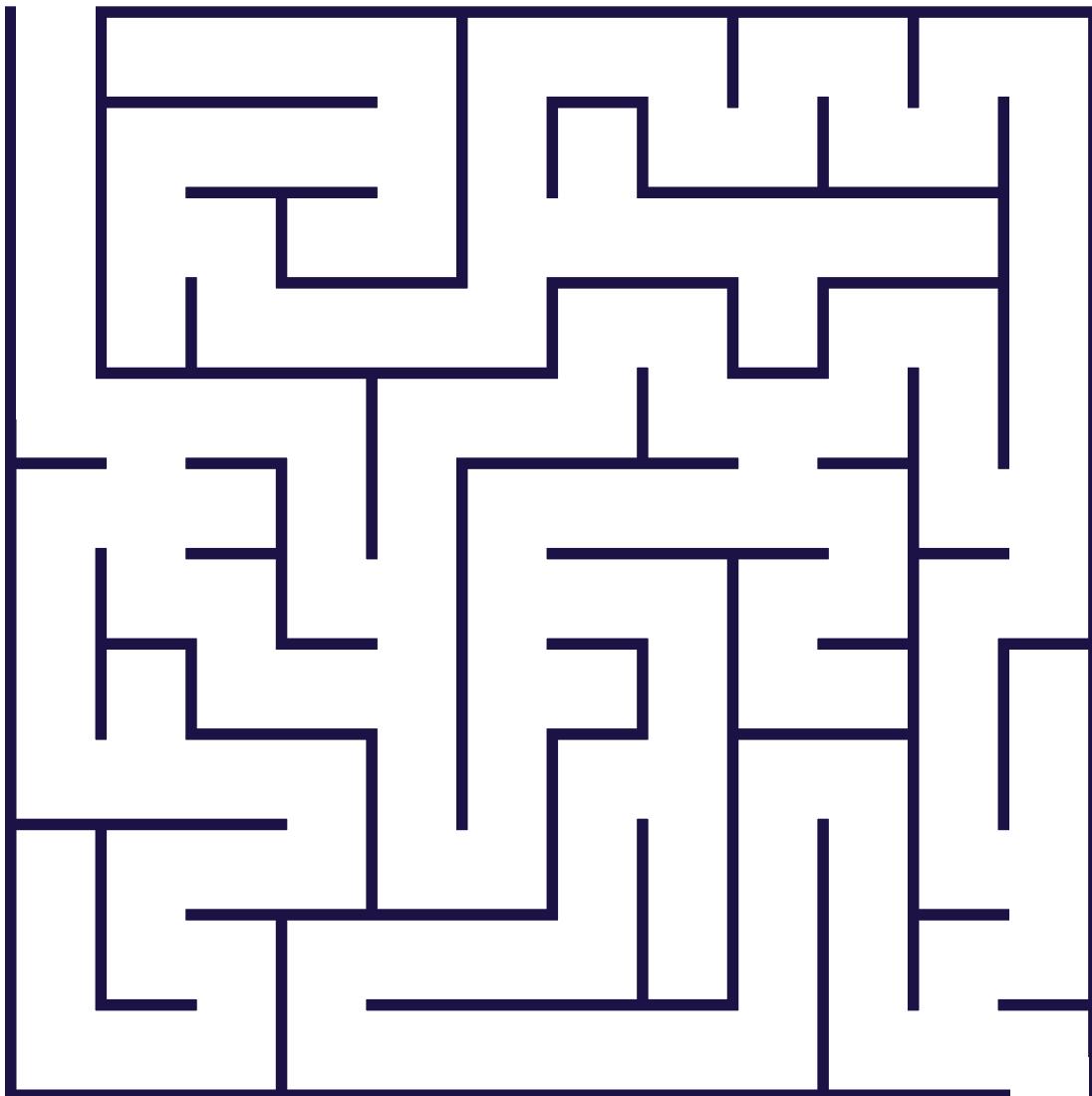
*The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).*

# Rhode Island

is a **somewhat complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

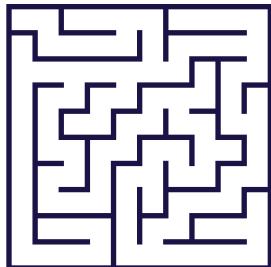
- Abortions are covered by state Medicaid funds.
- Parental consent is required for minors seeking abortions.
- Abortion clinics face unnecessary regulations without basis in medicine.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

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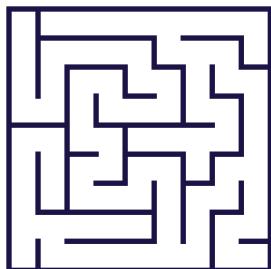


**RHODE ISLAND'S NEIGHBORS**

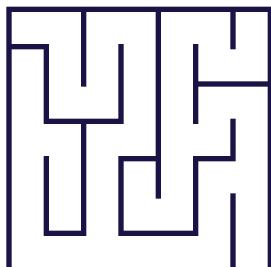
**Connecticut**  
Somewhat complex



**Massachusetts**  
Least complex



**New York**  
Least complex



## The Pudding

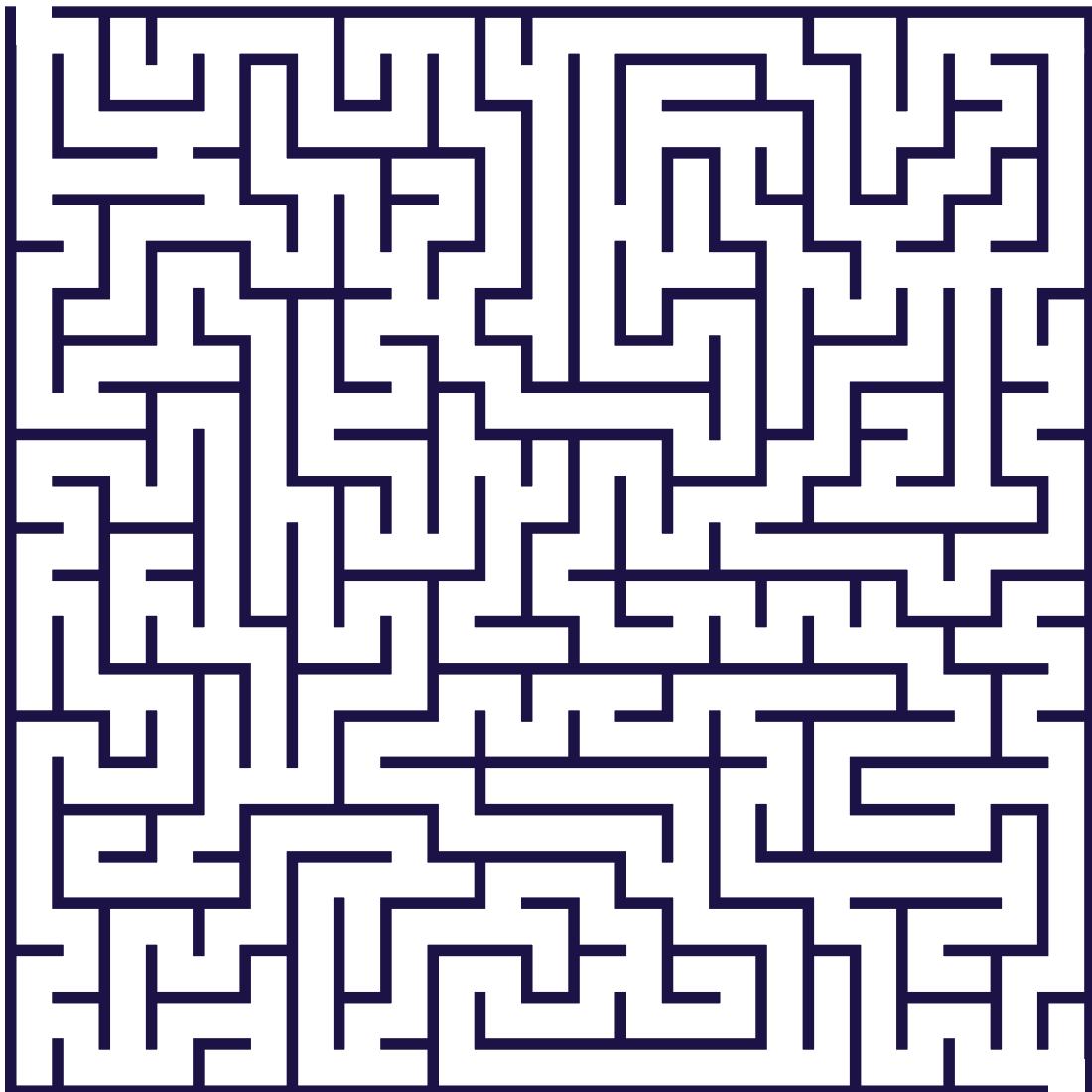
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# South Carolina

is a **very complex state** for navigating abortion access. The state **bans abortion at 6 weeks.**

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

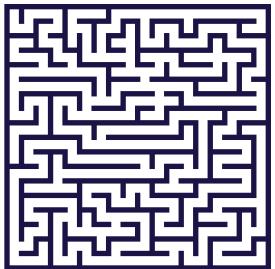
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## S. CAROLINA'S NEIGHBORS

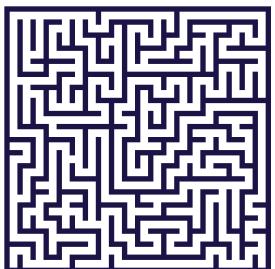
### Florida

Very complex



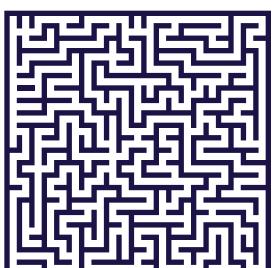
### Georgia

Very complex



### N. Carolina

Very complex



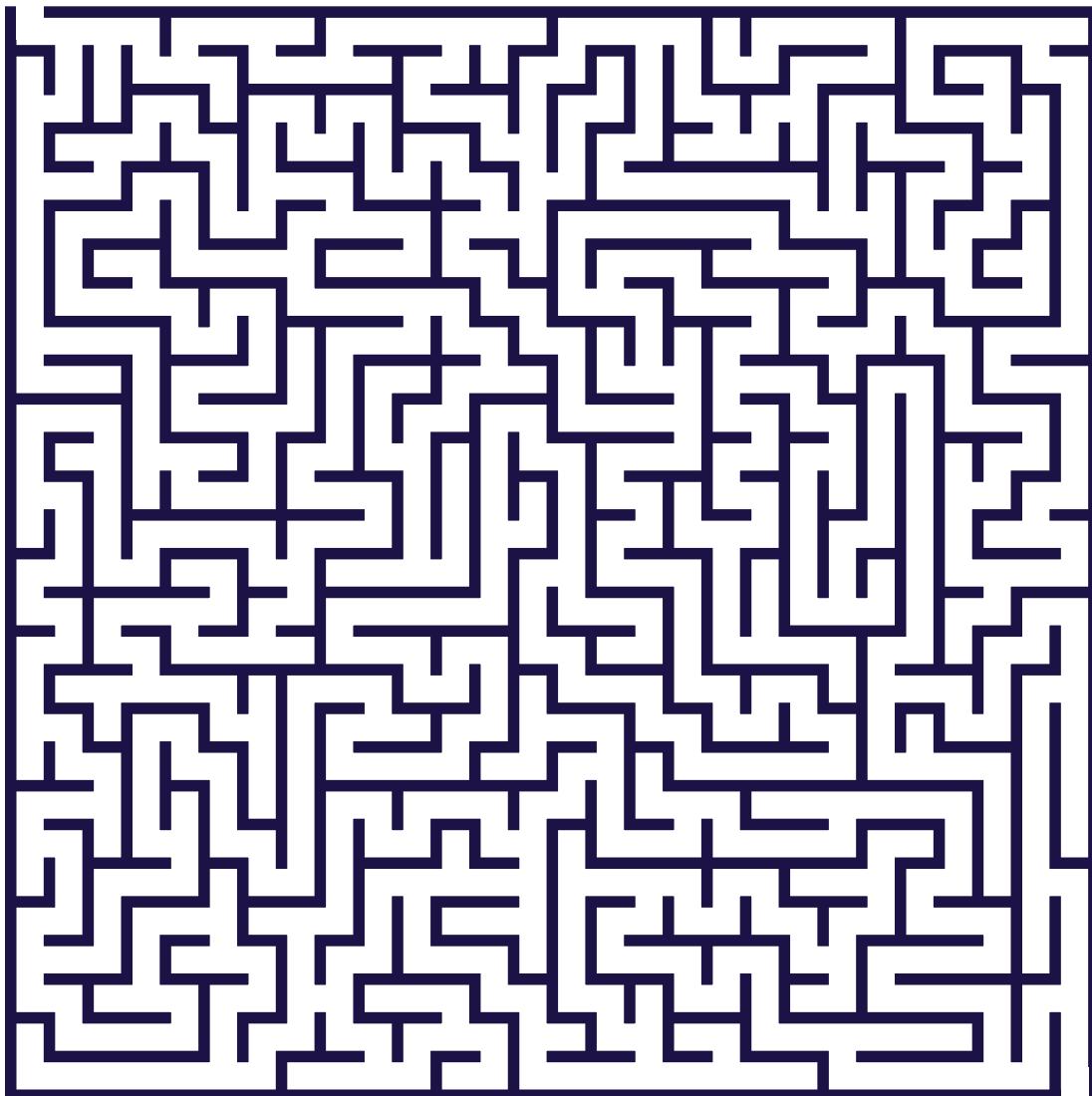
## The Pudding

The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# South Dakota

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

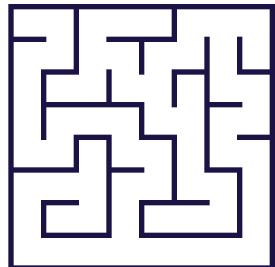
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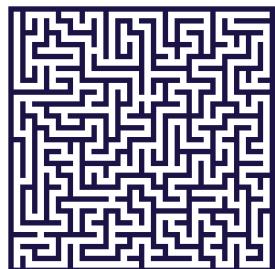
- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental notification is required for minors seeking abortions.
- Only physicians can provide abortions.

## SOUTH DAKOTA'S NEIGHBORS

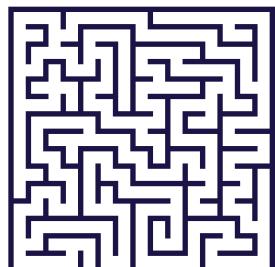
**Minnesota**  
Least complex



**Nebraska**  
Very complex



**North Dakota**  
Moderately complex



## The Pudding

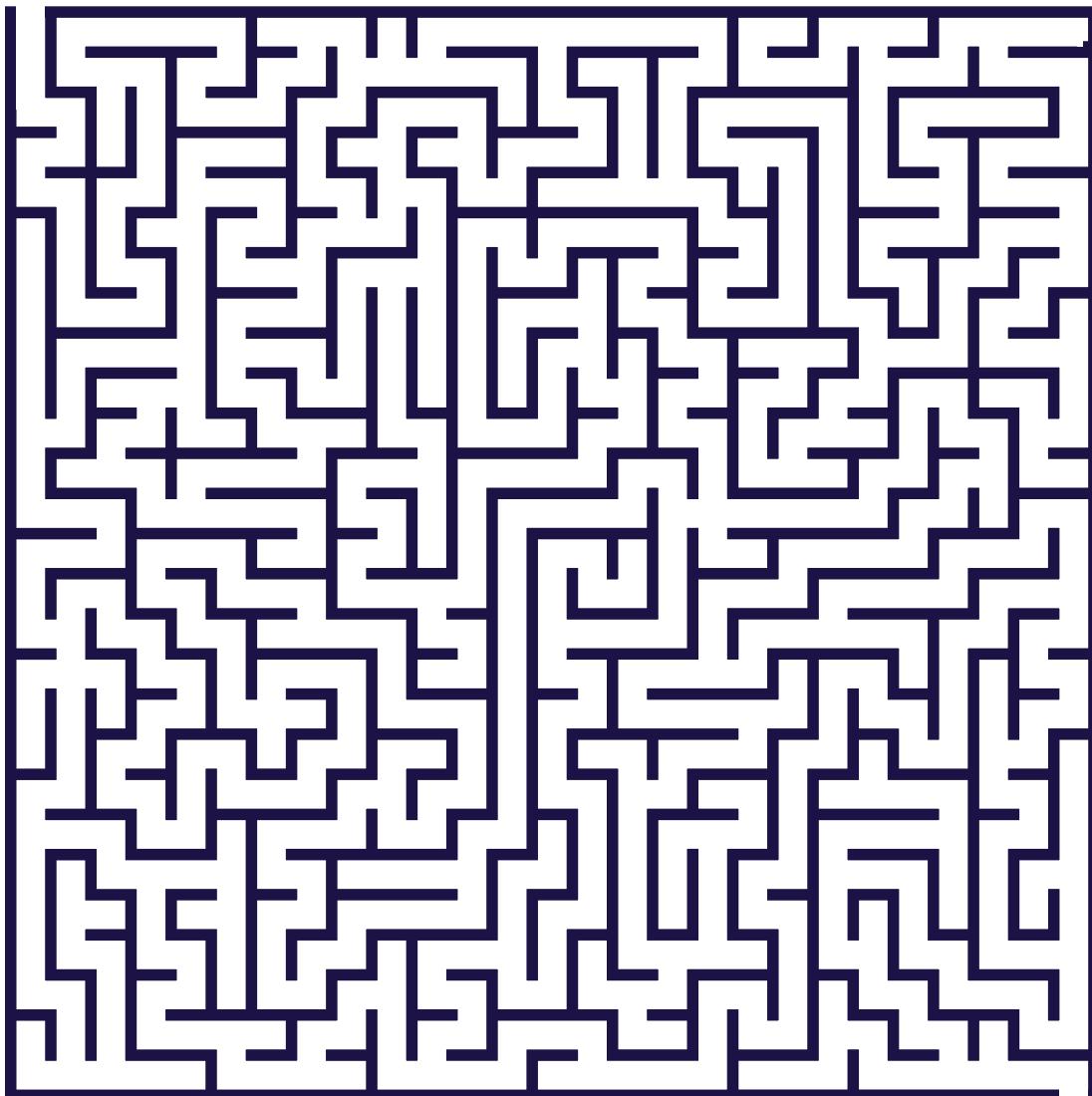
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# Tennessee

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 48 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Parental consent is required for minors seeking abortions.
- Medicaid coverage of abortion is banned with very little exceptions.

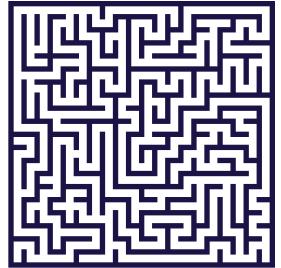
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## TENNESSEE'S NEIGHBORS

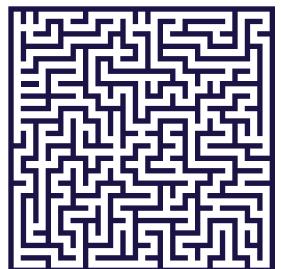
### Georgia

Very complex



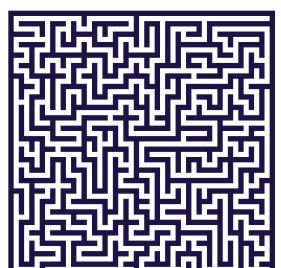
### N. Carolina

Very complex



### Kentucky

Most complex



## The Pudding

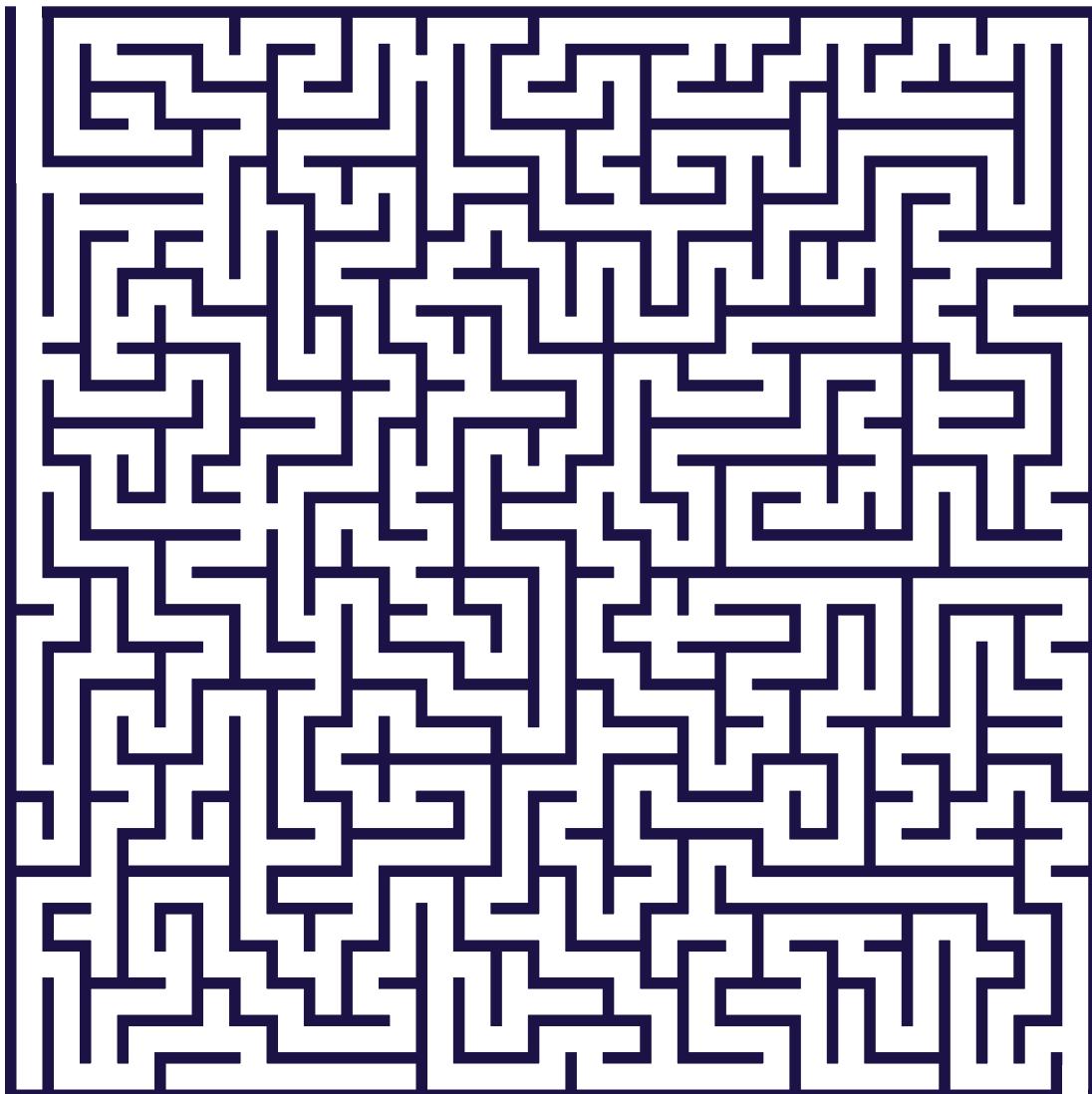
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# Texas

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.

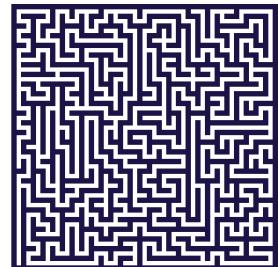
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## TEXAS' NEIGHBORS

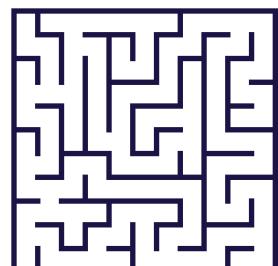
### Louisiana

Most complex



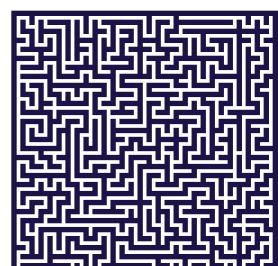
### New Mexico

Somewhat complex



### Oklahoma

Most complex



## The Pudding

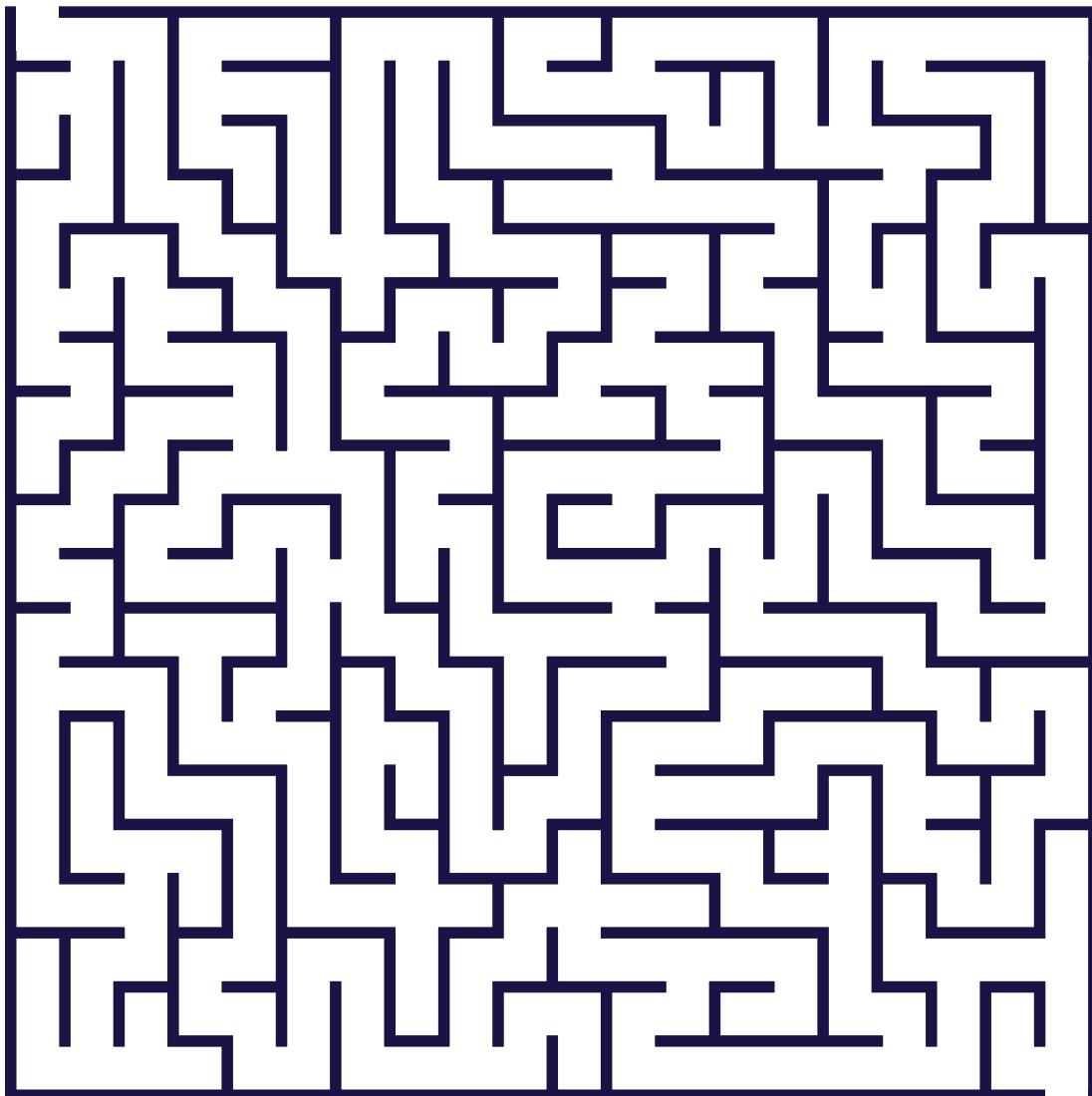
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# Utah

is a **very complex state** for navigating abortion access. The state **bans abortion at 18 weeks.**

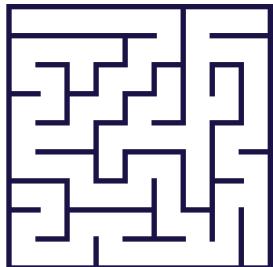
- Patients must attend counseling 72 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Private health coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

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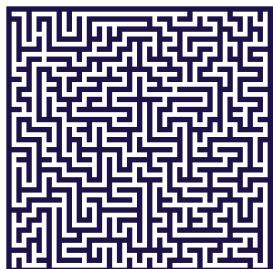


## UTAH'S NEIGHBORS

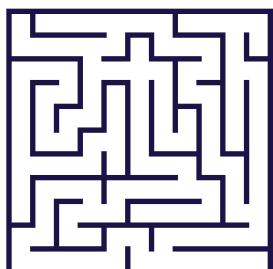
**Colorado**  
Least complex



**Idaho**  
Most complex



**Nevada**  
Somewhat complex



## The Pudding

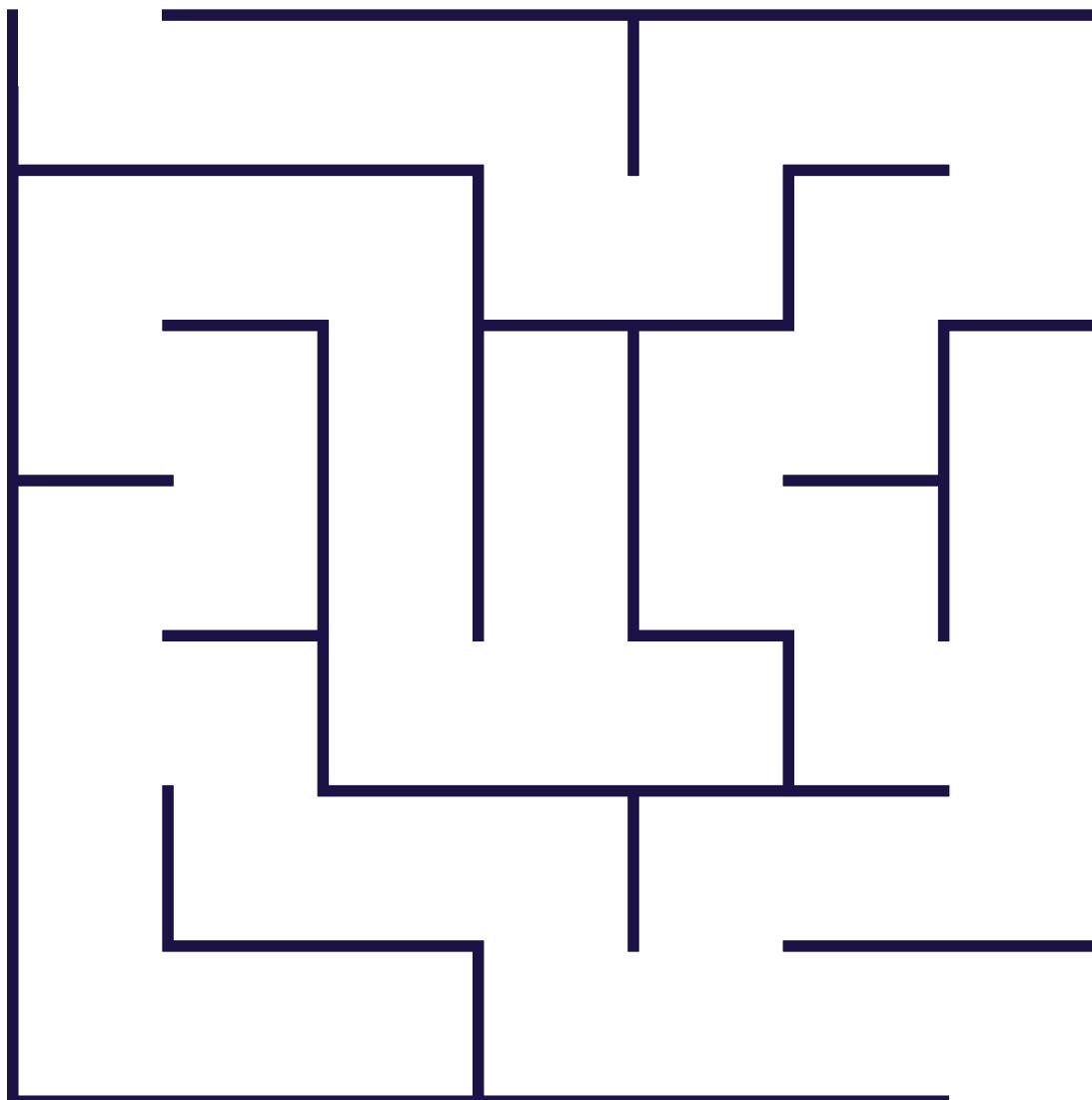
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# Vermont

is one of the **least complex states** for navigating abortion access. The state **does not restrict abortion based on gestational duration.**

- Abortion rights are explicitly protected in the state constitution.
- Abortions are covered by state Medicaid funds.
- Abortions must be covered by private health insurance.
- All qualified health care professionals can perform abortions.
- Abortion providers are protected by a shield law.

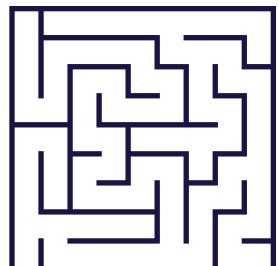
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VERMONT'S  
NEIGHBORS

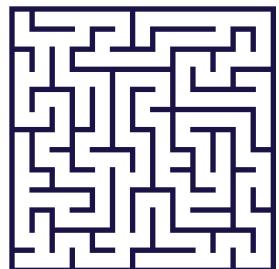
## Massachusetts

Least complex



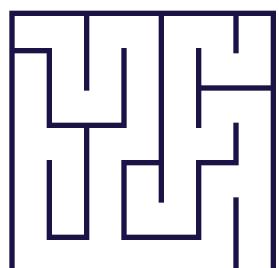
## New Hampshire

Moderately complex



## New York

Least complex



## The Pudding

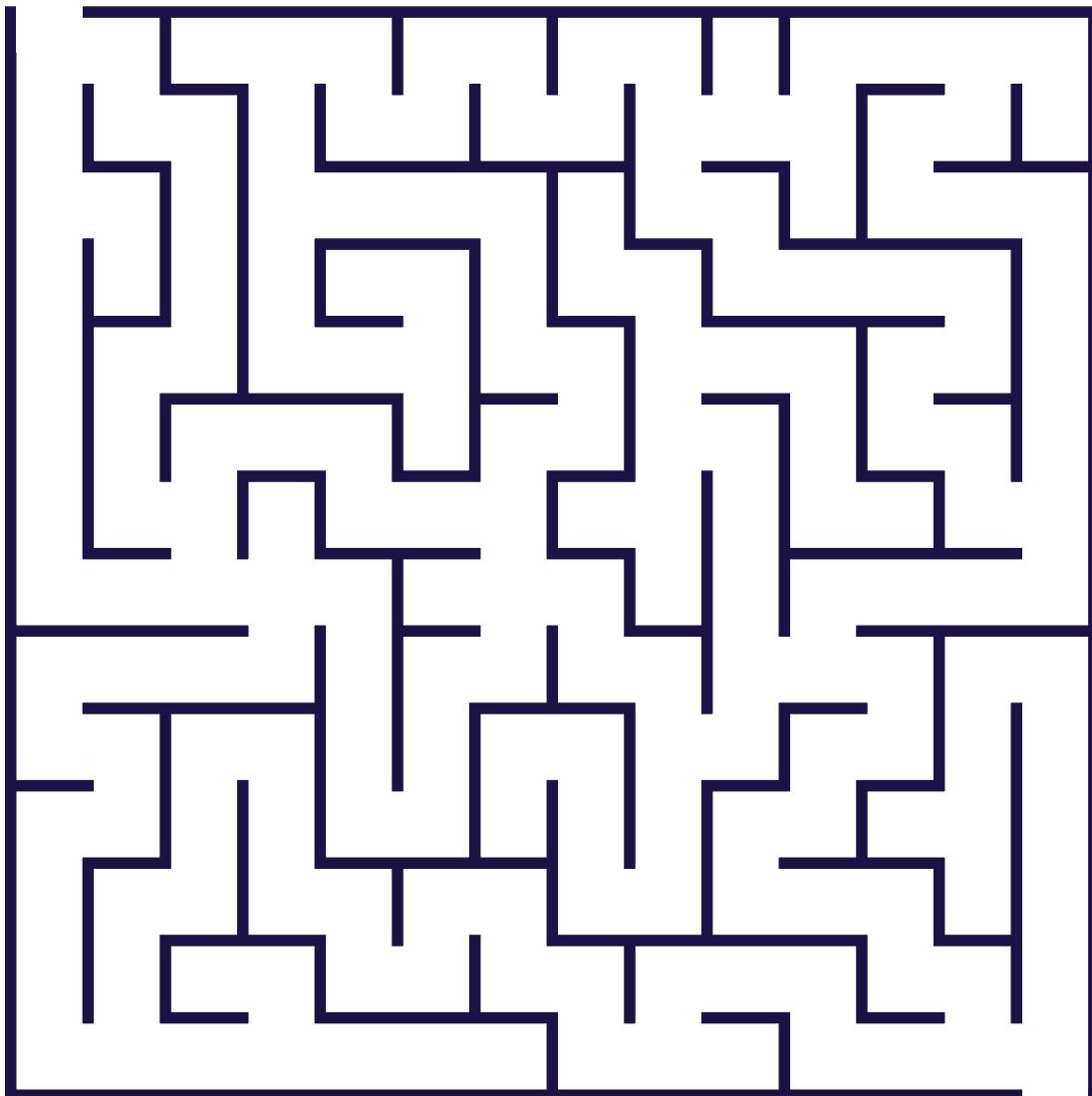
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# Virginia

is a **moderately complex state** for navigating abortion access. The state **bans abortion at the third trimester** (around 28 weeks).

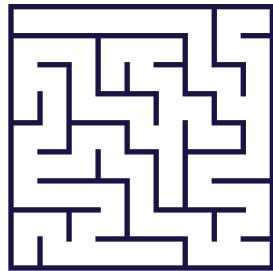
- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- All qualified health care professionals can perform abortions.
- Individual providers may refuse to perform abortions.
- Institutions may refuse to perform abortions.

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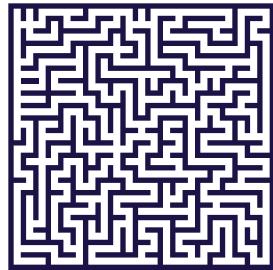


VIRGINIA'S  
NEIGHBORS

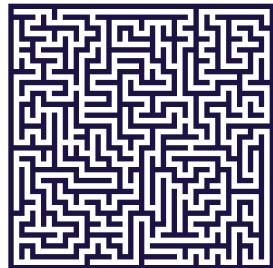
**Maryland**  
Least complex



**N. Carolina**  
Very complex



**West Virginia**  
Most complex



## The Pudding

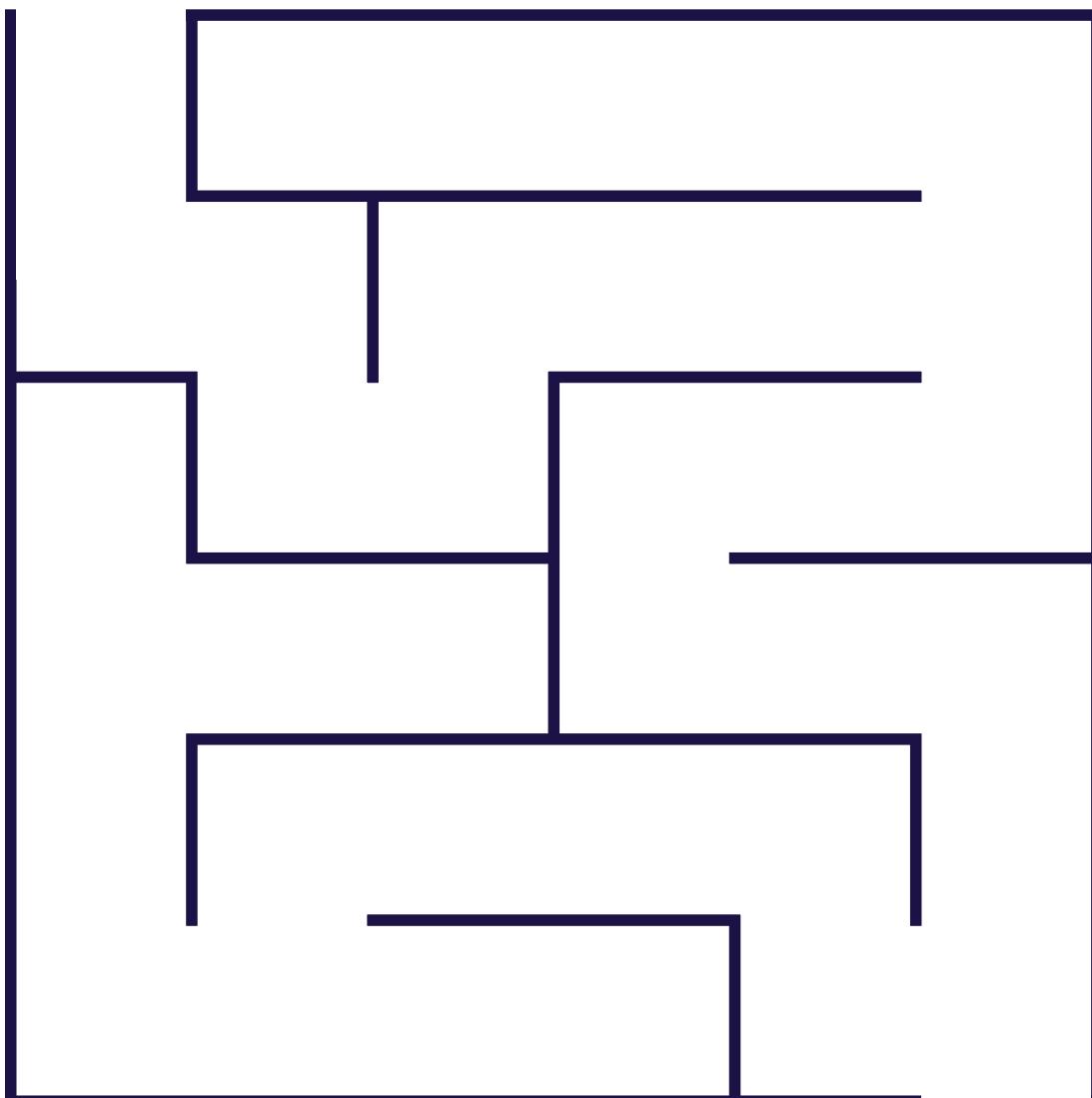
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# Washington

is one of the **least complex states** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Abortions are covered by state Medicaid funds.
  - Abortions must be covered by private health insurance.
  - All qualified health care professionals can perform abortions.
  - Abortion providers are protected by a shield law.
  - Laws protect data privacy for patients seeking reproductive health care.

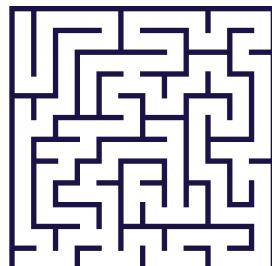
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# WASHINGTON'S NEIGHBORS

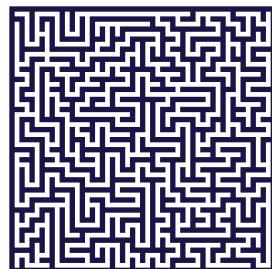
## Alaska

Somewhat complex



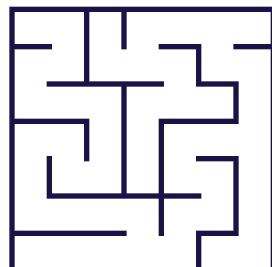
Idaho

### Most complex



# Oregon

Least complex



# The Pudding

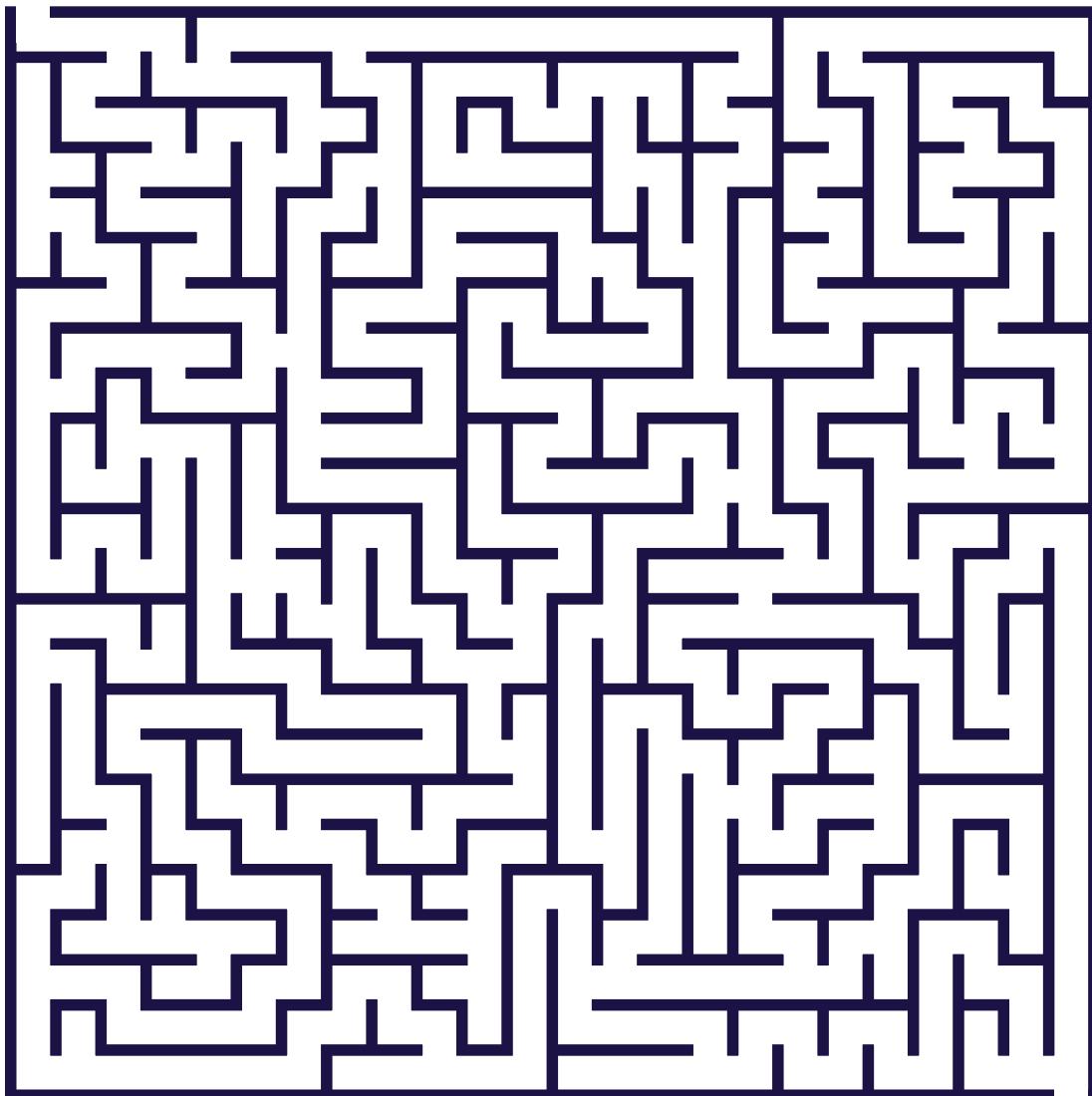
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# West Virginia

is one of the **most complex states** for navigating abortion access. The state **completely bans abortion** with very limited exceptions.

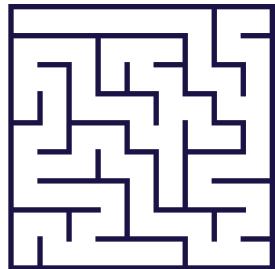
- Abortion rights are explicitly excluded in the state constitution.
- Patients must attend counseling 24 hours before obtaining an abortion.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental notification is required for minors seeking abortions.

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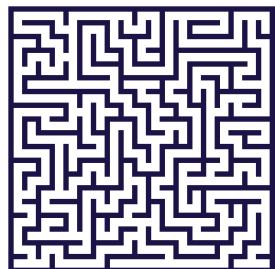


## WEST VIRGINIA'S NEIGHBORS

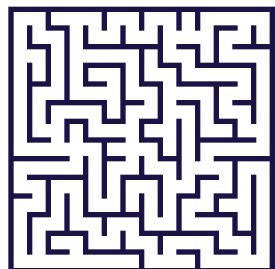
**Maryland**  
Least complex



**Ohio**  
Moderately complex



**Virginia**  
Moderately complex



## The Pudding

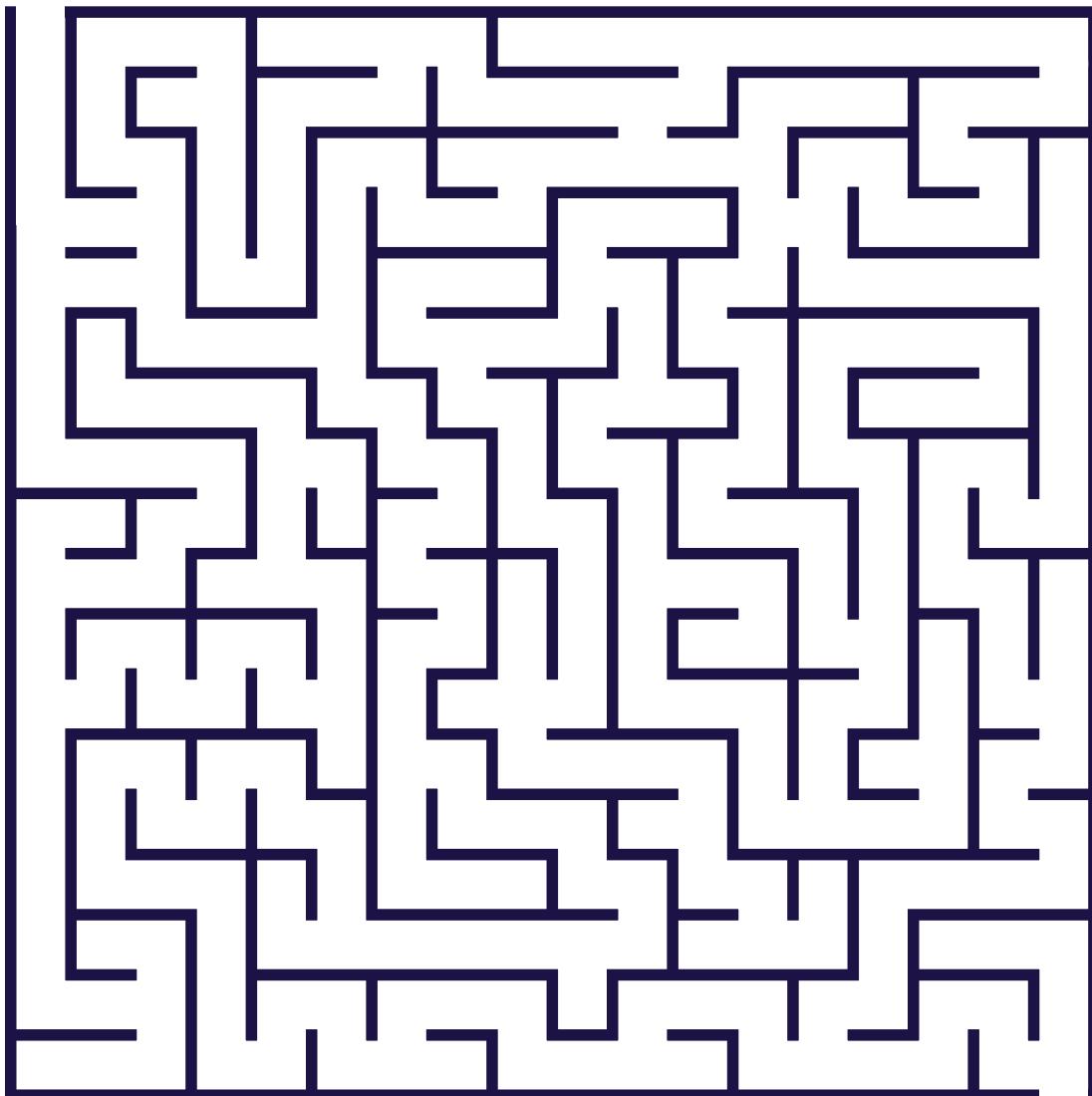
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# Wisconsin

is a **moderately complex state** for navigating abortion access. The state **bans abortion at 20 weeks**.

- Patients must attend counseling 24 hours before obtaining an abortion.
- Patients must get an ultrasound even if it is medically unnecessary.
- Medicaid coverage of abortion is banned with very little exceptions.
- Patients must obtain medication abortion in person.
- Parental consent is required for minors seeking abortions.

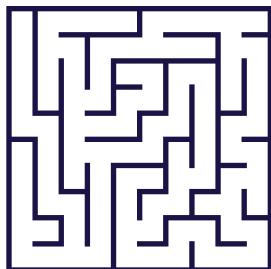
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## WISCONSIN'S NEIGHBORS

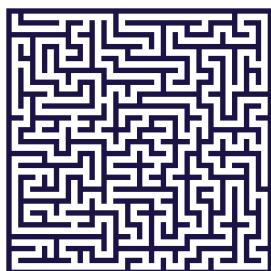
### Illinois

Somewhat complex



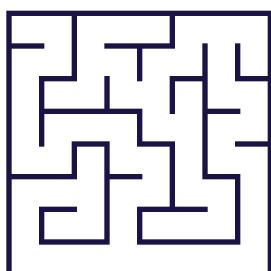
### Iowa

Very complex



### Minnesota

Least complex



## The Pudding

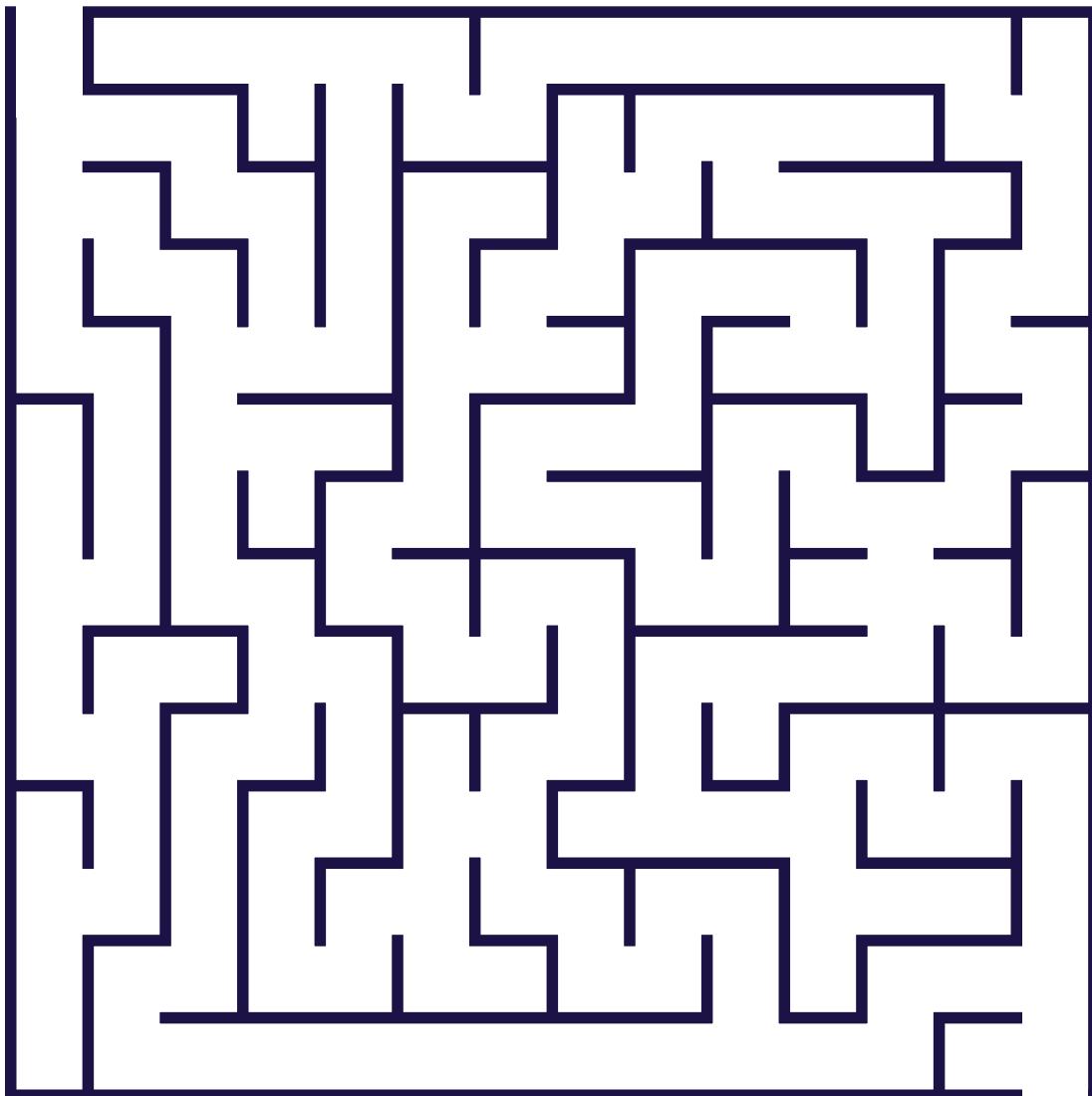
The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).

# Wyoming

is a **moderately complex state** for navigating abortion access. The state **bans abortion at fetal viability** (generally between 24–26 weeks).

- Medicaid coverage of abortion is banned with very little exceptions.
- Parental consent is required for minors seeking abortions.
- Only physicians can provide abortions.
- Individual providers may refuse to perform abortions.
- Private institutions may refuse to perform abortions.

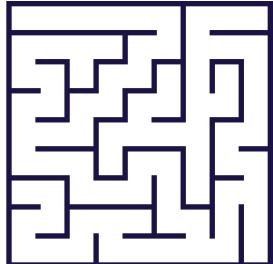
↓ START



## WYOMING'S NEIGHBORS

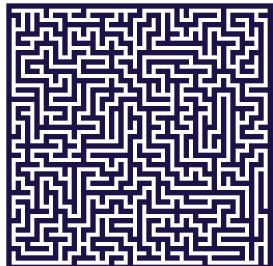
### Colorado

Least complex



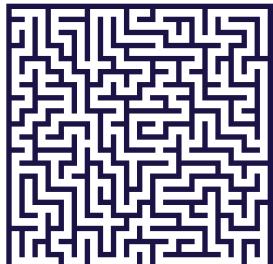
### South Dakota

Most complex



### Utah

Very complex



## The Pudding

*The complexity for each state maze was calculated using 28 state-level metrics from Guttmacher Institute. The calculations were last updated on October 17, 2024 and represent a snapshot in time. The mazes may not represent the current ever-evolving abortion landscape in each state due to ongoing legal challenges, court rulings, and new legislation. Experience the mazes online at [pudding.cool/2024/10/abortion-mazes](https://pudding.cool/2024/10/abortion-mazes).*