

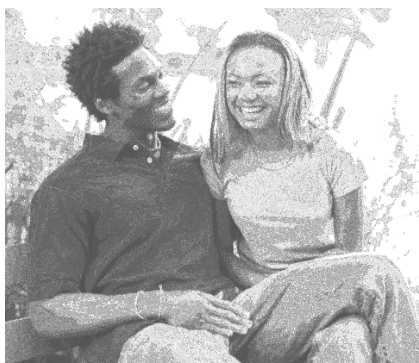


Family Planning

For young women who want to get their education and/or complete their career path without the interruption of an unplanned pregnancy, Family Planning is something to consider. Although the Berrien County Health Department encourages unmarried young people to remain abstinent, for some birth control is an option. A variety of contraception is offered at all three health department sites (Benton Harbor, Niles, and

Three Oaks). Our Nurse Practitioners, Nurses, Social Workers, and clerks will treat you with respect and keep your information confidential.

Government funds can help with the cost of birth control, and the exams necessary to get it, for some qualified women. This keeps costs within an affordable amount. A program called Plan First is available for Michigan women who are be-



tween 19-44 years old. Women may qualify for this or other programs that cover family planning services, including office visits, lab tests, and birth control. For information call 1-800-642-3195 or check www.michigan.gov/mdch.

Emergency Contraception is also available for clients who have had unprotected sex, missed several birth control pills, had a condom break, or were a victim of sexual assault. This method is also called Plan B, and consists of two pills containing Progestin. It will NOT cause an abortion - it only will prevent a pregnancy if given within 5 days of the unprotected sex. This is also available at a drug store for those 18 and over. No appointment is needed for this service.

The Family Planning Clinic also offers pregnancy tests. They are offered on Fridays in Benton Harbor, and Wednesdays in Niles and Three Oaks. Call us to set up an appointment for your family planning needs.



Method of Birth Control	How Many Couples Using This Method Will Get Pregnant in a Year?	How Well Does This Method Work in Preventing Pregnancy?	Can This Method Also Protect Against STDs?
Consistent Abstinence	None	Completely effective	Yes
Birth Control Patch ("The Patch")	5 to 8 out of 100	Effective	No
Birth Control Pill ("The Pill")	5 to 8 out of 100	Effective	No
Birth Control Ring ("The Ring")	5 to 8 out of 100	Effective	No
Female Condom	21 out of 100	Less effective	Yes
Male Condom	15 out of 100	Moderately effective	Yes
Birth Control Shot	3 out of 100	Effective	No
Diaphragm	16 out of 100	Moderately effective	No
Emergency Contraception	1 to 2 out of 100	Very effective	No
IUD	Fewer than 1 out of 100	Very effective	No
Rhythm Method	25 out of 100	Less effective	No
Spermicide	29 out of 100	Less effective	No
Withdrawal ("Pulling Out")	27 out of 100	Less effective	No
Not Using Any Birth Control	85 out of 100	Not effective	No

Special thanks to Barb Knoll for her help with this article!

The Berrien County Health Department has five locations to serve you:

Benton Harbor

769 Pipestone
P.O. Box 706
926-7121

M-139 Office
2106 S. M-139
927-5623

School Based
870 Colfax Ave
925-4500

Niles

1205 N. Front St.
684-2800

Three Oaks

21 N. Elm
756-2008

Or visit us on the web at www.berriencohlthdept.org

Berrien County Health Department:

Preventing Disease,
Prolonging Life and
Protecting the
Health of the
Community.



Healthy Beginnings

January is Healthy Beginnings month. This month, the health department will bring you information about topics to begin the new year healthy, including WIC, Interconception Care, Breast Feeding, and Family Planning. For questions about any of these topics, please call the health department at **926-7121**.

Family Planning at BCHD

Your Family Planning Services will include a medical history, a physical exam, an STD check, and education on birth control options. You will be free to ask questions of a qualified health care provider. Our methods include:

- Birth Control Pills
- Condoms
- Copper IUD (Intrauterine Device)
- Nuva Ring
- Depo Provera Injections
- Diaphragms
- Spermicide
- Information on Natural Family Planning
- Sterilization (in coordination with family planning)
- Ortho Evra Patch



For more information about family planning services at the Health Department, or to make an appointment, call

927-5670

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