



Public Health Advisory Council Sign-in Sheet

Health Department, Board Room
2030 Tecumseh Road
Manhattan, KS 66502
August 31st, 2016 @ 4:00pm
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Print Name	Signature
1. Jessica Fiscus	Jessica Fiscus
2. Cindy Mott	Cindy Mott
3. Jan Scheideman	Jan Scheideman
4. Jane Freyberger	Jane Freyberger
5. Breva Spencer	Breva Spencer
6. Jennifer Green	Jennifer Green
7. Shelley Haus	Shelley Haus
8. Helen Estes	Helen Estes
9. Robbin Cole	Robbin Cole
10. Lyle Butler	Lyle Butler
11. Derek Mosier	Derek Mosier
12. Ginny Barnard	Ginny Barnard
13. Robert Boyd	Robert Boyd
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Health Department

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To: Advisory Council

From: Leslie Campbell, Clinic Supervisor

Regarding review and approval of informational and educational materials developed or made available under the project.

The council must:

- consider the educational and cultural backgrounds of the individuals to whom the materials are addressing;
- consider the standards of the population or community to be served with respect to such materials;
- review the content of the material to assure that the information is factually correct; (the committee can delegate the technical and clinical accuracy to project staff, ARNP)
- determine whether the material is suitable for the population or community to which it is to be made available;
- Establish a written record of its determinations with documentation of meeting minutes and list of board members.

I am asking for the council to review the materials and provide feedback, revisions at the next meeting scheduled for September 28, 2016. These revisions may be incorporated into the materials or other materials developed from this review to be implemented October 3, 2016.



IUD Information

What is an IUD?

- The IUD (Intrauterine Device) is a plastic rod with 2 arms and a string. It is inserted into the uterus to prevent pregnancy. It is about the size of a quarter. There are 4 types of IUD in the US: the copper IUD and 3 progestin (hormone) IUDs. To choose the right one for you, see the "Which IUD Is Right for Me?" chart on the other side.

How well does the IUD work?

- The IUD prevents pregnancy more than 99% of the time.

Is the IUD safe?

- Yes. Serious problems with the IUD are rare, and most happen the first few days.

Can I get an IUD if I've never had a baby?

- YES!

How is the IUD inserted?

- After putting a speculum in your vagina, a health care provider inserts the IUD into your uterus. You may have cramps and spotting for a short time afterwards.

What are the side effects?

- Yes. Most side effects improve after a few months. See other side for details.

Does the IUD cause infections?

- No, but a vaginal culture is done prior to insertion to ensure there are no infections before placement. Some women may notice a change in discharge while using an IUD, but this isn't typically a problem.

Does the IUD protect against HIV and other sexually transmitted infections?

- No, the IUD **does not** protect you from sexually transmitted infections. Unless you and your partner have sex only with each other, you should use a condom every time you have sex, even with the IUD in place.

Do I need to check the IUD?

- Not routinely, but we will explain how to check IUD strings and make sure you feel comfortable. You can schedule a visit at the clinic anytime you have concerns and we can check the IUD.

Does the IUD cause abortions?

- No. The IUD works by preventing sperm from fertilizing eggs. The progestin IUDs also thicken cervical mucus and inhibit sperm from getting through to the uterus.

What happens when I want to get pregnant?

- Your health care provider can remove your IUD at any time. Your fertility will immediately return back to normal for YOU once it is removed.

Which IUD Is Right For Me?

	Copper IUD (Paragard) 	Progestin IUDs (Mirena, Skyla, Liletta) 
When does the IUD start working?	The copper IUD starts working right away.	The progestin IUDs start working 7 days after they are inserted. Use condoms or another back-up method of birth control for the first 7 days after the IUD is inserted to prevent pregnancy.
How long can you use it?	Paragard works for 10-12 years. Your health care provider can remove your IUD at any time.	Mirena works for 5 years. Skyla and Liletta work for 3 years. Your health care provider can remove your IUD at any time.
Does it contain hormones?	No.	Yes. There is a low dose of progestin but no estrogen.
Side effects	Heavier periods Cramping for a few months after it is inserted	Spotting Cramping for a few months after it is inserted
Benefits	No need to think about birth control before or during sex Private No need to buy refills every month Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding Can be used as emergency contraception: Prevents pregnancy when inserted up to 5 days after unprotected sex	No need to think about birth control before or during sex Private No need to buy refills every month Works better than the pill, the patch, the ring, or the shot Can be used while breastfeeding Can decrease heavy periods, cramps, PMS
Cost	Without insurance: Fees are income based on a sliding scale. With insurance: Most insurance providers completely cover the cost the IUD. If the IUD is not covered by your insurance, it may cost up to several hundred dollars. Please call your insurance company to check coverage.	Without insurance: Fees are income based on a sliding scale. With insurance: Most insurance providers completely cover the cost the IUD. If the IUD is not covered by your insurance, it may cost up to several hundred dollars. Please call your insurance company to check coverage.



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Fact Sheet: The Pill

How Do Birth Control Pills Work?

- Birth control pills contain hormones like the ones your body makes. These hormones stop your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
- No method of birth control is 100% effective. If you take all of your birth control pills on time, they are 99% effective. If you skip some pills, they are 91% effective.

How Do I Start The Pill?

- There are 2 ways to start the pill:
 - Quick Start:** Take your first pill as soon as you get the pack.
 - Next period:** Take your first pill soon after your next period begins.
- If you take your first pill *up to 5 days after the start of your period*, you are protected against pregnancy **right away**.
- If you take your first pill *more than 5 days after the start of your period*, you should **use condoms as back-up for the first 7 days**.

How Do I Use The Pill?

- **Once you start using the pill**, take 1 pill each day. Take your pill at the same time each day.
- After you finish a pack of pills, you should start a new pack the next day. You should have **NO** day without a pill.

What If I Miss Pills?

- **I forgot ONE pill:** Take your pill as soon as you can.
- **I forgot TWO pills or more:** Take your pill as soon as you can. Take your next pill at the usual time. **Use condoms for 7 days. Use emergency contraception (EC) if you have unprotected sex.**

What If I Stopped Taking The Pill And Had Unprotected Sex?

- Take Emergency Contraception (EC) **right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

How Does The Pill Help Me?

- The pill is safe and effective birth control.
- Your periods may be more regular, lighter, and shorter. You may have clearer skin.
- Cramping and menstrual discomfort may be reduced.
- The pill lowers your risk of getting cancer of the uterus and ovaries.
- The pill has **no effect** on your ability to get pregnant in the future, after you stop taking it.

How Will I Feel On The Pill?

- You will feel about the same. In the first 2-3 months you may have nausea, bleeding between periods, weight change, and/or breast pain. These problems often go away after 2-3 months.

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For more information: www.bedsider.org

- Breakthrough bleeding or irregular spotting may occur during the first few packs. CONTINUE taking your pills each day, but call the clinic for advice if this persists.
- If the pill is causing nausea- try taking it at night or with food.
- If any minor side effects persist after 2-3 months, schedule an appointment to discuss switching to a different pill.

Does The Pill Have Risks?

The pill is very safe. Serious problems are rare. If you have any of the symptoms below, **call your health provider**. We can help you find out if these symptoms are signs of a serious problem.

- Leg pain, swelling, and redness
- Weakness or numbness on 1 side of your body
- Bad headache
- Vision problems
- Chest pain

What about the pill and antibiotics?

- If you take antibiotics to treat an infection, use a back-up method (spermicide, condoms) during that time. Discuss the effects of the antibiotics on your pills with the clinic nurses or your pharmacist.

****Remember, the pill does not protect you from Sexually Transmitted Infections or HIV. Always use condoms to protect yourself!****

Can I skip my period on the pill?

- For most pill takers... Yes! It is better to extended cycle a pill when all active pills have the same hormonal combination. It is important to ask your provider if you are a good candidate to skip periods.
- Most birth control products have 3 weeks of hormones and 1 week of no hormones. Women have a period during the hormone-free week. Pill packs have placebo (no-hormone) pills during the last few days. These are usually a different color. The period that happens during the hormone-free week is called withdrawal bleeding. It's a false period, and it's not needed for good health. Skipping periods on birth control is safe.

You can skip a period from time to time – for instance, during a vacation or to alleviate problems relating to your cycle (like migraines, PMS, anemia, etc.). Here is how:

- Most pill packs contain 21 active pills (with hormones) and 7 placebo pills (with no hormones). The placebo pills are the last few pills in the pack. To skip a period, don't take the placebo pills. Instead, go straight from the last active pill in one pack to the first active pill in the next pack.
- It is better to start out taking two packs in a row.
- Breakthrough bleeding is more common with skipping periods with the pill.

Return clinic visits: Please return to the clinic when you start your last cycle of birth control pills for re-evaluation and counseling. We can provide refills and answer any questions.

21 REASONS TO SEE A GYNECOLOGIST BEFORE AGE 21 YEARS

Although most young women don't need to have a pap test until they are 21 years old, there are at least 21 reasons why you should see a gynecologist before age 21 years:

Health

1. Stay at a healthy body weight and feel good about your body.
2. Start good habits for healthy bones.
3. Learn if you have a urinary tract infection and get treatment if you do.
4. Get treatment for vaginal itching, discharge, or odor.

5. Learn if your periods are normal.
6. Get relief if your periods are painful.
7. Find out why your periods are too heavy.
8. Find out why your periods are too close or too far apart or why bleeding happens in between your periods.
9. Learn ways to deal with premenstrual syndrome (PMS) problems.

Periods

Sexuality and Relationships

10. Have safe and healthy relationships with a boyfriend or girlfriend.
11. Know when a relationship is threatening or harmful.
12. Talk about lesbian, gay, bisexual, and transgender (LGBT) topics.
13. Think things through before you have sex for the first time.
14. Learn about safe sex.

15. Get birth control so you can choose to become pregnant when the time is right for you.
16. Plan ahead for a safe and healthy pregnancy.
17. Get tested for pregnancy.
18. Know what your options are if you become pregnant.

Pregnancy

Sexually Transmitted Infections

19. Protect yourself from sexually transmitted infections (STIs) and human immunodeficiency virus (HIV) and take steps to lower your risk of becoming infected.
20. Get the human papillomavirus (HPV) vaccine.
21. Get tested for STIs and HIV if you are sexually active.



The American College of
Obstetricians and Gynecologists
WOMEN'S HEALTH CARE PHYSICIANS

www.acog.org/teen

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Progestin Implant (Nexplanon)

<p>What is the implant?</p> 	<p>The implant is a thin plastic tube about the size of a paper matchstick. It is inserted under the skin of your upper arm.</p> <p>It prevents pregnancy by releasing a small amount of progestin (a hormone). It works for 3 years. After 3 years, you can get a new implant if you want one.</p>
<p>How well does it work?</p>	<p>The implant is more effective than the pill, the patch, the ring, and the shot. It prevents pregnancy in 99% of women who use it.</p>
<p>Is it safe?</p>	<p>Yes.</p>
<p>How is it inserted?</p>	<p>After numbing your skin, a medical provider inserts the implant under the skin of your upper arm. This takes a few minutes. It is done in the office or clinic.</p>
<p>How is it removed?</p>	<p>A medical provider numbs your skin and makes a small cut to remove the implant. This takes a few minutes. The implant can be removed at any time. It is removed in the office or clinic.</p>
<p>What are the benefits?</p>	<p>The implant is safe, effective, and easy to use. Once you have it, it works on its own – you don't have to do anything. You can use it while breastfeeding. It's great for many women who can't use birth control pills, patch, or ring.</p>
<p>What are the side effects?</p>	<p>The implant causes periods to change. Most women have off-and-on spotting. Spotting may last until the implant is removed. A few women have: mood changes, weight gain, headache, acne, and/or skin changes in the upper arm.</p>
<p>Can people see it?</p>	<p>Most people can't see it, but you can feel it if you touch the skin over the implant.</p>
<p>How much does it cost?</p>	<p>The cost at the Riley County Health Department is on a sliding scale based on income and family size.</p>
<p>Does it protect against HIV and other sexually transmitted infections?</p>	<p>No, it does NOT protect you from sexually transmitted infections. Unless you and your partner have sex only with each other, you should use a condom every time you have sex (even with the implant in place).</p>
<p>Is it easy to get pregnant after the implant is removed?</p>	<p>Once the implant is removed, you are no longer protected from pregnancy and your fertility will return back to what is normal for you.</p>

For more information visit www.bedsider.org

Chart from : July 2015 / www.reproductiveaccess.org





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Fact Sheet: Progestin only / Mini-Pill

How Does The Mini-Pill Work?

- The mini-pill contains a hormone like the ones your body makes. It works by making the mucus in your cervix too thick for sperm to pass through. If sperm cannot reach the egg, you cannot get pregnant.
- No method of birth control is 100% effective. If you take all of your birth control pills on time, they are 99% effective. If you skip some pills, they are 91% effective.

How Do I Start The Mini-Pill?

- There are 2 ways to start the pill:
 - Quick Start:** Take your first pill as soon as you get the pack.
 - Next period:** Take your first pill soon after your next period begins.
- If you take your first pill *up to 5 days after the start of your period*, you are protected against pregnancy **right away**.
- If you take your first pill *more than 5 days after the start of your period*, you should use **condoms as back-up for the first 7 days**.

How Do I Use The Mini-Pill?

- **Once you start using the pill**, take 1 pill each day. Take your pill at **the same time** each day.
- After you finish a pack of pills, you should start a new pack the next day. You should have **NO** day without a pill.

What If I Miss Mini-Pills?

- **I forgot ONE pill:** Take your pill as soon as you can. If you take your pill more than 3 hours late, use **condoms for the next 7 days**.
- **I forgot TWO pills or more:** Take your pill as soon as you can. Take your next pill at the usual time. Use **condoms for the next 7 days**. Use **emergency contraception (EC) if you have unprotected sex**.

What If I Stopped Taking The Mini-Pill And Had Unprotected Sex?

- Take **Emergency Contraception (EC) right away**. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

How Does The Mini-Pill Help Me?

- The mini-pill is safe and effective birth control. The mini-pill is safe for you to use while breastfeeding.
- The mini-pill has **no effect** on your ability to get pregnant in the future, after you stop taking it.

For more information: www.bedsider.org

(Progestin only pill- cont)

How Will I Feel On The Mini-Pill?

- You will feel about the same. Most women notice changes in their periods. You may have spotting or no period at all. This is normal. You may have nausea, spotting, weight change, and/or breast pain. These problems often go away after 2-3 months.

Does The Mini-Pill Have Risks?

- The mini-pill is very safe.
- The most reported side effect is **break through** or irregular vaginal bleeding. This is improved if you are very consistent in taking the pill at the same time each day.
****Remember, the mini-pill does not protect you from Sexually Transmitted Infections or HIV. Always use condoms to protect yourself!****

Return clinic visits: Please return to the clinic when you start your last cycle of birth control pills for re-evaluation and counseling. We can provide refills and answer any questions.



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Fact Sheet: Depo-Provera "The Shot"

How Does Depo Work?

- Depo contains a hormone like the ones your body makes. This hormone stops your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
- No method of birth control is 100% effective. If you get all of your shots on time, Depo is 99% effective. If you are late for a shot, Depo is 91% effective.

How Do I Use Depo?

- You get a Depo injection in the arm or in the buttocks.
- **Use condoms as back-up the first 7 days** after your *first* shot of Depo.
- You should get a shot every 3 months (every 12 weeks).

What If I Am Late For The Next Shot?

- Depo works best if you get a new shot every 12 weeks.
- If your shot is late, you should get a pregnancy test before the next shot and use condoms for back up protection. If your shot is more than 2 weeks late, you will need to abstain for 2 weeks and have two negative pregnancy tests. It is important to use condoms during this time as you are no longer protected from pregnancy.

How Does Depo Help Me?

- Depo is safe and effective. It keeps you from getting pregnant for 3 months.
- The shot lowers your risk of cancer of the uterus.
- It is safe to breastfeed while on Depo.

How Will I Feel On Depo?

- You may have spotting between periods. You may have slight weight gain, bloating, headaches and/or mood changes. Talk to your health care provider about treating any side effects.
- After the first 2-3 shots, you may have *no period at all*. This is normal.
- Your bones may become slightly weaker while you take Depo. Bone strength returns to normal once you stop getting the shot. It is important to increase calcium in your diet while using Depo.
- After you stop Depo, it takes a few months for your fertility to return to normal. This means that it may take a while for you to get pregnant (even if you're trying) – but if you don't want to get pregnant, you need to use a new form of birth control after you stop Depo.

Does Depo Have Risks?

- The shot is very safe. Severe problems are rare. If you have any of the symptoms below, call your doctor:
 - Severe headaches
 - Very heavy bleeding
- Your health care provider can help you find out if these symptoms are signs of a severe problem.

***Remember, Depo does not protect you from Sexually Transmitted Infections or HIV. Always use condoms to protect yourself!**

For more information: www.bedsider.org



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Fact Sheet: Nuvaring

How Does The Ring Work?

- The ring contains hormones like the ones your body makes. These hormones stop your ovaries from releasing eggs. Without an egg, you cannot get pregnant.
- No method of birth control is 100% effective. If you change the ring each month and keep it in, it is 99% effective. If you skip a ring or insert it late, it is 91% effective.

How Do I Start The Ring?

- There are 2 ways to start the ring:
 - Quick Start: put in your first ring as soon as you get the pack.
 - Next period: put in your first ring soon after your next period begins.
- If you put your first ring in up to 5 days after the start of your period, you are protected against pregnancy right away.
- If you put your first ring in more than 5 days after the start of your period, you should use condoms as back-up for the first 7 days.

How Do I Use The Ring?

- The ring is a small, bendable, plastic circle that you insert into your vagina.
- You leave the ring in your vagina for 3 weeks, and remove it for the 4th week.
- Remove the ring by hooking a finger under the rim and pulling it out.
- Most women get their period during the ring-free week.
- Insert a new ring at the end of the 4th week.
- You can store the ring at room temperature up to four months. In the refrigerator, the ring lasts much longer.

Do I Have To Get A Period?

- You can skip a period with the ring. To do this, you leave one ring in for 3 weeks and then remove as usual. Instead of going without a ring for 7 days, you would directly insert a new ring into the vagina. This would "skip" the period that month. You may have more breakthrough bleeding or spotting if you do this.

What If The Ring Comes Out?

- The ring may slip out during sex or when you use the bathroom. The ring can stay out of your body for up to 3 hours and still prevent pregnancy. If the ring is out of your body for more than 3 hours, you should put it back into your vagina and use condoms for the next 7 days.

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For more information: www.bedsider.org

What If I Stopped Using The Ring And Had Unprotected Sex?

- Take Emergency Contraception (EC) right away. EC can prevent pregnancy up to 5 days after sex, and it works better the sooner you take it.

How Does The Ring Help Me?

- The ring is safe and effective birth control. Your periods may be more regular, lighter, and shorter. You may have clearer skin. The ring lowers your risk of getting cancer of the uterus and ovaries. The ring has no effect on your ability to get pregnant in the future, after you stop using it.

How Will I Feel On The Ring?

- You will feel about the same. In the first few months you may have nausea, bleeding between periods, weight change, and/or breast pain. These problems often go away after 2-3 months.

Will my partner or I feel nuvaring?

- Most women do not feel the nuvaring, but if you do, slide it farther into your vagina. While the nerve endings of your outer vagina are very sensitive, the ones in the upper vagina are not.

Does The Ring Have Risks?

- The ring is very safe. Serious problems are rare. If you have any of the symptoms below, call your health provider:
 - Leg pain, swelling, and redness
 - Weakness or numbness on 1 side of your body
 - Bad headache
 - Vision problems
 - Chest pain
- Your health provider can help you find out if these symptoms are signs of a serious problem.
- It is important to remember not to smoke while using combination hormonal contraceptives as this increases the risk of high blood pressure and cardiovascular events.

****Remember, the ring does not protect you from Sexually Transmitted Infections or HIV. Always use condoms to protect yourself!****