

CLINIC CHRONICLE

Semcac Family Planning Newsletter



Volume 2, Issue 1- January 2019

Dates to Keep in Mind

We will be closed on January 21, 2019 in observation of Dr. Martin Luther King Jr. Day.

We also will have limited appointments available the week of February 25th-29th, while our provider is on vacation.



WHAT'S NEW AT OUR CLINIC?

UPCOMING EVENTS

We have no new clinic wide events happening this month, but we will be having more in the future! Be on the look-out in the coming months for a free testing event with a tasty incentive 😊🍕!

January is Cervical Cancer Awareness Month!

Cervical cancer is the most common cancer among women under the age of 45. It is caused by the human papillomavirus (HPV), which is the most common sexually transmitted infection and is the same virus that causes genital warts. Luckily, cervical cancer can be detected early or prevented by getting Pap tests according to CDC guidelines and getting vaccinated against HPV. We offer both services here at the clinic!

Make an Appointment Today! Call 507-452-4307

EDUCATIONAL TOPIC OF THE MONTH- BARRIER METHODS



Barrier Methods are often quick and cost effective forms of contraception.

Contact Us

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Don't forget to wrap your gift this time of year.



What are Barrier Methods?

Barrier methods are methods of contraception that create a barrier between the two partners, so sperm cannot gain access to the female reproductive tract, thus preventing pregnancy.

What Types of Barrier Methods are Available?

There are several types of barrier methods including condoms, internal condoms, diaphragms, and cervical caps. Many of these options are available at Semcac Clinic!

Barrier Methods and STIs

Condoms and internal condoms are barrier methods that can help protect against sexually transmitted infections. Using condoms every time you have sex is the best protection against STIs!

How effective are Barrier Methods?

Barrier methods are not the most reliable forms of birth control, often because of user errors. This is why there are effectiveness rates for perfect and typical use when discussing barrier methods. Condoms are 98% effective with perfect use and 82% effective with typical use. Internal condoms are 79% effective with typical use and diaphragms are 72% effective with typical use. Other birth control methods can be 99% effective!

