

welcome to the gaston county health department's

FAMILY PLANNING CLINIC

www.gastonpublichealth.org

Our staff members are here to help you...



...decide which birth control method is best for you — Don't be afraid to ask questions!

...prevent cervical cancer.
Talk to us about the vaccine for HPV, the virus that causes cervical cancer and genital warts.

...no matter what — ALL SERVICES ARE CONFIDENTIAL — REGARDLESS OF YOUR AGE! PARENTS ARE NOT REQUIRED TO BE INVOLVED.



...learn how to perform a breast self-exam to make sure you stay healthy.

...Learn how to reduce your risk of sexually transmitted diseases (STDs) and HIV — not all types of birth control protect against STDs and HIV.

...make the most of the services we offer. We do not take the place of your regular doctor, but we can test for STDs and do cancer screenings, like pap smears, and give you birth control.

...say NO when you don't want to have sex, even under pressure, and show that you mean it!

...get care any time you need it. If you need help with an emergency family planning issue and our clinic is closed, contact the Emergency Room at Gaston Memorial Hospital at (704) 834-2000.



...understand that being overweight is a major health risk, and talk to you about ways to lose weight if you are interested.

...stay healthy with regular cancer screenings like pap smears and breast exams.

...if the condom breaks.
We are proud to offer emergency contraception as a part of our clinic services.



...make your appointment online.
You can schedule an appointment in our clinic from any computer with internet access, 24 hours a day, 7 days a week. Go to www.gastonpublichealth.org and click "Appointments Online" in the blue menu bar on the left.

Ask Us!
704-853-5009

Gaston County Health Department
991 W. Hudson Blvd. • Gastonia, NC 28052
(704) 853-5009
www.gastonpublichealth.org



Available Types of Birth Control



Birth Control Pills

The pill will keep you from getting pregnant 99% of the time, when you take it correctly. It must be taken every day at the same time. The pill will not protect you from infections like HIV and gonorrhea.

Depo Provera or "The Shot"

Depo will keep you from getting pregnant 99% of the time. The shot is given in the arm or hip every three months. The shot will not protect you from infections like HIV and gonorrhea.



IUDs

IUDs will keep you from getting pregnant 99% of the time. IUDs are put in at the Health Department and can stay in for five or 10 years, but can be removed early if you want to have a baby. IUDs will not protect you from infections like HIV or gonorrhea.

Implanon

Implanon will keep you from getting pregnant 99% of the time. Implanon is put under the skin of the upper arm at the Health Department and can stay in for three years, but can be removed early if you want to have a baby. Implanon will not protect you from infections like HIV and gonorrhea.



Condoms

Condoms will keep you from getting pregnant about 85% of the time, when used correctly. They must be used every time you have sex. Condoms also help protect you from infections like HIV and gonorrhea, but how well it does this varies. You do not need a prescription for condoms — they are available free at the Health Department and low cost at most drugstores.

Nuvaring

Nuvaring will keep you from getting pregnant 99% of the time. Nuvaring is a soft, flexible ring you insert into your vagina and leave for three weeks. Nuvaring will not protect you from infections like HIV and gonorrhea.



Permanent Methods

For women or men who don't want to have any more children, we offer options to permanently end your ability to have children. These are done either in the doctor's office or at the hospital. Talk to our staff about what options are available to you.

EMERGENCY CONTRACEPTION "PLAN B"

Emergency contraception is a form of birth control you can use if you have had unprotected sex and you were not using any other type of birth control. Examples of this might be if the condom breaks during sex or you forget to take your pill, or if you have sex and don't use any birth control at all.

Feeling pressured to have sex?

The decision to have sex — even if you have already had sex with that person before — is a choice that you, and ONLY you, get to make. Trust your feelings and follow your instincts. Be careful with alcohol and other drugs — they can harm your judgment and make you agree to things you would not normally do. If you are feeling pressured to have sex and don't feel like you can say no, talk to us — we can help!