



Onawa Sentinel
 Onawa, IA
 Circ. 709
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 3/26/2009
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Forget Proof Birth Control
Available In Monona County

"Each year Iowa family planning clinics, such as Monona County Public Health Nursing Service help avert nearly 20,000 unintended pregnancies in Iowa, 8,000 abortions, and save more than \$88 million to taxpayers," says Christie Vilsack, executive director of the Iowa Initiative to Reduce Unintended Pregnancies, "And Iowa only ranks 39th nationally in terms of funding family planning."

Marjorie Erickson, Monona County Public Health Nursing Service says, "Every day we help women in Monona County understand that there is a wide variety of birth control options available, including a new generation of long-acting, reversible contraceptives (LARCs) that are over 99% effective for years and can be reversed at any

time."

"About one-half of the pregnancies that occur among adult women in Iowa are unintended," says Ms. Erickson. "Many of these pregnancies occur when women forget to take a birth control pill or apply a fresh birth control patch. LARCs offer forget-proof protection."

Ms. Erickson encourages women in the area to contact Monona County Public Health Nursing Service and meet with a counselor to examine their birth control options. "There are many effective and affordable alternatives available that can help women avert an unintended pregnancy," Ms. Erickson adds.

For more information, or set up an appointment call Ms. Erickson at 712-433-1773.