

Student Health Services

NEWSLETTER; ISSUE 3



MARCH 2019

SAFE SEX

KNOW YOUR OPTIONS

If you're involved in some type of intimate relationship then you can be sure that at some point the topic protection will come up.

But you can get ahead of the game, not only by using protection every time you have sex, but also being tested for STI's regularly.

Don't know what Birth Control method is right for you? We've ranked them from least to most effective!

You can also start the conversation between you and your partner about Safe Sex! It can be awkward, but we've got some tips below to help!

Did you know Health Services provides access to reproductive services to all Students? Keep on reading to see exactly we offer!

Make a foolproof plan by communicating with your partner, knowing your status, and choosing the right methods of birth control for you. By doing this, you'll be able to enjoy when the heat of the moment strikes.



NURSE'S NOTE

Abigail Fontaine, RN; BSN

Last month discussed self-care and what better way to care for one's self than by utilizing contraceptives!

The office currently offers STI screening and contraception.

STI Screening is done with both urine and blood samples, I assure you I will work with you to make the process as painless as possible.

Stop by the office and let's have a positive conversation regarding options to protect yourself and your partner.

I am available during my office hours; ready to listen and discuss any questions or concerns you may have.

Nurse Office Hours:

7:30 am – 3:30 pm
Monday — Friday

Physician Hours:

9 am – 12 pm
Tuesday & Friday

Birth Control — Ranked (Least effective → Most effective)

Find the right choice for you!

FDA-Approved Methods	# of Pregnancies expected per 100 AFAB (Assigned Female at Birth)	How it works	Risks or Side Effects
Sterilization 	Less than 1	One time procedure. Permanent.	Pain, Bleeding, Infection or other complications after surgery
IUD (Copper) 	Less than 1	Inserted by a healthcare provider. Lasts up to 12 years.	Cramps, Heavier/Longer periods, spotting between periods.
IUD (Hormonal) 	Less than 1	Inserted by a healthcare provider. Lasts up to 3-5 years depending on	Irregular bleeding, no periods, abdominal/pelvic pain.
Implant 	Less than 1	Inserted by a healthcare provider. Lasts up to 3 years.	Menstrual changes, mood swings/depressed mood, weight gain, acne, headaches.
Shot/Injection 	6	Need a shot every 3 months.	Loss of bone density, irregular bleeding, headaches, weight gain, nervousness, dizziness, abdominal discomfort
Oral Contraception (The Pill) 	9	Must swallow a pill at the same time every day.	Spotting/bleeding between periods, nausea, headache, breast tenderness.
Patch 	9	Replace patch with a new one every 3 weeks, with no patch the 4 th week.	Spotting/bleeding between periods, nausea, breast tenderness, skin irritation, stomach pain, and headache.
Vaginal Contraceptive Ring 	12	Insert ring vaginally yourself and leave in for 3 weeks, take out 4 th	Vaginal discharge, discomfort and mild irritation in vagina. Headache, mood changes, nausea,
Diaphragm with Spermicide 	12	Must use every time you have sex.	Irritation, allergic reaction, urinary tract infection.
External Condom 	18	Must use every time you have sex. Provides protection against	Irritation, allergic reaction.
Internal Condom 	21	Must use every time you have sex. Provides protection against	Discomfort or pain during insertion or sex, burning sensation, rash or itching.
Spermicide Alone 	28	Must use every time you have sex.	Irritation, allergic reaction, urinary tract infection.

Most Effective

Least Effective

Emergency Contraception (Levonorgestrel)



7 out of every 8 people who would have gotten pregnant will not become pregnant after taking this EC.

Swallow the pills as soon as possible within 3 days of having unprotected sex.

Menstrual Changes, headache, nausea, dizziness, vomiting, breast pain, tiredness, lower stomach pain

How to talk about Safe Sex with your partner

Communication is key — Do's & Don'ts

Do	Don't
<ul style="list-style-type: none">• Do! Tell them that using protection will allow both of you to enjoy sex more, since neither of you will have to be worrying about STDs or unplanned pregnancy.• Do! Make sure the conversation is a 2-way street — so talk AND listen. Try to understand their point of view and ask questions.• Do! Ask if they have any STD's, and the last time they were tested. If they do/ did have an STD; ask which one(s) and if they were treated.• Do! Clearly state that you want to use protection if you're going to have sex. No protection? No sex.	<ul style="list-style-type: none">• Don't! Start the conversation when you're about to have sex—that can get awkward. Talk about it before you have sex, so you can make sure you're doing all you can for protection.• Don't! Be judgmental, aggressive, or controlling. It takes two people to have this conversation, let both your voices be heard.• Don't! Do anything you're uncomfortable doing! If you feel sexually coerced, or forced to do something you don't want to do; reevaluate how healthy the relationship is.• Don't! Assume they don't like condoms. Saying you're into condoms might make them more comfortable in saying they are too.

DID YOU KNOW?

Sexual Health Services — we can do that!

- Need Condoms? We have plenty in the office.
- Want to start birth control? Our providers can write you a prescription!
- Need a refill on a birth control script from home? No problem!
- Need your depo-injection? We can do it in the office!
- Need Plan B (Emergency Contraception)? We have it!
- Want to be tested for STD's? No need to leave campus, we can do it all in office!
- Think you might be pregnant? We have the test, and can refer you to local resources.
- Worried about confidentiality? You can count on us, if any amount is charged to your student account by us it is labeled simply as 'infirmary charge.'



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