

THE TRUTH ABOUT EMERGENCY CONTRACEPTION (EC)

Emergency Contraception was recently approved by the Food and Drug Administration as a safe and effective way to dramatically reduce a woman's chance of becoming pregnant after unprotected sex, e.g., sexual assault, failure of a birth control method, etc. EC is simply a concentrated combination of the hormones found in regular birth control pills, the same pills that millions of US women take every day to prevent pregnancy.

The most common EC brand is Plan B®. When taken within 24 hours of exposure, Plan B® may reduce the risk of pregnancy by 95%. If taken within 72 hours it may reduce the risk of pregnancy by 89%. Taking EC as soon as possible is absolutely critical — the sooner you take it — the more effective it is.

EC prevents pregnancy by stopping ovulation or fertilization. Theoretically, EC could also prevent implantation, but that has not been proven scientifically. All of these would occur before the medically defined beginning of a pregnancy. EC will not work if a

pregnancy has already occurred, nor will it induce abortion.

EC is not the same as 'the abortion pill' (otherwise known as RU486, Mifepristone, or medication abortion). EC helps prevent pregnancy, medication abortion terminates pregnancy. EC is a high dose of hormonal oral contraception, medications used for abortion are completely different drugs.

EC is meant as a back-up for other forms of birth control. EC is not as effective as the correct

and consistent use of reversible contraceptives like birth control pills, the patch, the ring, or IUDs. EC also does not protect against sexually transmitted diseases.

EC is an important tool for women that can help prevent the need for abortion. EC was responsible for approximately 43% of the decrease in the number of abortions from 1994 to 2000. If widely available and accessible at all pharmacies, EC could prevent 1.7 million unintended pregnancies and 800,000 abortions each year in the United States alone!

**PPMET dispensed nearly
700 doses of Emergency Contraception
in our health centers
over the last 6 months!**

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FROM THE CEO

For anyone interested in reducing the number of abortions, the recent news that the Food and Drug Administration (FDA) approved emergency contraception for over-the counter use is reason to celebrate. Now, women have a convenient option for preventing unintended pregnancy. (For more information, refer to "The Truth About EC" in this newsletter.)



*Jeff Teague
President and CEO*

Finally, after four years of wrangling, science trumped ideology. The application from Barr Laboratories, the manufacturer of Plan B® Emergency Contraception, to provide emergency contraception (EC) without a prescription was held up by the FDA on ideological grounds. Despite strong scientific evidence to the contrary and a recommendation from an FDA medical advisory board, opponents argued that making EC more easily accessible is unsafe and will promote sexual activity among teens.

As a compromise to get approval, Barr agreed to modify its application for over-the-counter (OTC) use of EC to women over 18 years old. EC will still be available for women 17 and younger with a prescription. Strict guidelines for dispensing EC have been adopted to guarantee that EC is not provided to anyone younger than 18 without a prescription. Those guidelines are similar to those used to sell cigarettes or beer.

EC, when taken within 72 hours of unprotected sex, prevents pregnancy. Working much like regular birth control pills, EC prevents ovulation and fertilization. It will not interfere with an existing pregnancy and, therefore, does not cause an abortion.

Approval of EC for OTC use is a huge victory in our effort to prevent unintended pregnancy. It would not have been possible without the help of so many of our supporters who responded to our Action Alerts and sent thousands of letters and made calls to our representatives in Congress urging them to demand that the application be approved.

This victory is just one example of how you can have a positive impact when you are active and involved. Thank you for continuing to respond when we ask for your help.

If you have not already signed up to participate in our Action Alert program, please go to www.ppmet.org, and click on the "Get Involved" tab and then "Take Political Action."

And now, we move on to other challenges. And, with your continued involvement, we will be successful when facing those threats or seizing those opportunities.

And remember: No apologies! No retreats

**We're More
Than You Think.**

CAMPUS ACTION



Last semester ended with a bang for our VOX chapter at Middle Tennessee State University in Murfreesboro. The Genocide Awareness Project (GAP), a highly controversial and unapologetic hard-line anti-choice group, showed up without notice early on a Tuesday morning during the week of final exams. Immediately, cell phone trails were blazed across campus and half of Murfreesboro.

By 10 o'clock that morning, MTSU VOX co-founders Jessica Dauphin and Samantha Blanchard and current VOX president Sara Fisher were on the move. They flew into action, gathering as many Planned Parenthood t-shirts, posters, and buttons as they possibly could. They hit the scene armed with pro-choice supporters and activist chants. The activity actually backfired on GAP – the VOX group gathered more names that day than they ever had at past events! It was quite a way to end the academic year.

Looking forward to this year, our VOX organizers and activists around the state are coming back to campus prepared to continue the fight. They are ready to celebrate and help publicize the FDA's approval of Emergency Contraception as an over-the-counter medication to women over the age of 18. Even though the approval neglects the health and wellness of young women under the age of 18, it is a victory for women's reproductive healthcare.

MARK YOUR CALENDARS!

- **OCTOBER 20, 2006:** Arts & Eats, Knoxville's premier taste, music, and arts event! Look for your invitation in the mail or contact Jeanna Emert at 615-345-0952 or jeanna@ppmet.org for more information.
- **NOVEMBER 7, 2006:** Election Day! Don't forget to vote!
- **JANUARY 22, 2007:** Join us in Knoxville and in Nashville as we celebrate the Roe v Wade anniversary. Watch your email for details or contact Jessica Dauphin at 615.345.0952 or jessicad@ppmet.org.

PPMET SUPPORTS 'COMING OUT' IN NASHVILLE

PPMET is proud to announce that we will join with other local organizations to celebrate National Coming Out Day on Wednesday, October 11, 2006. As part of the Coming Out To Help celebration, the Church Street Freedom Press (CSFP) newspaper and Nashville's Lipstick Lounge will host a food drive for Second Harvest, culminating in an evening of live entertainment. This is the third year the CSFP and Lipstick Lounge have organized the popular event.

As a cosponsor of the event, PPMET serves as a collection point for food donations to Second Harvest. In addition, PPMET volunteers will represent the organization at the Lipstick Lounge concert on October 11th.

Artists confirmed to perform at the evening concert include Tim Toonen, Abby McDowell, Freddy Freeman, Chris Mitchell, Steff Mahan, and MAC Productions. Doors open at 6:00 PM with no cover and a cash bar. Co-sponsors for the event also include Nashville Black Pride, PFLAG, HRC Nashville, Comprehensive Care Center, the 'Vote No on One' campaign, and the Community Advisory Board.

PPMET is proud to sponsor this event and partner with these and other organizations to spread awareness to an even wider audience of our health services, sexuality education, and activism.

VOX CHAPTER UPDATES

We have a wonderfully committed Feminist Majority League Alliance on Austin Peay's Clarksville campus and active VOX chapters at MTSU in Murfreesboro and UT Knoxville. They are ready to get back into the activist game and support reproductive rights, including education, prevention and access to abortion. Our dedicated Medical Students for Choice chapter at Vanderbilt in Nashville is off to a great start too. They've already held a film screening of "Iron-Jawed Angels" for Women's Equality Day August 26th.



MTSU VOX members protesting the 'GAP' on campus.

PPMET WELCOMES NEW BOARD MEMBERS

PPMET is happy to welcome Elizabeth Slagle Todaro and Rachel B. Woods to our Board of Directors.

Elizabeth (Liz) Slagle Todaro, a graduate of Emory University, also holds a J.D. from the City University of New York (CUNY) Law School at Queens College. Her past positions include work as a Legislative Associate with the National Abortion and Reproductive Rights Action League (NARAL) and the New York's Women's Prison Association. Liz currently serves as the Outreach Services Manager for the YWCA Domestic Violence Center in Nashville.

Rachel Bishop Woods, also a graduate of Emory University, is currently the Director of Communications for the Tennessee State Department of Education based in Nashville. She formerly served as a Policy Advisor to Governor Phil Bredesen. Rachel also holds a Masters of Education from Tennessee State University and serves as Executive Director of the Board for the Community Education Initiative.

Please join us in welcoming Liz and Rachel to the Board.

VOTE NO ON 1

As a human rights organization that defends the rights of all people regardless of income, age, gender, racial or ethnic background, religious affiliation, marital status or sexual orientation, PPMET is urging our supporters to oppose Resolution 1, an attempt to amend Tennessee's Constitution to deny gay and lesbian couples the right to marry.

We all know about SJR 127, the proposed resolution to amend Tennessee's Constitution to remove privacy protections and make abortion illegal in Tennessee. Much like SJR 127, Resolution 1 is an attempt to deny people rights.

On the ballot in November, Resolution 1 is an attempt to write discrimination into Tennessee's Constitution. If it passes, it would hurt gay and lesbian families by denying them insurance coverage, social security and inheritance rights. It would also deny families the right to make emergency medical decisions or share health and retirement benefits.

We urge you to "Vote No on 1" in November and defeat a dangerous precedent that would make it constitutional to discriminate against gay and lesbian couples.



PPMET WINS AWARD FOR SUPPORT OF EDUCATION

President/CEO Jeff Teague was awarded the "Apple Tree" award by the Association of Planned Parenthood Leaders in Education (APPLE) at its annual award dinner in August 2006. The Apple Tree Award is given each year to a local Planned Parenthood that has "demonstrated outstanding support and leadership of the education and training program of their affiliate."

APPLE, a network of Planned Parenthood educators from across the country, was founded in 1991 to strengthen the work of educators by offering support, expertise, and recognition. The APPLE awards are given annually to highlight innovation, leadership, and commitment among educators and affiliates.

From the time of his arrival in 2001, Jeff has shown a strong commitment to the educational mission of PPMET, even in times of financial scarcity. In addition to his local commitment—for example, by raising salaries to competitive levels and reducing turnover—Jeff has shown leadership at a national level as well. "Believe it or not, not every CEO is convinced that community education is worth the effort," says Mark Huffman, VP of education and training at PPMET. "At meetings of CEOs nationwide, Jeff has been outspoken with his colleagues about the importance of keeping education departments strong and active."

In another show of support, this past year Jeff raised several thousand dollars from organizations within the Planned Parenthood family to support a meeting of educators that focused on creating national "standards of excellence" to guide the work of Planned Parenthood education departments.

"I cannot imagine how Planned Parenthood can deliver on our mission without education," says Jeff. "Education is the common thread running through everything we do."

Congratulations, Jeff and PPMET, on winning the 2006 Apple Tree award!



PPMET was voted the #1 'Non-LGBT But Supportive Organization' by the readers of the Church Street Freedom Press (CSFP) in Nashville. CSFP provides news and information to the lesbian, gay, bisexual and transgendered community in Middle Tennessee. CSFP has a great relationship with PPMET. They have run articles about our programs and services, editorials by PPMET staff, and have helped publicize our special events and activities. CSFP has been a great resource and friend to PPMET — we're honored to be a 'Stand Out Award' winner!