

## Q & A ABOUT MEDICATION ABORTION

**W**e are pleased to announce that PPMET will begin offering medication abortion at our Knoxville Health Center in September. In our Nashville Health Center, PPMET offers both medication and surgical abortions. Below are answers to questions frequently asked by clients and supporters about medication abortion.

### What's the difference between a "medication" abortion and a "surgical" abortion?

Medication is the use of medicines—in this case, mifepristone and misoprostol—to end early pregnancy. Surgical abortion uses vacuum aspiration to empty the contents of the uterus.

### How does medication abortion work?

The first medication, mifepristone, is taken by the patient in the health center. It ends the pregnancy by blocking progesterone. A second medication, misoprostol, causes the uterus to contract and empty. This medication is taken by the patient herself the day after her first health center visit. In most women, the abortion happens within several hours after taking the second medication.

### How many visits does it involve?

Two. As with surgical abortions, the second visit takes place after the abortion, to make sure the abortion is complete.

### How does a woman decide which type of abortion is right?

Timing is one factor. Medication abortions are available at PPMET up to approximately 8 weeks of pregnancy (measured

from the patient's last menstrual period); surgical abortions can be performed up to 16 weeks of pregnancy.

There are some contraindications to medication abortion, such as allergy to the medicine, taking certain other medications, or conditions such as chronic adrenal failure.

Other factors depend largely on the patient. Women who choose medication abortion over surgical cite reasons such as:

- It can be done early, as soon as a woman knows she's pregnant
- Typically there is less cramping than with other procedures
- The woman may feel more in control
- The woman may feel it's more "natural" than a surgical procedure
- There is more privacy

### Is there a difference in cost between the surgical and medication procedures?

At PPMET, the cost of medication abortion is the same as surgical procedures performed up to 12 weeks of pregnancy.

### Is the "abortion pill" the same thing as the "morning after pill"?

No. The "morning after pill," or emergency contraception—which is typically a regimen of pills—prevents a pregnancy, usually by inhibiting ovulation. Emergency contraception is made up of the contraceptive hormones that are found in birth control pills. By contrast, medication abortion ends an established pregnancy.

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### FROM THE CEO

**T**ypically, during the summer months, things slow down a little at PPMET and we get a chance to catch our breath. But not this year. For the past several months, the Board, staff and volunteers have been working on a new strategic plan to guide the affiliate over the next three years.



Jeff Teague  
President and CEO

Beginning in early spring, we began collecting information that would help us determine our course. The materials we reviewed included statistics about projected population growth in Tennessee and areas of the state that are underserved and in dire need of reproductive health care, studies about changes in health care delivery systems, reports from the Planned Parenthood Federation on trends in sexuality education, and polls about attitudes on and support of reproductive rights. We worked with consultants, who advised us about our technology needs and who provided trainings on new services.

Our next step was to interview our stakeholders – clients, donors, coalition partners, elected officials and community leaders – to provide us with perspectives and views about our work from outside the affiliate. Needless to say, the surveys provided an incredible wealth of information about how others see us and their thoughts on how we should move forward in expanding access to critical health care services and educational programs.

After reviewing the materials and synthesizing the information from surveys, several areas of focus began to clearly emerge. Working with the Board, the staff created a set of strategic priorities. These priority areas focus on:

- Increasing community awareness of our values and the full range of services and programs offered by PPMET;
- Adding new services and opening new health centers across the state;
- Strengthening our advocacy efforts by engaging more supporters in public affairs activities;
- Addressing our real estate and technology needs, including relocating existing centers that are too small and opening additional centers in unserved areas of the state;
- Working with donors to increase financial support;
- Modifying our business model to take into account changes in the health care delivery system and to increase our revenue while still providing low cost services and products; and
- Creating a "culture of learning" that provides quality customer service and helps our staff and volunteers promote our mission.

Currently, we are finalizing the goals, objectives and action steps for the plan and expect to have it approved by the Board in early fall. Then, the real work begins!

When completed, this strategic plan will be an ambitious and aggressive road map for us to expand access to our services and programs to economically, geographically and racially/ethnically diverse populations across Middle and East Tennessee, and in our newly added service area in southeastern and western Kentucky.

This process has been greatly enriched by input from staff at all levels, volunteers including the Board, and our committed supporters. The end product will be a plan to move not just Planned Parenthood, but also the reproductive rights movement forward. We believe it will be a plan all of you can be very proud of.

I look forward to sharing the finished plan with you in a few months.

In the meantime,

Remember: No apologies! No retreats!



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## FAMILY LIFE EDUCATOR AWARD

### LOUISE BAILEY NAMED 2007 FAMILY LIFE EDUCATOR OF THE YEAR, DENISE SANDERS AWARDED RUNNER-UP



PPMET Education staffers Emi Canahuati (l) and Mark Huffman (r) with Denise Sanders and Louise Bailey (middle).

On July 17th at PPMET's *Cocktails for a Cause*, Louise Bailey was presented the 2007 Family Life Educator of the Year Award and Denise Sanders was named runner-up.

Louise Bailey, a Family Life and Consumer Science teacher at John Overton High School in Nashville, is noted for using innovative teaching methods to engage her students and help them connect lessons about sexuality to situations beyond the classroom. Denise Sanders, coordinator of the Tennessee South Central Region Department of Health's teen pregnancy prevention programs, has implemented a variety of initiatives to promote healthy decision making, healthy relationships, and overall sexual health for her clients in Giles County.

Bailey and Sanders received special recognition and cash awards. Another runner-up, Rhonda Sternfels, an educator at Vine Middle Magnet in Knoxville, will be recognized on October 19th at *Arts and Eats* at The Foundry in Knoxville. The FLE Award, established in 1992, recognizes educators who offer family life and human sexuality education in an exemplary manner. PPMET commends these educators for their outstanding efforts to provide health resources and for creating a community of learning where students feel comfortable discussing sexuality.

### MARK YOUR CALENDARS!

- **Tuesday, September 11th** – the PG-13 Players start their 21st season off with a bang at their Premiere show at Nashville's Darkhorse Theatre. Call Kayce at 615-345-0952 or email [kaycem@ppmet.org](mailto:kaycem@ppmet.org) for details and to RSVP!
- **Saturday, October 6th** – Visit PPMET's booth at the annual Nashville CARES AIDS Walk and Health and Wellness Fair, beginning at 10 AM at Nashville's Bicentennial Mall.
- **Friday, October 19th** – *Arts & Eats* in Knoxville. Join us for East Tennessee's favorite taste, music, and arts event at our new venue: The Foundry, located at World's Fair Park Drive! Look for your invitation in the mail soon or email [jeannae@ppmet.org](mailto:jeannae@ppmet.org) for more information.

## GIVE TO PPMET ONLINE

Trying to cut down on paper in your life? Prefer to donate using a credit card? Give online at [www.ppmet.org](http://www.ppmet.org) – the perfect solution!

To donate online, visit [www.ppmet.org](http://www.ppmet.org). Then follow these easy steps:

- click on the "Get Involved" tab, and then click on "Donate"
- click on "Donate Online"
- Online donors can choose where they would like their gift to go — to give 100% of your gift to PPMET, choose the "Local" giving option.

Giving online is a safe, secure, and quick way to support the good work that Planned Parenthood does throughout our communities. Your gifts help us provide health care services and education to over 15,000 women, men, and teens each year. Thank you!

## TEENS TAKE IT TO THE STREETS!



Teen activists demonstrating on the streets of Nashville.

On July 20th, members of the PG-13 Players staged a demonstration in Nashville as a part of a week-long workshop on political activism. The teenagers lined Hillsboro Pike to raise awareness about comprehensive sexuality education. One participant, Jareny King, felt that the Players engaged people who normally wouldn't think about reproductive health issues on their lunch hour. She said, "It was amazing to watch people's reactions. We were making people think and maybe research an issue that they had never thought about before."

Katie Leis, another participant, was bolstered by the show of support offered by passers-by. She said, "It was surprising how many smiles, thumbs up, and honks that we got." And at the end of the day, Katie also had fun learning about and participating in the political process. "It was fun to put everything that we learned into practice," she said, "To do something that we cared about, not just talk about it."

## GOING NATIONAL

Five PG-13 Players recently applied to the National Campaign to Prevent Teen Pregnancy's Youth Leadership Team. Since 1998, the YLT has served as the National Campaign's eyes and ears into teen culture and its members advise the National Campaign on a variety of issues. Visit [www.teenpregnancy.org](http://www.teenpregnancy.org) for more information. The campaign will announce the selected members in early September. Good luck players!

In addition, three teens affiliated with PPMET were selected to serve on the Planned Parenthood Federation's Youth Leadership Council for 2007-08. Sequina Caro, a PG-13 Player, was elected as the co-chair of the Council. It's exciting to see young people in Tennessee use their voice to affect change and advocate for reproductive justice on a national level.

## ADVOCACY — GET STARTED WITH THESE 8 EASY STEPS!

Today, more than ever, many of us have the good intention of volunteering for positive social change, yet we never get around to actually doing anything. Our busy lives and multi-tasked schedules prevent us from becoming really effective volunteers, even though we care very passionately for Planned Parenthood of Middle and East Tennessee's mission and values of comprehensive, age-appropriate sex education, easy access to family planning services, and protecting a woman's right to choose.

The good news is that whether you are sitting in rush hour traffic or paying bills online, it is possible to squeeze in some Planned Parenthood of Middle and East Tennessee advocacy. It's even something you can share with your friends and teenaged children.

From social networks to text messaging to blogs to online videos – if you've spent any time with these tools, you know that they're easy ways to communicate with friends, learn about your favorite topics, and find people who share similar interests. They're also a great way to spread the word about Planned Parenthood of Middle and East Tennessee and get active without dropping everything you are already doing!



### HERE ARE 8 EASY THINGS YOU CAN DO TO GET STARTED:

1. Join MySpace at [www.myspace.com](http://www.myspace.com). Then visit the Planned Parenthood of Middle and East Tennessee site: go to [www.myspace.com/ppmetcommunityaffairs](http://www.myspace.com/ppmetcommunityaffairs), and request to "add to friends". Consider becoming friends with the Planned Parenthood Federation: [www.myspace.com/plannedparenthood](http://www.myspace.com/plannedparenthood). Subscribe to the Planned Parenthood blog too!
2. Sign up for text message alerts from Planned Parenthood by texting "PP" to 30644. Then send a text message to 10 of your friends asking them to sign up too. Check with your service provider about any fees that might apply.
3. Put both Planned Parenthood of Middle and East Tennessee and Planned Parenthood Federation in your "top friends" on your favorite social networking sites. If you can't find Planned Parenthood, let us know!
4. Use Planned Parenthood images on your profile, as your profile image or your IM Buddy Icon.
5. Add links to [PlannedParenthood.org](http://PlannedParenthood.org) and [Teenwire.com](http://Teenwire.com) in your profiles, IM Away Message, or email signature.
6. Post a Planned Parenthood YouTube video in your profile. Go to [youtube.com](http://youtube.com) and search for Planned Parenthood and emergency contraception — you'll find lots of options. Also, if you have a YouTube account, make sure you tag these videos as your favorites.
7. Download the Planned Parenthood "Speaking of Sex" podcast to your iPod and listen to it on the way to work or at the gym and post it on or link it to your profile: <http://odeo.com/channel/142991/view/>
8. Sign up for the Planned Parenthood Action Network and receive periodic updates and urgent alerts about legislation pertinent to PPMET's mission: <http://www.ppaaction.org/network/join.tcl>

Email, IM, message, or text at least 10 of your friends to do all of these steps and we will be well on our way to making a movement of positive social change in Tennessee and in the nation!