

# Compassionate Connections

**Planned Parenthood**  
of East Central Iowa



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## OUR MISSION

To provide healthcare services, education and advocacy that ensures the right and ability of all individuals to manage their sexual and reproductive health.



Planned Parenthood of East Central Iowa proudly serves Delaware, Dubuque, Jackson, Jones and Linn counties.



[www.ppeci.org](http://www.ppeci.org)

## Bigger...Better...Closer!

NEW Dubuque Health Center



Deb Patterson, Senior Clinician at the Dubuque Health Center

Despite protests, distortions and false logic used by anti-choice organizations, Planned Parenthood of East Central Iowa stood victorious by opening its doors at 10:00 AM on August 21, 2008 at 1766 Central Avenue in Dubuque!

We focused on solutions and moved beyond divisive tactics that block medical services people need to stay healthy. Planned Parenthood is a trusted provider of healthcare to thousands of women and men across east central Iowa. We are dedicated to bringing quality healthcare to communities that need greater access to services like contraception, breast and cervical cancer screenings, disease prevention and treatment, and sexuality education.

Residents of Dubuque and surrounding communities are embracing PPECI. They are walking through picket lines to show their support by welcoming us to their community. Women and men are accessing the care they need to stay healthy, and individuals are calling to schedule appointments for cancer screenings, testing and contraceptives.

And you, our tireless supporters, are giving your encouragement, time and expertise to ensure that our doors are open. You are contributing to our Pledge-A-Picket campaign and are an active voice for Planned Parenthood in your community.

The women and men of Dubuque have been accessing reproductive healthcare from Planned Parenthood in Cedar Rapids since its inception in 1980. Because of you, they now have a Planned Parenthood in their own community!

Call (563) 583-3320 for a tour!

- ◆ Birth Control
- ◆ HIV Testing
- ◆ HPV Vaccinations
- ◆ Pregnancy Testing
- ◆ Treatment for Vaginal & Urinary Tract Infections
- ◆ Hepatitis A & B Vaccines
- ◆ Emergency Contraception
- ◆ STD Testing and Treatment
- ◆ Cervical Cancer Screenings (Pap Tests) & Well Woman Exams
- ◆ A wide variety of referral services

OUR SERVICES

**factoid:** STIs are on the rise in Iowa. There has been a 67% increase in reported Chlamydia cases. 74% of the new cases were in Iowans between the ages of 15 and 24.



## CEO Corner

Joe Lock, President & CEO

# STIs are on the rise in Iowa

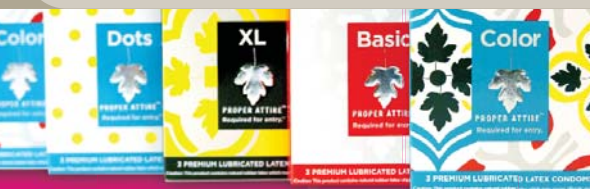
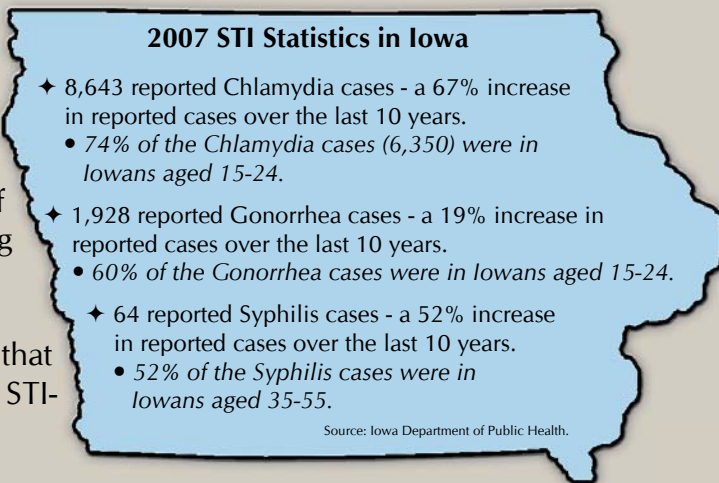
### Chlamydia, Gonorrhea and Syphilis Reach Record Levels in 2007

According to figures from the Iowa Department of Public Health (IDPH), cases of Chlamydia, Gonorrhea and Syphilis reached record levels in 2007. "The figures are alarming," said IDPH Director Tom Newton. "It's especially concerning that we're seeing the greatest number of cases reported in teenagers and young adults."

The Centers for Disease Control and Prevention estimate up to half of sexually transmitted infections (STIs) go undiagnosed. This is common because people are often unaware they have an STI. The initial signs and symptoms can be invisible, but the infection is still doing damage internally. Untreated STIs can cause rashes, sores, abdominal pain, infertility and even death. While many STIs are curable, much of the damage done to the body cannot be undone.

The PPECI Education Department works diligently to increase the knowledge of STI prevention in the community. In addition, our Health Centers provide testing and treatment of STIs to protect against the further spread of infections among the public.

The American Social Health Association estimated in 2006 that every dollar spent on STI prevention saves \$43 in the cost of STI-related complications.



## Designer Condoms! PROPER ATTIRE® Available at PPECI

Old stereotypes about who should buy condoms are so last season! PROPER ATTIRE® condoms are the "must-have" accessory and were designed with sexually active, stylish women in mind.

The fashionable design helps ensure that women feel comfortable purchasing and carrying condoms. PROPER ATTIRE® condoms are a safe, yet fun way to protect yourself and your partner.

Visit [www.properattirecondoms.com](http://www.properattirecondoms.com) to order yours TODAY! Proceeds from the sale of PROPER ATTIRE® condoms will benefit Planned Parenthood Federation of America.

## Monthly Giving Electronic Funds Transfer (EFT)



By donating each month you can provide Planned Parenthood with a reliable and steady source of income that will, in turn, enable us to serve more women, men, teens, and families.

*"As a long-time EFT donor, I love the convenience of having my donation deducted from my account each month. It's effortless and assists PPECI in its budgeting process."*  
- Michel Stone

For more information e-mail [jenifer.vick@ppeci.org](mailto:jenifer.vick@ppeci.org) or call (319) 363-9000 x312.

## Send Us Your E-Mail!

### Help PPECI Save \$\$\$

Did you know that you have something very valuable to give Planned Parenthood that is free to you? **Your e-mail address!** It will save us printing costs and postage, thousands of trees, and you will get information in a timely way. If you have moved your e-mail account, please update us. If you have moved on in other ways, we make it easy to unsubscribe. Thanks for helping us become lean, green and environmentally clean! Please send your e-mail address to [anna.patty@ppeci.org](mailto:anna.patty@ppeci.org).

# One Step Further for Women's Health

## HPV Vaccination Bill Passes!

As a result of PPECI and other Iowa Planned Parenthood affiliates' lobbying legislators on March 5 of this year, the HPV Vaccination Bill passed overwhelmingly. The bill requires that insurers cover the vaccine for Iowa women.

The HPV vaccine is a major breakthrough in the fight to prevent cervical cancer. It protects women and girls from the Human Papilloma Virus (HPV) which is one of the causes of cervical cancer.

Every year, about 10,000 women in the U.S. are diagnosed with cervical cancer and about 4,000 American women die of the disease. Worldwide, cervical cancer is the second-leading cause of cancer deaths among women.

The best way to protect our daughters from cervical cancer is to make sure they get vaccinated before they are at risk of infection — in addition to routine cervical cancer screenings.

This vaccine is a major step forward in the fight against cervical cancer. Thanks to the HPV Vaccination Bill, the vaccine is now available to Iowans with ease!

Pictured at right, Joe Lock, President & CEO of PPECI, attends the signing of the HPV Vaccination Bill in Des Moines by Governor Culver on April 18, 2008.



## A Patient's Story

*"You are a valuable resource to the community. You save lives!"* - Elizabeth

Elizabeth is a 47 year-old Cedar Rapids resident who came to Planned Parenthood looking for help. She was in pain and lacked health insurance. Elizabeth was a June 2008 flood victim and was overwhelmed with the day-to-day life challenges facing many of our patients. The PPECI Health Center staff identified her need to be seen immediately. Nurse Practitioner Sharon Spiller examined Elizabeth and diagnosed her with Pelvic Inflammatory Disease, a potentially life-threatening malady. A treatment plan was established and she was on the road to recovery. Elizabeth was grateful for PPECI's effort to meet her emergent need. "My mental state was really down," she said, "if it weren't for you guys, I don't know what I would have done."

During her appointment, Sharon took the opportunity to tell Elizabeth about Free Pap Day. Elizabeth signed up to receive a Pap and mammogram. The mammogram detected a suspicious lump, so further tests were done. The results confirmed that Elizabeth had breast cancer. "I'm blessed that it was caught at an early stage," said Elizabeth. "I call Sharon my guardian angel. She really showed concern, not just as a patient, but as a person. She didn't forget me; it feels like she saved me."

Planned Parenthood of East Central Iowa is a leading health care organization serving community members who lack health insurance. Sharon's compassionate care and awareness of Elizabeth's situation was responsible for providing the patient with a potentially life-saving diagnosis!

**factoid:** 3.1 million people receive health care annually from Planned Parenthood affiliate health centers, including pregnancy prevention, cancer screenings and other essential reproductive health care services.



## Celebrating PPECI! Governor Culver Attends Annual Meeting

**G**overnor Chet Culver gave the keynote speech at PPECI's 28th Annual Meeting on July 24 at the Carl & Mary Koehler History Center in Cedar Rapids. With nearly 100 people in attendance, the evening consisted of awards, announcements, and appointments to the Board of Directors.

Governor Culver, a long-time Planned Parenthood supporter and proponent of affordable access to reproductive healthcare and medically accurate sexuality education, spoke to attendees about the impact of the flood on their community members and the importance of reducing the number of unintended pregnancies and sexually transmitted infections.

Cheers and applause erupted when CEO Joe Lock announced that PPECI would be opening its third health center in Dubuque, Iowa. It was only a few months earlier when PPECI opened its second health center in Monticello. These expansions have significantly increased access to reproductive healthcare services in underserved portions of our service area.

Amy Reasner, Board Chair, acknowledged the outstanding contributions of retiring board members, Lorna Barnes, Janey Jill Piersall and Nancy Shey. The 2008-2009 Board of Directors officers include Amy Reasner as Board Chair, DeLane Duval as Vice Chair, Robby Marvin as Treasurer and Maureen Osako as Secretary. The membership also elected new board members Jessica Doro, Ruth Scharnau, Ann Straley and Audrey Wheeler.



**L**orna Barnes was awarded The McQuiston Award of Merit in recognition of her exceptional service and outstanding commitment to PPECI. Lorna has been a dedicated PPECI volunteer for seven years!

