

**Planned Parenthood of Southwest Missouri Health Centers**  
Springfield · Joplin

Planned Parenthood is the nation's leading sexual and reproductive health care provider. For over 35 years, Planned Parenthood of Southwest Missouri has served more than 10,000 women, men and teens annually at their two health centers in Springfield and Joplin.

**Well-Woman Care**

Vital to a woman's gynecological health, well-woman exams include a pap smear, pelvic exam, breast exam, information and education about different birth control methods, and STI and HIV testing.

**Birth control**

Used to prevent pregnancy and plan the timing of pregnancy, birth control is also commonly known as contraception. People have used birth control methods for thousands of years and PPSWMO provides many safe and effective birth control methods today: Birth control pills, Depo-Provera, OrthoEvra, Nuvaring Vaginal Ring, Intrauterine Device, FemCap, Implanon, Vasectomy, Intrauterine contraception, Diaphragm, Vaginal Contraceptive Film, male condoms and female condoms.

**Emergency Contraception**

Emergency contraception, commonly known as the morning after pill or Plan B, is a safe and effective way to prevent pregnancy up to five days after unprotected intercourse. The hormones in emergency contraception work by keeping a woman's ovaries from releasing eggs and by thickening a woman's cervical mucus. With an egg and with extra mucus to block sperm, pregnancy cannot happen. Emergency contraception is available to anyone on a walk-in basis.

**Pregnancy Testing & Counseling**

Pregnancy testing is available on a walk-in basis. Whether a woman chooses parenthood, adoption or abortion our counselors will provide assistance with information, referrals and obtaining medical advice and care.

**Cancer Screenings**

PPSWMO offers screenings for women and men for breast, cervical, prostate and testicular cancer.

**HPV Screening and Treatment**

There are over 100 types of the human papilloma virus (HPV) with over 40 of those that affect the genital area – the vulva, vagina, cervix, rectum, anus, penis or scrotum. At any given time, about 20 million people in the U.S. have a type of HPV. High-risk types of genital HPV are linked to cervical cancer.

PPSWMO offers screenings for HPV and vaccinations for those infected with the virus. Gardasil® is a three-shot regimen that protects against two forms of HPV that lead to cervical cancer. The vaccine is recommended for girls and young women ages 9-26 who have not yet been exposed to the virus.

## **Urinary Tract Infection Diagnosis and Treatment**

Urinary tract infections (UTIs) are caused by bacteria that have spread from the rectum or vagina to the urethra and bladder. They may be caused by a sexually transmitted infection. UTIs include infections of the bladder — also called cystitis; the ureters — the tubes that lead from the kidneys to the bladder; and the urethra — the tube that carries urine from the bladder out of the body. Severe cases, left untreated, may cause kidney infection.

## **HIV Testing and Treatment**

The human immunodeficiency virus (HIV) is transmitted in blood, semen, vaginal fluids and breast milk. Acquired Immune Deficiency Syndrome (AIDS) is the most advanced stage of HIV. PPSLR offers confidential HIV testing through standard blood testing (with results available 2 to 3 weeks after testing) and rapid testing (with results available in ten minutes).

Testing and information about HIV is available on a walk-in basis.

## **Sexually Transmitted Infection Testing & Treatment**

### **Herpes Testing & Treatment**

A very common infection, herpes is caused by two different but closely related viruses: herpes simplex virus type 1 (HSV-1) and herpes simplex virus type 2 (HSV-2). Both are easy to catch, remain in the body for life and can produce symptoms that come and go. Both forms of herpes can infect the oral or genital area. Up to 8 out of 10 American adults have oral herpes and about 1 out of 4 American adults have genital herpes. Millions of people do not know they have herpes because they never had, or noticed, the herpes symptoms.

### **Chlamydia**

Chlamydia is a sexually transmitted infection that is caused by a kind of bacteria and can infect the penis, vagina, cervix, anus, urethra, eye or throat. St. Louis is nationally ranked #1 in having the most people per capita infected with Chlamydia.

### **Gonorrhea**

This sexually transmitted infection caused by bacteria can infect the penis, vagina, cervix, anus, urethra or throat. Sometimes called "the clap" or "the drip," gonorrhea can be a serious health risk if it is not treated. It affects about 600,000 women and men in the United States every year and St. Louis is nationally ranked #1 in cases of gonorrhea per capita.

### **Syphilis**

Left untreated, the syphilis organism — spirochete — can remain in the body for life and lead to disfigurement, neurologic disorder or death. There are 35,000 new cases reported each year in the U.S. and St. Louis is ranked #5 in cases of syphilis per capita.

### **Vaginitis**

Short for vulvovaginitis, vaginitis is any irritation in the vagina and is caused by allergies, infections, irritants (douches, feminine hygiene sprays and perfumed soaps), lack of the hormone estrogen or sexual activity.

### **Trichomoniasis**

This infection is caused by the protozoan trichomona — a microscopic, one-cell animal. Often called "trich," more than eight million Americans are infected with trichomoniasis every year.

### **Bacterial Vaginosis**

Bacterial vaginosis (BV) is a condition caused by a change in the balance of different kinds of bacteria in the vagina. BV is associated with premature delivery, low birth weight, and pelvic inflammatory disease and can increase the risk for HIV infection.