Liletta: Intrauterine Device (IUD)

Liletta is a small flexible T-shaped plastic device that is inserted into the uterus by a healthcare provider. Liletta slowly releases 52 mg of a progestin hormone called Levonorgestrel. Progestin is a form of progesterone, a hormone that plays a role in the menstrual cycle and pregnancy. Liletta does not contain estrogen. Levonorgestrel works by preventing the release of an egg. This is the same kind of hormone that is often used in birth control pills. Liletta does not protect against HIV infection (AIDS) or other sexually transmitted infections. We recommend dual protection (using both a hormonal contraception and barrier method such as condoms) to avoid unwanted pregnancy and sexually transmitted infections.

The US Food and Drug Administration (FDA) approved the use of Liletta, for the prevention of pregnancy for up to 5 years. Liletta was originally approved by the FDA in 2015 for up to 3 years of use as a contraceptive. If you have questions about birth control/contraceptive options, talk to your healthcare provider. At FLCH we offer hormonal IUDs, such as Liletta, and non-hormonal IUDs, like Paragard. Choosing the right long acting reversible birth control is important for your lifestyle, and we're here to help as needed.

Courageous Beauty is a girls’ group for conversations about healthy relationships and self-worth. We celebrate beauty in all shapes, sizes, and colors. By building on the strengths of the girls who participate, Courageous Beauty is helping develop a community full of life, love, beauty, and strength. The program began as an in-person group meeting which took place in three different locations throughout the week. We have shifted primarily online as state mandates have limited our in-person gatherings. For now, we host thriving girls’ groups via Zoom every week, and when the weather permits, we are meeting outdoors on some Fridays. To learn more, go to https://courageousbeauty.org/home or follow us on our Instagram (courageousbeauty.familyhope) where daily content and updates are provided as well as information about how to join our groups!
Reproductive Health in Emergency Preparedness and Response

The Center for Disease Control and Prevention’s (CDC) Division of Reproductive Health (DRH) prepares for and responds to the needs of reproductive-aged women and infants before, during, and after public health emergencies. Individuals work in settings where disasters have occurred, to develop emergency care information for pregnant women and their medical providers.

First, they examine, the impact of disasters on reproductive health. According to the CDC, disasters can be put into three categories:

- Natural disasters (hurricanes, floods, earthquakes, and fires)
- Emerging or pandemic diseases such as (Flu outbreaks, Zika virus)
- Man-made disasters

According to the CDC, the United States has averaged more than, 60 major federally declared disasters yearly over the past 10 years. These disasters disrupt people’s lives, families, and communities. Disasters can affect access to one’s medical and social service needs. It can also cause added stress to daily life.

So, why talk about it? According to the CDC, this may affect “access to medical care and health outcomes”, among people of reproductive age, especially those who may be pregnant. Disasters can present unique challenges to pregnant women and potential exposures to the developing fetus during pregnancy, which can affect infants and children as they grow. Some exposures during pregnancy, like Zika virus infection, can cause birth defects in infants. Other possible impacts of public health emergencies during pregnancy include pregnancy loss, small size for gestational age, preterm birth, and other complications. If you have questions, we encourage you to speak with a healthcare provider.

Registration is now open!

20th Annual
Adolescent Health Conference
Building the Resiliency Toolbox: No More Shame

October 15th, 2020 (8:30-3:30pm) • A Virtual Learning Experience
Cost $25 • #AHC20
To register, contact Olivia at (315) 787-8132 / oliviac@flchealth.org

- Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information visit, www.LocalCommunityHealth.com or call us today to schedule at (315) 787-8132.

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