

# Would You Like To Become Pregnant In The Next Year?<sup>®</sup>

A Guide to Pregnancy & Birth Control  
Resources in Coos County



## One Key Question® Initiative (OKQ)

The One Key Question® Initiative (OKQ) is the Oregon Foundation for Reproductive Health's groundbreaking, yet simple, solution to making Oregon women and families healthier and ensure that more pregnancies are *wanted, planned, and as healthy as possible*. OKQ encourages all primary care providers to routinely ask women about their reproductive health needs and has been endorsed by 30 professional organizations and associations across Oregon and the country.

By asking women "*Would you like to become pregnant in the next year?*" primary care clinicians can more fully support women's preventive reproductive health needs, such as preventing an unintended pregnancy or preparing for a healthy pregnancy.

Contact us for more information: [info@onekeyquestion.org](mailto:info@onekeyquestion.org)

### WHY THIS GUIDE:

This guide includes information about community resources on health before pregnancy, pregnancy care and birth control options. It has been designed to help mothers and providers to get facts and information around these topics as well as all community resources available in Coos County. It was also created so that all the information needed is in one booklet instead of a lot of different pamphlets. The information in the booklet has been selected after we surveyed over 100 women and providers and asked them what topics would be most important to include in this booklet.

### GUIDE ORGANIZATION:

The guide is organized by color. Before pregnancy and pregnancy care information can be found under the orange color. Birth control options under the green color and extra community resources can be found under the blue color.



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## Vitamins & Folic Acid



It is important to receive at least **400 micrograms** of folic acid every day.

### **Why is folic acid important in pregnancy?**

Folic acid can help prevent birth defects of the brain and spine including anencephaly, which is, when a baby is born without parts of their brain and skull. It can also help prevent spina bifida, which is a defect of the spine.

### **How can you get enough folic acid?**

- Vitamins with folic acid; you can buy these over-the-counter at the grocery store or through a prescription from your health care provider.
- Eat foods that are high in folic acid, including:
  - ◆ Beans, peas and lentils
  - ◆ Oranges and orange juice
  - ◆ Asparagus and broccoli
  - ◆ Dark green leafy vegetables  
(*like spinach and mustard greens*)

**Taking a prenatal vitamin daily can help make sure you receive all the vitamins you need in pregnancy.**





# Nutrition

Nutrition\* is important to help promote **healthy baby growth.**

- **Folic acid** helps prevent birth defects  
(You need 400mcg a day.)
  - ◆ Folic acid sources include beans, peas, lentils, oranges, orange juice, asparagus, broccoli, and dark leafy vegetables including spinach and mustard greens.
  
- **Calcium** strengthens bones  
(You need 1,000-1,300mcg a day.)
  - ◆ Calcium sources include, dairy products including, milk, yogurt and cheese, fortified juices, cereals, breads, rice or almond milk, soybeans, soy products and some leafy greens including collard greens, turnip greens, kale and bok choy.
  
- **Protein** promotes growth  
(You need 71 grams a day)
  - ◆ Protein sources include beef, pork, fish, poultry, eggs, milk, cheese, dairy, beans, peas, nuts and seeds.
  
- **Iron** helps to prevent low iron level anemia  
(You need 1,000-1,300mcg a day)
  - ◆ Sources of iron include red meat, pork and poultry, seafood, beans, dark leafy green vegetables, dried fruit and iron-fortified cereals, breads and pastas.
  
- **Carbohydrates** are broken down into glucose, which is the body's main fuel.
  - ◆ Sources of fiber and carbohydrates include fruits, vegetable and whole-grain products.

- **Fats** are needed to help you function normally. Some fats are called omega-3 fatty acids and are important for brain development. Fats also help your immune system; they also aid in blood clotting and help your body use vitamins.
  - ◆ During pregnancy you should eat about 6 tablespoons of fat per day. These should be unsaturated fats like olive, canola, peanut, sunflower, and fish oils, avocados or nuts, and peanut butter.

\*Mayo Clinic. (2017, February 15). Pregnancy diet: Focus on these essential nutrients. Retrieved from <http://www.mayoclinic.org/healthy-lifestyle/pregnancy-week-by-week/in-depth/pregnancy-nutrition/art-20045082?pg=1>



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**EAT YOUR Vitamins**  
NUTRITION AND DIET

The infographic displays the following vitamins and their associated food sources and benefits:

- Vitamin A:** Leafy greens, carrots, sweet potatoes. Benefit: Eye health.
- Vitamin B1:** Asparagus, pumpkin, peas. Benefit: Brain health.
- Vitamin B2:** Eggs, cheese, mushrooms. Benefit: Energy production.
- Vitamin B3:** Fish, broccoli, peas. Benefit: Heart health.
- Vitamin B5:** Fish, cheese, eggs. Benefit: Brain health.
- Vitamin B6:** Fish, avocado, bananas. Benefit: Brain health.
- Vitamin B7:** Fish, avocado, leafy greens. Benefit: Brain health.
- Vitamin B9:** Leafy greens, asparagus, beans. Benefit: Brain health.
- Vitamin B12:** Eggs, fortified cereals, cheese. Benefit: Brain health.
- Vitamin C:** Oranges, kiwi, blueberries. Benefit: Immune system.
- Vitamin D:** Tofu, mushrooms. Benefit: Bone health.
- Vitamin E:** Nuts, seeds, kiwi. Benefit: Heart health.
- Vitamin K:** Leafy greens, asparagus, broccoli. Benefit: Blood clotting.

\*The American Congress of Obstetricians and Gynecologists. (n.d.). Nutrition During Pregnancy. Retrieved from <https://www.acog.org/-/media/Womens-Health/nutrition-in-pregnancy.pdf>

## Medications



If you are planning on becoming pregnant or are pregnant it is important to talk to your doctor **before starting or stopping ANY medication** (including over-the-counter medications) during pregnancy.

There are some medications that are **harmful to an unborn baby** so it is very important to talk to your provider about all of your medications.



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## Pregnancy Visits

Early pregnancy care, also called **prenatal care**,\* is important for the health of you and your baby.

It is important to keep scheduled pregnancy visits to make sure your baby is healthy and growing. Prenatal care can help prevent problems during pregnancy and can help identify risk factors. For the health of you and your baby, it is important to call your health care provider as soon as you think you may be pregnant.

For a healthy pregnancy the recommended guideline of how often your visits are is listed below.

- **Before 28 weeks: 1 prenatal visit a month**
- **Weeks 28 to 36: 1 prenatal visit every 2 weeks**
- **Weeks 36 to birth: 1 prenatal visit every week**

The above is a recommended guideline, your doctor or midwife will make it specific to you and your baby.

\*National Institute of Health. (n.d.). What happens during prenatal visits? Retrieved from <https://www.nichd.nih.gov/health/topics/preconceptioncare/conditioninfo/pages/prenatal-visits.aspx>





## Pregnancy Care and After Delivery Community Resources

- **MOMs Program (Management of Maternity Services)**

Bay Area Hospital  
1775 Thompson Rd, Coos Bay  
(541) 269-8111

*Services are free of charge and include: Prenatal class registration, healthy pregnancy information and support, information about birthing options, after-baby follow-up visit and breastfeeding support.*

- **Women, Infant and Children (WIC)**

Coos Health and Wellness  
281 LaClair Street, Coos Bay  
(541) 266-6700

*Services include; nutrition education, healthy foods, breastfeeding support, and referral services.*



## Depression After Delivery



Depression is very common and **treatment is available**. Postpartum depression occurs in **1 in 9** women.

### **Symptoms of postpartum depression include:**

- Crying more than usual
- Anger
- Withdrawing from loved ones
- Feeling numb or disconnected from baby
- Worrying that you might hurt the baby
- Feeling like you are not a good mom

**Depression is treatable.** If you think you might be depressed talk to your health care provider or OB/GYN.





## Depression Resources

- **Bay Clinic**  
1750 Thompson Rd, Coos Bay  
(541) 269-0333
- **Coast Community Health Center**  
1010 1st St SE #110, Bandon  
(541) 347-2529
- **Coos Health and Wellness**  
Mental Health Services  
281 LaClair Street, Coos Bay  
(541) 266-6700
- **Marshfield Clinic**  
826 S 11th Street, Coos Bay  
(541) 756-6232
- **North Bend Medical Center**  
1900 Woodland Dr, Coos Bay  
(541) 267-5151
- **Powers Clinic**  
400 Fir Street, Powers  
(541) 756-6232
- **Waterfall Community Health Center**  
1890 Waite Street, North Bend  
(541) 756-6232

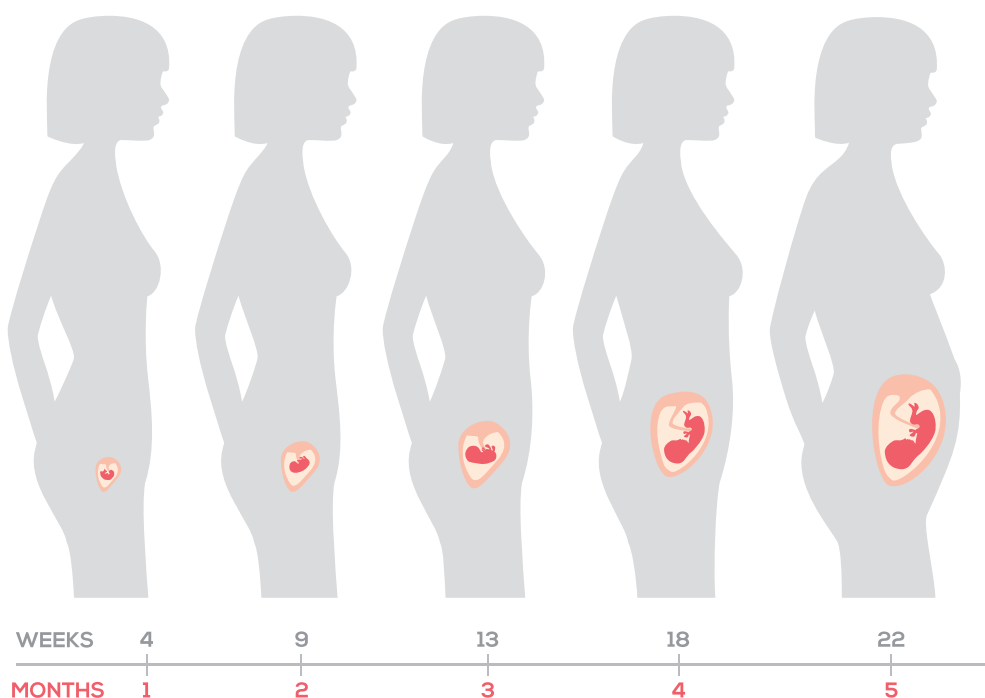
## Exercise & Weight Gain

Activity and exercise throughout pregnancy is **important to stay healthy.**

It is important to discuss with your doctor or midwife about how much activity to do at each stage of pregnancy.

Your body will change and adapt as your baby grows during pregnancy.

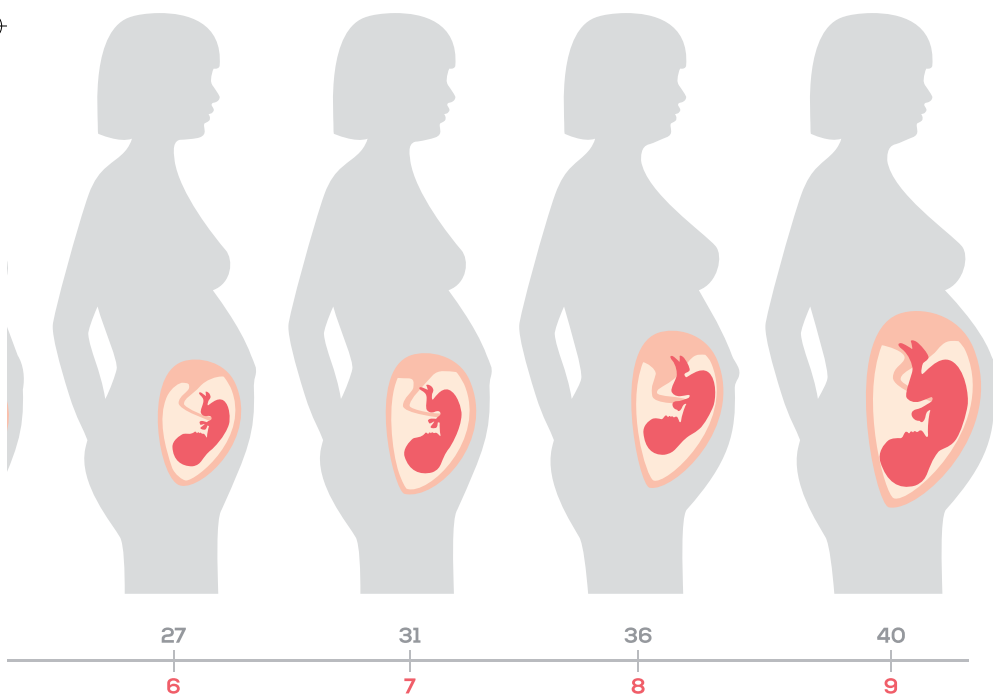
**Healthy weight gain** during pregnancy is based off of your Body Mass Index (BMI) score **before** you became pregnant.



Below is the recommended weight to gain during pregnancy.

### BEFORE PREGNANCY IF YOU WERE:

- **Underweight** (*BMI less than 18.5*)  
You should gain 28-40 pounds.
- **Normal Weight** (*BMI of 18.5-24.9*)  
You should gain 25-35 pounds.
- **Overweight** (*BMI 25.0-29.9*)  
You should gain 15-25 pounds.
- **Obese** (*BMI of 30 or above*)  
You should gain 11-20 pounds.



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## Immunizations



Vaccines or shots can **help protect** mother and baby against serious diseases.

It is recommended that all pregnant women receive a whooping cough (pertussis) and the flu vaccine during each pregnancy.

### **Why do I need vaccines during pregnancy?**

- The pertussis vaccine helps prevent whooping cough in your infant.
- The flu vaccine helps prevent getting the flu.

Before you plan to become pregnant it is important to be **up-to-date** with all vaccines.

### **Where can I get a vaccine?**

**You can also receive vaccines from your local pharmacy.**

- **Bay Clinic**  
1750 Thompson Rd, Coos Bay  
(541) 269-0333
- **Coast Community Health Center**  
1010 1st St SE #110, Bandon  
(541) 347-2529
- **Coos Health and Wellness**  
Public Health Clinic  
281 LaClair Street, Coos Bay  
(541) 266-6700
- **North Bend Medical Center**  
1900 Woodland Dr, Coos Bay  
(541) 267-5151
- **Waterfall Community Health Center**  
1890 Waite Street, North Bend  
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# Immunizations

Disease	Vaccine	Disease spread by
<b>Chickenpox</b>	<b>Varicella vaccine</b> protects against chickenpox.	Air, direct contact
<b>Diphtheria</b>	<b>DTaP*</b> vaccine protects against diphtheria.	Air, direct contact
<b>Hib</b>	<b>Hib</b> vaccine protects against <i>Haemophilus influenzae</i> type b.	Air, direct contact
<b>Hepatitis A</b>	<b>HepA</b> vaccine protects against hepatitis A.	Direct contact, contaminated food or water
<b>Hepatitis B</b>	<b>HepB</b> vaccine protects against hepatitis B.	Contact with blood or body fluids
<b>Influenza (Flu)</b>	<b>Flu vaccine</b> protects against influenza.	Air, direct contact
<b>Measles</b>	<b>MMR**</b> vaccine protects against measles.	Air, direct contact
<b>Mumps</b>	<b>MMR**</b> vaccine protects against mumps.	Air, direct contact
<b>Pertussis</b>	<b>DTaP*</b> vaccine protects against pertussis (whooping cough).	Air, direct contact
<b>Polio</b>	<b>IPV</b> vaccine protects against polio.	Air, direct contact, through the mouth
<b>Pneumococcal</b>	<b>PCV</b> vaccine protects against pneumococcus.	Air, direct contact
<b>Rotavirus</b>	<b>RV</b> vaccine protects against rotavirus.	Through the mouth
<b>Rubella</b>	<b>MMR**</b> vaccine protects against rubella.	Air, direct contact
<b>Tetanus</b>	<b>DTaP*</b> vaccine protects against tetanus.	Exposure through cuts in skin

\* DTaP combines protection against diphtheria, tetanus, and pertussis.



Disease symptoms	Disease complications
Rash, tiredness, headache, fever	Infected blisters, bleeding disorders, encephalitis (brain swelling), pneumonia (infection in the lungs)
Sore throat, mild fever, weakness, swollen glands in neck	Swelling of the heart muscle, heart failure, coma, paralysis, death
May be no symptoms unless bacteria enter the blood	Meningitis (infection of the covering around the brain and spinal cord), intellectual disability, epiglottitis (life-threatening infection that can block the windpipe and lead to serious breathing problems), pneumonia (infection in the lungs), death
May be no symptoms, fever, stomach pain, loss of appetite, fatigue, vomiting, jaundice (yellowing of skin and eyes), dark urine	Liver failure, arthralgia (joint pain), kidney, pancreatic, and blood disorders
May be no symptoms, fever, headache, weakness, vomiting, jaundice (yellowing of skin and eyes), joint pain	Chronic liver infection, liver failure, liver cancer
Fever, muscle pain, sore throat, cough, extreme fatigue	Pneumonia (infection in the lungs)
Rash, fever, cough, runny nose, pinkeye	Encephalitis (brain swelling), pneumonia (infection in the lungs), death
Swollen salivary glands (under the jaw), fever, headache, tiredness, muscle pain	Meningitis (infection of the covering around the brain and spinal cord), encephalitis (brain swelling), inflammation of testicles or ovaries, deafness
Severe cough, runny nose, apnea (a pause in breathing in infants)	Pneumonia (infection in the lungs), death
May be no symptoms, sore throat, fever, nausea, headache	Paralysis, death
May be no symptoms, pneumonia (infection in the lungs)	Bacteremia (blood infection), meningitis (infection of the covering around the brain and spinal cord), death
Diarrhea, fever, vomiting	Severe diarrhea, dehydration
Children infected with rubella virus sometimes have a rash, fever, swollen lymph nodes	Very serious in pregnant women—can lead to miscarriage, stillbirth, premature delivery, birth defects
Stiffness in neck and abdominal muscles, difficulty swallowing, muscle spasms, fever	Broken bones, breathing difficulty, death

\*\* MMR combines protection against measles, mumps, and rubella.

## Breastfeeding



Breastfeeding has **many health benefits** for both mom and baby.\*

- Breast milk gives infants all the nutrients they need for healthy development.
- It is safe and contains antibodies to help protect infants against childhood illnesses.
- Breast milk is free.
- Mothers who breastfeed have lower risks of breast and ovarian cancer.
- Mothers who breastfeed also have lower risks of developing type II diabetes and postpartum depression.

Babies who are fed formula tend to require more doctor visits, hospitalizations, and prescriptions.

It is recommended that if you plan to breastfeed to feed nothing but breast milk for about 6 months and preferably up to a year.

## Breastfeeding Community Resources

- **The Lactation Club**  
Find them on Facebook: TLC-The Lactation Club  
(541) 751-2404
- **MOMs Program (Management of Maternity Services)**  
1775 Thompson Rd, Coos Bay  
(541) 269-8111
- **Women, Infant and Children (WIC)**  
Coos Health and Wellness  
281 LaClair Street, Coos Bay  
(541) 266-6700

\*World Health Organization. (n.d.). 10 facts on breastfeeding. Retrieved July, 2015, from <http://www.who.int/features/factfiles/breastfeeding/en/>

## Oral Health

Dental disease can **easily be transferred** from pregnant moms to their babies.\*

Understanding how the process works and taking simple steps can result in two-year-olds with no tooth decay.

### How is tooth decay transferred?

- One of the major bacteria that cause tooth decay is called strep mutans. Everyone has this bacteria in their mouth.
- The bacteria forms plaque, which creates an acid that dissolves the minerals that make your tooth enamel hard. It causes the tiny holes in the enamel to get bigger until one large hole appears, this is a cavity.
- The strep mutans are transferred from primary care giver (*usually the mother*) to the child through contact with saliva.
- If this bacteria is transmitted to the baby while the baby's immune system is still being developed (*within the first six months*) the baby's immune system may recognize this high count of bacteria as normal and not build defenses to fight it.
- This may cause rampant decay of the teeth, which can result in hospitalization, unnecessary costs and may cause the child to fear future visits to the dentist.

### How can moms stop the cycle of tooth decay?

- Visit the dentist during pregnancy to get teeth cleaned.
- Use any brand of fluoridated toothpaste to brush teeth twice per day. (*Do not rinse your mouth, just spit out excess toothpaste. Do not eat or drink afterward.*)

\*Advantage Dental. (n.d.). Early Childhood Caries Prevention Protocol [Brochure]



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## STDs and Pregnancy





If you are pregnant **you can get the same sexually transmitted diseases (STD)** or sexually transmitted infections (STI) as women who are not pregnant.

- If you are planning on becoming pregnant or are pregnant you should ask your doctor about being **tested** for sexually transmitted diseases.
- STDs can affect you and your unborn baby.
- To prevent STDs it is important to **use condoms every time** you have sex.

All STDs are harmful to you but some are **extremely harmful** to your baby, these include the following:

**CONGENITAL SYPHILIS** occurs when a mother with syphilis passes the infection to her baby during pregnancy. Syphilis can have major health impacts on your baby, some of these include:

- Miscarriage (losing the baby while you're pregnant)
- Stillbirth (your baby born dead)
- Premature (your baby born early)
- Low birth weight
- Death of your baby after birth

## STDs and Pregnancy

**HIV/AIDS** transmission can happen from mother to child.

- It can happen anytime during pregnancy, labor, delivery, and breastfeeding.
- Any woman who plans to become pregnant should be tested for HIV.
- Early diagnosis and treatment can help HIV medications in preventing transmission and improving the health outcomes of both mother and child.
- If a woman takes her HIV medication as prescribed the risk of transmitting HIV to her infant is less than 1%. In some cases a cesarean section (C-Section) can prevent HIV transmission.
- After the baby is born HIV transmission can be prevented by not breastfeeding or pre-chewing baby's food.

**HEPATITIS B** is an infection that can cause serious risk to your baby.

- Without medication after birth approximately 40% of infants born to hepatitis B infected mothers will develop chronic hepatitis B infections.
- 1 out of 4 of these babies will die from liver disease.
- A vaccine given to the infant before 12 hours after birth can help prevent Hepatitis B.
- If you are pregnant or planning to become pregnant ask your doctor about getting tested for hepatitis B.

**ZIKA** virus can be passed from a pregnant woman to her baby

- It is spread through infected mosquitoes or through sex with somebody who is infected with Zika.
- There is no vaccine or medication to treat Zika.
- Infections with Zika virus during pregnancy can cause a birth defect called microcephaly where a baby's head is smaller than expected and other brain defects.



Be Safe, Be Protected

## Community Resources

- **Bay Clinic**  
1750 Thompson Rd, Coos Bay  
(541) 269-0333
- **Coast Community Health Center**  
1010 1st St SE #110, Bandon  
(541) 347-2529
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Public Health Clinic  
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(541) 756-6232

## Alcohol & Drug Use

Drinking or using drugs during pregnancy **increases the chance of miscarriage** as well as the risk of having a baby with physical and emotional problems.

### Alcohol

- There is **no safe amount** of alcohol use during pregnancy.
- Alcohol passes to the baby through the umbilical cord.
- Alcohol use can cause miscarriage, stillbirth, and physical, behavioral and intellectual disabilities in your baby.



### Marijuana and Drug Use

- Marijuana and other drugs can be harmful to you and your unborn baby.
- Using marijuana and other drugs can cause your baby to be low in weight for its age once it is born.
- Drugs can **increase the risk of birth defects**.
- Drug use during pregnancy can make learning hard for your child and can make it harder for your child to pay attention.

## Alcohol and Drug Community Resources

- **ADAPT of Oregon**  
www.adaptoregon.org  
400 Virginia, Suite 201, North Bend  
(541) 751-0357
- **Coos County Correctional Treatment Center**  
www.co.coos.or.us/cooscorr/  
1975 McPherson, North Bend  
(541) 751-2461
- **Serenity Lane**  
www.serenitylane.org  
320 Central Avenue, Suite 510, Coos Bay  
(541) 267-5081
- **Spirit Star Solutions**  
email: spiritstar-4us@peoplepc.com  
351 Anderson, Coos Bay  
(541) 297-0749



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# Smoking

Smoking can be **harmful** to you and your baby.

- Smoking while pregnant can cause premature birth.
- Smoking while pregnant can increase your risk of miscarriage.
- Smoking can also cause your baby to be born at a low weight for its age.
- Smoking during and after pregnancy increases the risk of Sudden Infant Death Syndrome (SIDS).
- Smoking can increase the risk of having a baby born with birth defects including, cleft lip or cleft palate.

## Second Hand Smoke

- Secondhand smoke is smoke from burning tobacco products and smoke that has been exhaled or breathed out by the person smoking.
- Pregnant women who are exposed to second hand smoke are more likely to have babies that are born at a lower weight than women who were not exposed.
- Babies who are exposed to other peoples smoke are more likely to have ear infections and frequent asthma attacks.
- Babies exposed to secondhand smoke are more likely to die from Sudden Infant Death Syndrome (SIDS).





### Third Hand Smoke\*

- Third hand smoke is the left over tobacco that is left behind on things after a cigarette is put out.
- Third hand smoke can be stuck to hair, clothes, car seats, furniture, carpet and other surfaces.
- Babies and children can be harmed because they breathe in the chemicals when they crawl on the floor, sit in cars or are held by adults that smoke.

### What can I do to protect my baby?

- The only way to fully protect yourself and your baby is through 100% smoke-free environments.
- Ways to help protect yourself and your family include:
  - ◆ Keeping your home and car smoke-free
  - ◆ Smoking outside
  - ◆ Asking others not to smoke around you or your children
  - ◆ Choosing smoke-free businesses
  - ◆ Teaching your children to stay away from smoke
  - ◆ Changing clothes after you smoke

\*American Academy of Pediatrics. (n.d.). Dangers from Thirdhand Smoke. Retrieved from <http://www2.aap.org/richmondcenter/DangerFromThirdhandSmoke.htmlx>

## Quit Smoking

The **best time to quit smoking is now!**

Quitting tobacco is a gift to you and your baby.

If you're in your first three to four months of pregnancy, quitting smoking can lower your baby's chances of being born too soon, too small, and having health problems.

Even if you're nearing the end of your pregnancy, quitting now gives your unborn baby more oxygen to grow and develop. This helps your baby have a healthier start in life.

After quitting, you will feel better and have more energy — something every new parent appreciates! Quitting now is also a great way to live a longer and healthier life and be able to fully enjoy your children, your grandchildren, and your retirement.

### How much can you save by quitting?

By quitting a pack-a-day habit, you could save:

- \$5.75 in one day
- \$40 in one week
- \$161 in one month
- \$2,099 in one year



## Three steps you can take on your own

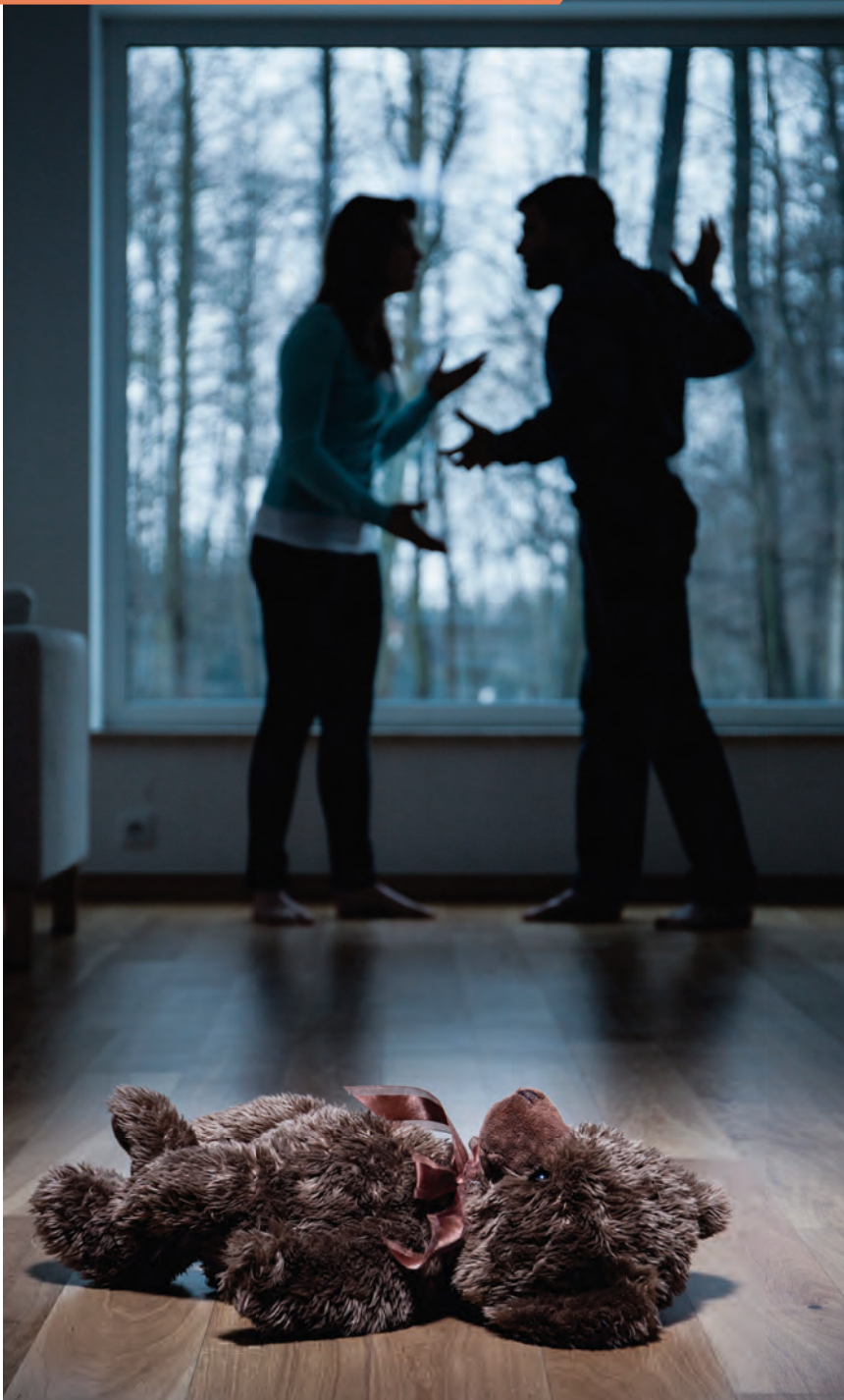
The first few days are the hardest. Stick with it! Remember, the urge to smoke will pass in 3 to 5 minutes, whether you smoke or not. Here are three ideas to help you succeed:

- Write down all your reasons for quitting.
- Create a list of healthy alternatives to smoking. Make a plan to substitute a healthy behavior in place of smoking.
- Try taking some deep breaths, walk around the block, call a friend, drink water, chew gum, find something to keep your hands busy, or check out one of the resources listed below.

## Quit Smoking Resources

- **Bay Area Hospital Stop Tobacco Use Clinic**  
Call (541) 2698076 for information & class schedule  
Free day & evening classes available, classes located at:  
BAH Community Health Education Center (CHEC)  
3950 Sherman Avenue, North Bend
- **Nicotine Anonymous:**  
(541) 808-2302 or (541) 271-4609
- **Oregon Tobacco Quit Line**  
1-800-QUIT NOW (1-800-784-8669)  
Spanish: 1-877-2NO-FUME (1-877-266-3683)  
[www.quitnow.net/oregon/](http://www.quitnow.net/oregon/)
- **Stay Quit Moms**  
[www.stayquitmoms.com](http://www.stayquitmoms.com)

## Domestic Abuse



There are **four types** of Intimate Partner Violence (Domestic Abuse).

- **Physical violence** or using physical force causing harm or injury.
- **Sexual violence** including sex or sexual contact of any kind that there was not consent for.
- **Stalking** or unwanted attention or contact that causes fear for one's safety.
- **Psychological aggression** or verbal and non-verbal aggressive communication with the intent to harm somebody.

Domestic violence impacts  
1 in 3 women and 1 in 4 men.



If you experience **ANY** type of violence or threat of violence please reach out and get help.

## Domestic Abuse Community Resources

- **The National Domestic Violence Hotline**  
1-800-799-7233  
1-800-787-3224 (TTY for Deaf/hard of hearing)
- **The SAFE Project**  
1681 Newmark Ave  
Coos Bay  
(541) 756-7000  
1-888-193-5612



# Birth Control



Condom

Female  
condomOral  
contraception

Hormonal ring



IUD

Contraceptive  
injectionSurgical  
sterilization

Implant

Coitus  
interruptusCalendar rhythm  
methodContraceptive  
patch

Diaphragm / cap

Birth control is a method or device used to **prevent pregnancy.**

Birth control is important to help prevent pregnancy. It is important if you do not intend to become pregnant to choose a method that is right for you and that you use correctly and consistently. There are many different forms of birth control including not permanent and permanent.

Condoms should always be used to help prevent the risk of sexually transmitted infections/diseases (STIs and STDs).

Plan B or the morning after pill should be taken orally as soon as possible within 72 hours after unprotected sex. The sooner it is taken the more effective it is. Plan B does not work if you are already pregnant. Plan B should not be used as a regular form of contraception or a main method of birth control. Plan B does not protect you against sexually transmitted infections/diseases (STIs/ STDs).\*

\*US Food and Drug Administration. (2009, July). Plan B One-Step (Levonorgestrel) Tablet. Retrieved from [https://www.accessdata.fda.gov/drugsatfda\\_docs/label/2009/021998lbl.pdf](https://www.accessdata.fda.gov/drugsatfda_docs/label/2009/021998lbl.pdf)

## Birth Control Community Resources

- **Bay Clinic**  
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400 Fir St, Powers  
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# Birth Control

## How Well Does Birth Control Work?

**Really, really well**






**The Implant (Nexplanon)**      **IUD (Skyla)**      **IUD (Mirena)**

**Works, hassle-free, for up to...**      **3 years**      **3 years**      **5 years**

**O.K.**








**The Pill**      **The Patch**

**For it to work best, use it...**      **Every. Single. Day.**      **Every week**

**Not as well**

**Pulling Out**      **Fertility Awareness**

**For each of these methods to work, you or your partner have to use it every s...**

**What is your chance of getting pregnant?**

**IUD (Mirena)**      **IUD (ParaGard)**      **Sterilization, for men and women**

*No hormones*

**3 years**      **12 years**      **Forever**

**Less than 1 in 100 women**

**The Ring**      **The Shot (Depo-Provera)**

**Every month**      **Every 3 months**

**6-9 in 100 women, depending on method**

**Diaphragm**      **Condoms, for men or women**

**Every single time you have sex.**

*Needed for STD protection!*

*Use with any other method*

**12-24 in 100 women, depending on method**

**FYI, without birth control, over 90 in 100 young women get pregnant in a year.**

BIRTH CONTROL

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## Community Resources

### Alcohol and Drug Resources

- **ADAPT of Oregon**  
www.adaptoregon.org  
400 Virginia, Suite 201, North Bend  
(541) 751-0357  
*Alcohol, Drug Abuse, Prevention and Treatment Services  
on the Southern Coast*
- **Coos County Correctional Treatment Center**  
www.co.coos.or.us/cooscorr/  
1975 McPherson, North Bend  
(541) 751-2461
- **Serenity Lane**  
www.serenitylane.org  
320 Central Avenue, Suite 510, Coos Bay  
(541) 267-5081
- **Spirit Star Solutions**  
351 Anderson, Coos Bay  
spiritstar-4us@peoplepc.com  
Carolyn Billman, Ed.M., CADCIII  
(541) 297-0749 or (541) 297-1288

### Daycare

- **211 info**  
Dial 2-1-1 and listen for the parenting option.  
<http://211info.org/search-resources/>

## Dental Care Providers

### BANDON

- **Advantage Dental Clinic**  
1275 Oregon Ave, Bandon  
(888) 468-0022
- **James R. Surface, DDS**  
1275 Oregon Ave SE
- **Paul Pantleo, DMD**  
1097 Baltimore Ave SE  
(541) 329-0550
- **Richard C. Dowling Jr, DMD**  
725 2nd St SE  
(541) 347-4461
- **Sharen C. Strong, DMD**  
155 Delaware Ave SE  
(541) 347-5555

### COQUILLE/MYRTLE POINT

- **Advantage Dental Clinic**  
913 A Street, Myrtle Point  
(888) 468-0022
- **Doug Day, DDS**  
52 N Collier St  
(541) 396-5555
- **James R. Gronemyer, DDS**  
913 A St  
(541) 572-5511

## Community Resources

### COOS BAY/NORTH BEND

- **Advantage Dental Clinic:**  
215 Curtis Ave, Coos Bay  
2157 Broadway Ave, North Bend  
(888) 468-0022
- **Charles W. Korando, DDS**  
833 Anderson Ave # 6  
(541) 269-9950
- **David Mussone Dentistry, DDS**  
650 Anderson Ave  
(541) 267-3977
- **Dennis R. Brown, DDS**  
1885 Waite St # B  
(541) 756-4311
- **Lori Lemire Family Dentistry**  
470 Highland Ave  
(541) 267-6425
- **O'Bryan Advanced Dentistry**  
1957 Thompson Rd  
(541) 756-1117
- **Sixto Contreras Jr, DMD**  
1835 Ocean Blvd SE  
(541) 269-5321
- **South Coast Family Dentistry**  
1250 Thompson Rd  
(541) 982-2175
- **Ted J. Terry, DDS**  
470 Highland Ave  
(541) 267-6673
- **Theresa C. Asper, DDS**  
328 S 2nd St  
(541) 269-1317
- **Tom Holt Family Dentistry**  
199 N 9th St  
(541) 267-4314

## Obstetrics and Gynecology (OB/GYN)

- **Bay Clinic**  
1750 Thompson Rd, Coos Bay  
(541) 269-0333
- **North Bend Medical Center**  
1900 Woodland Dr, Coos Bay  
(541) 267-5151

## Pediatricians

- **Bay Clinic**  
1750 Thompson Rd, Coos Bay  
(541) 269-0333
- **Coast Community Health Center**  
1010 1st St SE #110, Bandon  
(541) 347-2529
- **Dr. Mike and Friends Pediatrics**  
1925 Thompson Rd, Coos Bay  
(541) 267-2020
- **North Bend Medical Center**  
1900 Woodland Dr, Coos Bay  
(541) 267-5151

# Community Resources

## Pregnancy Care and After Delivery Community Resources

- **Bay Clinic**  
1750 Thompson Rd., Coos Bay  
(541) 269-0333
- **Coast Community Health Center**  
1010 1st St SE #110, Bandon  
(541) 347-2529
- **Coos Health and Wellness**  
Public Health Clinic  
281 LaClair Street, Coos Bay  
(541) 266-6700
- **The Lactation Club**  
(541) 751-2404  
Find them on Facebook: TLC-The Lactation Club  
*The Lactation Club meets every 2nd Wednesday of the month at Coos Bay Library from 4 to 6pm in the Cedar room.*
- **Marshfield Clinic**  
826 S 11th Street, Coos Bay  
(541) 756-6232
- **MOMs Program (Management of Maternity Services)**  
1775 Thompson Rd, Coos Bay  
(541) 269-8111  
*Services are free of charge and include: Prenatal class registration, healthy pregnancy information and support, information about birthing options, after-baby follow-up visit and breastfeeding support.*
- **North Bend Medical Center**  
1900 Woodland Dr, Coos Bay  
(541) 267-5151

- **Powers Clinic**  
400 Fir St, Powers  
(541) 756-6232
- **Waterfall Community Health Center**  
1890 Waite Street, North Bend  
(541) 756-6232
- **Women, Infant and Children (WIC)**  
Coos Health and Wellness  
281 LaClair Street, Coos Bay  
(541) 266-6700  
*Services include; nutrition education, healthy foods, breastfeeding support, and referral services.*

## Quit Smoking Resources

- **Bay Area Hospital Stop Tobacco Use Clinic**  
Day Classes: Noon to 1pm  
March, May, July, Sept, and Nov.  
  
Evening Classes: 5:30 to 6:30pm  
Feb, April, June, Aug, Oct, and Dec.  
  
Location:  
BAH Community Health Education Center (CHEC)  
3950 Sherman Avenue, North Bend  
Cost: Free  
(541) 269-8076
- **Oregon Tobacco Quit Line**  
1-800-QUIT NOW (1-800-784-8669)  
Spanish: 1-877-2NO-FUME (1-877-266-3683)



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## THANK YOU TO OUR CONTRIBUTORS

- 211 Info
- Advantage Dental
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Coalition: Prenatal Care Subcommittee
- North Bend Medical Center
- Oregon Health and Science University  
School of Nursing
- Western Oregon Advanced Health

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