WHAT’S NEW IN SEXUAL HEALTH?

Vanessa Shields-Hass, FNP
OBJECTIVES:

- Gain knowledge & skills that will empower you to educate students on contraception.
- Understand what’s new in 2021 CDC STI Treatment Guidelines.
- Learn about gender affirming care.
ABOUT ME

- Pronouns she/her
- Working in sexual & reproductive health for 10 years
- I LOVE THIS WORK.
- Moved to Maine from New Orleans in 2019
Reproductive Justice Framework

“Reproductive justice is about the human right to self-determine.”
Pre-test: Question 1

I am knowledgeable about birth control options.
PRE-TEST: QUESTION 2

I understand the basics on gender affirming care.
What Health Services Can Minors Consent To Without Parental Permission in Maine?
MINORS CAN CONSENT TO:

- Pregnancy testing and prevention
- Emergency Contraception
- STI treatment and testing
- Abortion
- Sexual assault services
- Mental/Substance Abuse Abuse counseling & treatment
CHAT BOX:
BIRTH CONTROL OPTIONS?
Fact or Fiction?

- Intrauterine devices (IUDs) are not a good contraceptive option for teens.
FICTION!

- IUDs are safe to use in adolescents
- Do not increase adolescent’s risk of infertility
- Complications are rare and differ little btw adults and adolescents

Chat Box Question:
What do you think are the most and least effective forms of contraception?
## How Well Does Birth Control Work?

<table>
<thead>
<tr>
<th>Method</th>
<th>Effectiveness</th>
<th>Frequency</th>
<th>Risk of Getting Pregnant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Really, really well</td>
<td>The Implant (Nexplanon)</td>
<td>3 years</td>
<td>Less than 1 in 100 women</td>
</tr>
<tr>
<td>Sterilization, for men and women</td>
<td>IUD (Skyla)</td>
<td>3 years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IUD (Mirena)</td>
<td>5 years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>IUD (ParaGard)</td>
<td>12 years</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sterilization</td>
<td>Forever</td>
<td></td>
</tr>
<tr>
<td>O.K.</td>
<td>The Pill</td>
<td>Every. Single. Day.</td>
<td>6-9 in 100 women</td>
</tr>
<tr>
<td></td>
<td>The Patch</td>
<td>Every week</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Ring</td>
<td>Every month</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Shot (Depo-Provera)</td>
<td>Every 3 months</td>
<td></td>
</tr>
<tr>
<td>Not as well</td>
<td>Pulling Out</td>
<td></td>
<td>12-24 in 100 women</td>
</tr>
<tr>
<td></td>
<td>Fertility Awareness</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Diaphragm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Condoms, for men or women</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

For each of these methods to work, you or your partner have to use it every single time you have sex.
Chat Box Question:
Why *Long Acting Reversible Contraception (LARC) Methods?
**LNG* INTRAUTERINE CONTRACEPTION** (aka IUD)

*LEVONORGESTREL*

- **Brand name:** Mirena®  Liletta®
- **Contains:** 20 mcg levonorgestrel/day
- **Effectiveness:** 5-7 years
- **Effectiveness in preventing pregnancy:** 99%
  (less than 1 per 100 women become pregnant)
- **How it works:** inhibits ovulation, increases viscosity of cervical mucus, thins lining of uterus
- **Inserted:** vaginally in uterus by a trained clinician

**LNG* INTRAUTERINE CONTRACEPTION**

* levonorgestrel

- **Brand name:** Kyleena®
  - Specially designed for nulliparous women.

- **Contains:** 9.8 mcg levonorgestrel/day

- **Effectiveness:** 5 years

- **Effectiveness in preventing pregnancy:** 99%
  
  (less than 1 per 100 women become pregnant)

- **How it works:** inhibits ovulation, increases viscosity of cervical mucus, thins the lining of the uterus

- **Inserted:** vaginally in uterus by a trained clinician

*Sources:* Bayer. (2016). *Kyleena prescribing information.* https://tinyurl.com/3htrd4m4
COPPER-T IUD

- **Brand name:** Paraguard®
- **Contains:** Copper ions (no hormones)
- **Length of effectiveness:** 12 years
- **How it works:** inhibits conception, spermicidal
- **Effectiveness in preventing pregnancy:** 99%
  (less than 1 per 100 women become pregnant)
- **Inserted:** vaginally in uterus by a trained clinician

*Sources:*
Contraceptive Technology, 2010
Fact or Fiction?

- IUDs DO NOT require any routine screening tests.
FACT!

- Physical exams and pap smears are not required for **ANY** birth control method.

**Implant**

- **Brand name:** Nexplanon
- **Contains:** Etonogestrel (ENG)/progestin-only
- **Length of Effectiveness:** 3-5 years
- **Effectiveness in preventing pregnancy:** 99%
  (less than 1 per 100 women become pregnant)
- **How it works:** prevents ovulation, thickens cervical mucus, thins uterine lining
- **Inserted:** sub-dermally between biceps & triceps by a trained clinician

**Injectable**

**Depo Medroxyprogesterone Acetate (DMPA)**

- **Brand name:** Depo-Provera®
- **Length of effectiveness:** 3 months
- **How it works:** inhibits ovulation, thickens cervical mucus, anti-estrogen prevents sperm penetration, alters uterine lining
- **Effectiveness in preventing pregnancy:** 96-99%
- **Disadvantages:**
  - Bone mineral density impacted with extended use
  - Weight gain (not consistent for all women)
  - Slow return to fertility

PROGESTIN ONLY PILLS (POPs)

- **Brand name:** Minipill®
- **How it works:** inhibits ovulation, thickens cervical mucus, alters uterine lining
- **Disadvantages:**
  - 3+ hours late = missed pill
  - Potential increase in ovarian cysts

*Sources:* Kaunitz, A.M. ((2022). *Uptodate: Progestin only pills.* https://tinyurl.com/46j2um3m
Poll

Fact or Fiction?

- You have to wait until the first day of menses to start birth control pill.
Fiction!

- Start anytime!
- Protected immediately if started on day 1 of cycle (COCs)
- Abstinence or condoms if starting any other time during cycle
- Protected in two days with POPs
COMBINED HORMONAL CONTRACEPTIVES
(PILLS, PATCH, & VAGINAL RING)

- All 3 methods have similar:
  - Contraceptive Efficacy: 6-12 pregnancies per 100 women
  - Menstrual bleeding patterns
  - Side effects
  - Contraindications/complications
  - Monthly cost

- Major difference: the delivery system
  - Daily (combined oral contraceptive pills)
  - Weekly (Patch)
  - Monthly (NuvaRing)

Poll

Fact or Fiction?

- Antibiotics will reduce the effectiveness of oral contraceptives.
FICTION!

- No evidence that antibiotics will reduce effectiveness in a significant way or increase pregnancy rates
- Rifampin for TB is the only exception to this
- Drugs for seizure disorders, HIV, antiretroviral therapy, and St. John’s wort all can impact efficacy of COCs

Sources:
Chat Box Question:
Tell me what you know about EMERGENCY CONTRACEPTION.
# Emergency Contraception

## OOPS! Emergency Contraception: Birth Control That Works After Sex

<table>
<thead>
<tr>
<th>Types of Emergency Contraception</th>
<th>How well does it work?</th>
<th>How soon do I have to use it?</th>
<th>How do I use it?</th>
<th>Where can I get it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Copper IUD</td>
<td>Almost 100% effective</td>
<td>Within 5 days</td>
<td>It’s placed in the uterus by a health care provider</td>
<td>From a health care provider</td>
</tr>
<tr>
<td>ella</td>
<td>May be less effective if over 165 pounds. Try ella or an IUD.</td>
<td>Works better the sooner you take it, up to 5 days.</td>
<td>Remember to use it every time you have unprotected sex.</td>
<td>Get an extra pack for future emergencies.</td>
</tr>
<tr>
<td>Plan B One-Step or a generic</td>
<td>May be less effective if over 165 pounds. Try ella or an IUD.</td>
<td>Works better the sooner you take it, up to 3 days.</td>
<td>Remember to use it every time you have unprotected sex.</td>
<td>Get an extra pack for future emergencies.</td>
</tr>
</tbody>
</table>

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**Take Home Points**

- **Pills/Patch/Ring:**
  - Daily, weekly, monthly
  - Can continuously cycle pills & ring

- **IUD:**
  - No periods, light periods, or no influence on periods

- **Nexplanon:**
  - Most effective

- **Emergency Contraception:**
  - Plan B (3 days)
  - Ella 5 (days)
  - IUD (5 days)
WHAT'S NEW IN CONTRACEPTION?

BIRTH CONTROL: THE FINAL FRONTIER

https://amaze.org/educators/
IUD UPDATE: COPPER IUD AND LNG 52MG

2021 Research:
Planned Parenthood & University of Utah
- Placement at anytime in cycle
- No need for backup method
- Can use LNG 52mg for EC

Sources:
NEW PROGESTIN ONLY PILL (POP)

Meet SLYND

New POP (Drospirenone) with 24-hour missed pill window

WHAT’S NEW?

2021 STI Treatment Guidelines

REGIMENS & RESOURCES
BIG PICTURE UPDATES:

- Updated treatment recommendations for CT/NG, trichomoniasis, and PID
- FDA-cleared diagnostic tests for *Mycoplasma genitalium* and rectal and pharyngeal CT/NG
- Expanded risk factors for syphilis testing pregnant patients
- Two-step serologic testing for genital HSV
- Harmonized recommendations for HPV and HepC

UPDATES: IMPORTANT FOR YOUNG ADULTS

- CDC recommends opt-out screening for 24 year olds and younger

- 7 day doxycycline new gold standard treatment for chlamydia

GENDER AFFIRMING CARE

THE CARE YOU NEED. ANYWHERE YOU ARE.

Gender-affirming health care at 18 clinics and online.

www.MaineFamilyPlanning.org

(207) 922 3222
Open Door Program at Maine Family Planning

- All counties except Cumberland and York
- In person or telehealth
- 715 total unique patients since open door program start with over 1000 patient visits
- 6 trained Nurse Practitioners
Chat Box:
What Is Gender Affirming Care?

You deserve to have compassionate and respectful health care regardless of your gender identity or expression. Trans* equality is reproductive justice.
Gender Affirming Care
Gender Care for the Primary Care Pediatrician

Child Developmental Framework:
Gender identity formation is part of normal child development. Pediatricians should ask all kids at developmental nodal points about their gender as part of anticipatory guidance & screening.

Using Affirming Language:
Start by asking any patient how they identify. Their terms, identifications, & descriptions should guide the language providers use. Use of chosen name in more contexts (i.e. home) is protective against depression.

Modalities of Gender Affirmation

Legal
Can include updating
- Birth certificate
- Social Security Card
- Medical record
- Driver's license/state or city ID

Social
Can include changing
- Pronouns
- Name
- Clothing/style
- Gender expression

Medical
Commonly used:
- GnRH agonists
- Estradiol
- Testosterone
- Finasteride
- Spironolactone
- Birth control

Surgical
Can include
- Chest/breast reconstruction, augmentation, removal
- Hysterectomy, orchietomy
- Vaginoplasty, Phalloplasty
- Facial feminization

Remember: all different kinds of affirmation are completely up to the patient, & providers should support patients in making the changes they want to without making any assumptions. Gender affirmation should be Patient-Centered Consent-Based Care.

Take home points
Gender care is primary care!
Trauma informed care is essential.
Kids who are safe & loved at home do well.

References:
GENDER AFFIRMING CARE TRAINING

WPATH

THE FENWAY INSTITUTE

TRANSLINE

TRANSGENDER MEDICAL CONSULTATION SERVICE

center of excellence for TRANSGENDER health
## Medical Care

<table>
<thead>
<tr>
<th>Testosterone Therapy</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Multiple forms of testosterone</td>
<td>Multiple forms of estrogen</td>
</tr>
<tr>
<td>Lab work</td>
<td>Lab work</td>
</tr>
<tr>
<td>Surgical referrals</td>
<td>Testosterone blocker</td>
</tr>
<tr>
<td>Preventative screenings</td>
<td>Other meds?</td>
</tr>
<tr>
<td>Other meds?</td>
<td>Surgical referrals</td>
</tr>
<tr>
<td>Family planning</td>
<td>Family planning</td>
</tr>
<tr>
<td>Resources</td>
<td>Resources</td>
</tr>
</tbody>
</table>
WHERE TO START GENDER AFFIRMING CARE IN MAINE?

- People can **self** refer to:
  - Maine Family Planning
  - Planned Parenthood of Northern New England
  - Mabel Wadsworth
  - Some primary care providers
  - Endocrinology practices
MAINE FAMILY PLANNING’S ON-LINE RESOURCES

OPEN DOOR TRANSGENDER HEALTH SERVICES

**TRANSGENDER HEALTH SERVICES PACKET LINKS HERE**

INFO ON MASCLINIZING THERAPY

INFO ON FEMINIZING THERAPY

GENDER MARKER CHANGE HELP

https://mainefamilyplanning.org/our-services/lgbtq-healthcare/
Do you have questions about transitioning? We have answers. See trans patients like you.
Finding Safe Providers: Maine Queer Health

Maine Queer Health

home
contact
submit a provider
mainecare info
primary care providers
other categories
mental health care
sexual & reproductive health
transgender care
care by region
mainetransnet

COVID-19, MTN, & You

FIND THE RIGHT PROVIDER FOR YOU

MaineTransNet
ACCESSIBILITY, INCLUSION, COMMUNITY
Gender Marker and Name Changes

Pop-Up Transgender ID Project
1 in 5 Maine Teens Identify as LGBTQ+

BETTER HEALTHCARE FOR TRANSGENDER MAINERS

MAINECARE NOW COVERS GENDER AFFIRMING CARE

TALK TO YOUR PROVIDER

Make sure your providers know about this change in coverage.

NEW COVERAGE RULES

All medically-necessary healthcare services should be covered. Surgical services will require pre-authorization.

GET HELP

If you run into problems or questions, or are denied coverage, contact one of these organizations for help:

- EqualityMaine.org
- MaineTransNet.org
- GLADAnswers.org
- MaineWomen.org/MWL

Get help signing up for MaineCare at: mejp.org

HELP MAKE THINGS EVEN BETTER

We are working with MaineCare to establish more explicit guidelines on what is and is not covered. Let us know what’s working and what’s not so we can continue to advocate for the care you need.
What About Minors?

The Barbara Bush Children’s Hospital
At Maine Medical Center
RESOURCES FOR TEENS: OUT MAINE

DEAR CHUCK,

GROWN-UPS’ QUESTIONS ANSWERED BY QUEER YOUTH

OUT MAINE BINDER PROGRAM

OUTMAINE.ORG/RESOURCES/BINDERS

OUT Maine provides free chest binders to any transgender, nonbinary, gender-expansive, or any other LGBTQ+ youth, ages 14 – 22 in Maine, who needs one and cannot afford to purchase or safely obtain one.

LIFTING UP MAINE’S QUEER YOUTH

63 Park Street / PO Box 1723 / Rockland, ME 04841
info@outmaine.org / (800) 530-6997 / OUTMaine.org

OUT Maine is a 501(c)(3) tax-exempt charitable organization. D/N: 20-3652307
RESOURCES FOR TEENS: TRANSNET
CRISIS RESOURCES

Trans Lifeline
1-877-565-8860
- trans-led, focused, and staffed crisis line

Trevor LifeLine
1-866-488-7386
- for LGBTQ+ young people 24 years old and younger

Maine Crisis Line
1-888-568-1112
- crisis hotline, text line, online chat

- 711 will take you to a deaf and hard of hearing alternative
How can teens reach us?
I am knowledgeable about birth control options.
Post-test: Question 2

I understand the basics on gender affirming care.
Contact Information:
Vanessa Shields-Haas, FNP

207-922-3222
vshieldshaas@mainefamilyplanning.org

Visit our website:
www.mainefamilyplanning.org