

Voices from Home



Stories of
Planned
Parenthood
Patients

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The patients featured here shared their stories between 2011 and 2015. Many submitted written entries through the Planned Parenthood website. Others were interviewed by Planned Parenthood staff in person or over the phone.

Introduction

Planned Parenthood is one of the nation’s largest women’s health care providers, with one in five American women turning to us for care at some point during her life. With health centers all across the country, Planned Parenthood provides care to millions of women, men, and young people. More than 90 percent of this care is preventive – affordable birth control and family planning counseling to over two million patients, nearly 400,000 Pap tests that screen for cervical cancer, and nearly 500,000 lifesaving breast exams. Our education programs reach over 1.5 million people, and last year we diagnosed more than 169,000 sexually transmitted infections, including HIV.

But statistics tell only part of the story. Behind every number is a mother, a daughter, a family member who might have gone without treatment for a disease or experienced an unintended pregnancy if it hadn’t been for the doctors and nurses at Planned Parenthood in their community.

The women who come to Planned Parenthood don’t come to make a political statement. They come to get high-quality, affordable, and compassionate care. Approximately 60 percent of our patients benefit from public health coverage programs such as Medicaid. More than half of Planned Parenthood’s health centers are in rural or medically underserved areas. For many low-income women, Planned Parenthood health centers are their sole source of medical care. These centers are lifelines.

Planned Parenthood patients across the country have shared their stories in their words about how their lives have been changed – sometimes even saved – by a visit to a Planned Parenthood health center. In these pages, they talk about health care staff who listened to them without judgment, who treated them with respect, who diagnosed conditions that otherwise would not have been detected, who gave them tools to take care of their health, and who enabled them to plan their lives and protect their families. These stories document the essential role that Planned Parenthood plays in the health of this nation.

Our patients have trusted us for 99 years. No matter who they are or where they live, they can count on us to keep on going – no matter what.



Cecile Richards
 President
 President of Planned Parenthood Federation of America

Theresa

I credit Planned Parenthood for providing quality care and education to a nervous 17-year-old girl.

Planned Parenthood was there for me through high school and college, when I needed family planning advice and information and couldn't ask my parents. I have never been pregnant without wanting to be and I credit Planned Parenthood for providing quality care and education to a nervous 17-year-old girl. I used Planned Parenthood until I married and was on my husband's insurance. I was the girl in college that drove my friends to Planned Parenthood for their yearlies, for birth control and to get the morning-after pill and not one of us became pregnant until we made the choice to do so.

Shirley

I was interested in a "yearly" woman checkup and wanted a female MD. Luckily for me there she was at the Planned Parenthood office. The entire staff was professional, courteous, confidential, high spirited and welcoming.

I have been using the Planned Parenthood health center in Fairbanks, Alaska, for several years now. I was interested in a "yearly" woman checkup and wanted a female MD. Luckily for me there she was at the Planned Parenthood office. The entire staff was professional, courteous, confidential, high spirited and welcoming. Little did I know they had a cervical cancer exam they offered also. I was ill with an upper respiratory problem, which turned out to be pneumonia, and was given a prescription. All this on a sliding scale. Since using Planned Parenthood in Fairbanks I have recommended their office to many people in my community, young and old, female or male. Many friends have "reported back" to mention how glad they were to know about Planned Parenthood. One friend was surprised to know her son can seek Planned Parenthood services. I live in "the bush" in interior Alaska. Our community and the surrounding areas use Fairbanks as a hub for services, including medical services. This is one of the ways Planned Parenthood helps. The office had a wealth of information pamphlets on medical issues. Thank you.

Alabama

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	3,341	306	300	42	23

Alaska

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
4	7,872	6,052	9,911	1,369	1,455

Julie

As a nurse I advocate for my patients and families to ensure their needs are met, act as a moral agent by helping to resolve ethical concerns, and I follow the Hippocratic Oath of “do no harm.” I expect the Congress to do the same for American women; it’s your duty!

I first learned of Planned Parenthood in 1991 while attending the University of Wisconsin-Madison. At that time I had no health insurance, lived on limited funds and initially went to Planned Parenthood for the affordability. It was my first cervical cancer screening. I received a thorough examination including history, physical, well-woman examination and comprehensive safe sex education. I remember feeling relief and reassurance that I had a health care provider I could count on to provide me with the basic preventive women’s health care that until then I did not have access to. I continued receiving care from Planned Parenthood throughout my college years and into the beginning of my professional years. I graduated from the same university and became a registered nurse. In my practice I have met many young women who do not have primary care physicians and who are not current with their cervical cancer screenings. The first provider I think of is Planned Parenthood and often take the time to educate these young women on the valuable services this organization provides. I feel that Planned Parenthood is an integral provider of women’s health care in the United States and to cut the funding to this organization would put women’s health in jeopardy. As a nurse I advocate for my patients and families to ensure their needs are met, act as a moral agent by helping to resolve ethical concerns, and I follow the Hippocratic Oath of “do no harm.” I expect the Congress to do the same for American women; it’s your duty!

Arizona

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
10	41,231	30,363	28,622	9,847	6,299

Ashley

I have been a patient of my local Planned Parenthood in Fayetteville for three years now. I have an amazing nurse practitioner who is always available to me and makes me so comfortable.

I am a big supporter of Planned Parenthood for so many reasons, mostly because they offer a great place for people of all backgrounds to get the health care they need. My family history has a lot of cancer. My grandmother passed away when she was 32 of uterine cancer, when my dad was only 13. My great-grandmother has survived breast cancer twice! Needless to say, I try to stay on top of my screenings to keep myself safe. I have been a patient of my local Planned Parenthood in Fayetteville for three years now. I have an amazing nurse practitioner who is always available to me and makes me so comfortable.

Several years ago, when I was 23, I found a lump in my breast. With my family history I was quite concerned. I made an appointment at Planned Parenthood. The nurse practitioner found the lump and arranged for my first mammogram. I had a biopsy and had the lump removed; it came back negative. Planned Parenthood even put me in contact with a group to help me pay for the procedure. Normally it would have cost \$1200, but I paid approximately \$200, which was all I could afford. I was working three jobs and paying off student loans. Money was tight. If it weren’t for Planned Parenthood, I would not have been able to get the procedure and keep myself healthy. Thank you, Planned Parenthood.



Arkansas

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	4,434	4,101	3,880	598	740

Mary

Six years later I’m healthy and still so grateful for the excellent and compassionate care I received at Planned Parenthood.

In college I couldn’t afford annual visits at my regular ob/gyn office. I mentioned this to a friend and she suggested I visit Planned Parenthood for a free exam. After some hesitation I went. Thank god that I did. During my visit they found that I had the first signs of cervical cancer. I was 19 and terrified. The staff at Planned Parenthood was so supportive and understanding. One doctor in particular was amazing – I wish I could find her and thank her personally. She went out of her way to call and check up on me once a week until I had recovered completely from the procedure that got rid of the cancerous cells. Six years later I’m healthy and still so grateful for the excellent and compassionate care I received at Planned Parenthood. I am studying to be a nurse now. When I graduate I plan to volunteer at Planned Parenthood so I can help women receive the medical care that they deserve.

Rebekah

Because I was able to get preventive care, including birth control, I was able to fulfill my life goals: to graduate college and become a mother.

When I attended community college, I worked two minimum-wage jobs – yet still was financially strapped and unable to afford health insurance. One day as I was walking down the hall, I saw a flyer that said that Planned Parenthood was opening a health center. I visited the new, conveniently located center – and the rest is history. Because I was able to get preventive care, including birth control, I was able to fulfill my life goals: to graduate college and become a mother.

Access to birth control is absolutely critical for women because if we don’t have it, we can’t move ahead in life – we can’t plan for our education and we can’t plan to have children when we can afford to raise them.

As a Latina, I am acutely aware that cultural barriers exist in the Latino community that can pose an obstacle to accessing health care. It’s important for Latinos to have access to birth control because when you can choose when and how you have children, you can raise up your family, and when you raise up your family you raise up your community.

Because I could take charge of my life with affordable birth control, I was able to transfer out of community college to UCLA. Ten days after graduation, I gave birth to my son. I then went on to graduate school at Harvard and a political career in Washington, DC, on Capitol Hill.



California

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
117	809,538	665,505	1,613,280	93,433	97,118

Shawanna

My life is better because of my decision. I got to finish high school, and I became a certified nurse assistant. Six years ago, I became pregnant again – but this time, I was financially stable and emotionally ready to become a parent.

When I was 16, my mother died of ovarian cancer, and I had to become a mother figure for my little sister. I was the one who had to take responsibility for taking care of her, and it was daunting. Then, at age 17, I became pregnant. I went to Planned Parenthood, and the staff confirmed my pregnancy. They took care of me and explained all of the different options that were available: I could carry the pregnancy to term and keep the baby; I could give up the baby for adoption; or I could have an abortion.

I decided to terminate the pregnancy because it was the best option for me at the time. Planned Parenthood helped me get funding for the procedure. It was a difficult decision, but I already was a parent to my sister, and I couldn't financially or emotionally provide for another child. I also wanted to finish high school, and my boyfriend was not in a place to be able to raise a child.

My life is better because of my decision. I got to finish high school, and I became a certified nurse assistant. Six years ago, I became pregnant again – but this time, I was financially stable and emotionally ready to become a parent. This time, my choice was to keep the pregnancy. Today, I'm a proud parent of a little boy and successfully pursuing my career. It's important that abortion remain safe and legal for women.



Brandi

With no insurance and my entire family across the country, Planned Parenthood took control and gave me direction when I was lost. I owe them my life.

Brandi has been going to Planned Parenthood since she was 17 years old for birth control and well-woman exams.

At 27, Brandi noticed a small indentation on her upper left breast. She had just graduated from graduate school in California, and hadn't even had a chance to start looking for a job. She was uninsured. And her whole family was on the East Coast.

Though there wasn't a history of breast cancer in her family and she was so young, she knew she needed to get the suspicious mark checked out. So Brandi went to the local Planned Parenthood health center she had always gone to. Upon examining her, the doctors there immediately referred her to get specialized diagnostic tests – and they were able to secure a grant to help cover the needed testing. Overwhelmed by the process, she relied on the Planned Parenthood doctors and nurses to help her navigate the system and get the follow-up care she needed.

Brandi soon learned she had stage 2B breast cancer.

The news shocked her. With the support from her mother and aunt, and Planned Parenthood, she underwent chemotherapy and surgery.

In Brandi's words: "With no insurance and my entire family across the country, Planned Parenthood took control and gave me direction when I was lost. I owe them my life."



Tessara

Planned Parenthood is where I went, scared and alone when I was 14 years old to find out if I was pregnant.

I’m a teen mom. Sure, I may be a 25-year-old married woman now, but I will always be a teen mom. My daughter was born when I was barely 15, so I know what the meaning of choice is. I chose life for my own reasons, but that doesn’t mean I’m not happy to live in a society where I could have chosen to abort if I felt I needed to. Planned Parenthood is where I went, scared and alone when I was 14 years old to find out if I was pregnant. Planned Parenthood tested and counseled me about my options. Not just abortion, but about where to seek adoption options if I chose, and encouraged me to begin a prenatal health regimen. Insufficient prenatal health care is one of the leading causes of health problems for teen mothers and their children. They either don’t know that they are really pregnant, because they don’t know where to get tested (and can’t afford an over-the-counter test) or once tested they come from such impoverished areas that prenatal care is unheard of. No matter what your opinion about abortion may be, keep in mind that Planned Parenthood is the security net for women who need counseling, birth control, and pregnancy tests. My daughter is a successful, happy ten-year-old. She gets straight A’s and has no health issues. I’m not sure I could say that if Planned Parenthood hadn’t told me I needed to obtain prenatal care. I want to know that if the day comes that my own daughter is scared and feeling alone, there is a support net for her too.

Chris

If you take away Planned Parenthood, my only option is to either take out medical loans to take care of what I need to take care of, file bankruptcy when I couldn’t pay them, suffer and file disability.

Chris is 29 years old. She works hard – she makes about \$35,000 a year. She also has endometriosis.

Every three months, she goes into a Planned Parenthood health center and gets a Depo-Provera shot. Even with a shot, she still experiences daily pain, but without it, she wouldn’t be able to function, go to work, or even tolerate the symptoms of endometriosis.

She cannot afford surgery, but fortunately, Planned Parenthood has always been there to help.

Chris says, “If you take away Planned Parenthood, my only option is to either take out medical loans to take care of what I need to take care of, file bankruptcy when I couldn’t pay them, suffer and file disability.”



Colorado

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
21	70,512	57,204	59,060	8,431	10,879

Alexandra

I was so relieved to know that I could get Plan B for only \$10, and that I wouldn’t have to worry about facing one of the most difficult decisions a woman will ever have to make.

I needed the morning-after pill after one horrible night in college. I was terrified about becoming pregnant through this experience. I stepped into my first Planned Parenthood clinic the next morning. I was so relieved to know that I could get Plan B for only \$10, and that I wouldn’t have to worry about facing one of the most difficult decisions a woman will ever have to make. After visiting there, I was also able to get on birth control for an affordable \$18 a month. I felt so protected and proud to be able to make this decision for myself. I’m newly married and very happily 17 weeks pregnant. I can’t wait for the birth of our baby girl. I am a woman of faith and I pray that my daughter will have control of her reproductive life as I have had. Taking away Planned Parenthood means taking this right away from women. There is a problem with our country when half of all pregnancies are unintended. Planned Parenthood is the only organization that is actually trying to prevent them and help woman take control!

Laura

At a time when so many of us are struggling to make ends meet, the services of Planned Parenthood are needed more now than ever.

Planned Parenthood has been there for me! When I lost my job, as so many of us have, I was left without health insurance. I was fortunate enough to find a new position, although it came without health insurance and a significant decrease in pay. Given my new situation I had no idea how I would continue to keep myself healthy and practice safe sex while on a strict budget and without insurance. Seeing a private physician and paying out-of-pocket wasn’t even financially a possibility. Thank god for Planned Parenthood! Because of Planned Parenthood I was able to get the help and resources I needed while staying within my tight financial parameters. Before I found myself in this situation I had no idea how valuable Planned Parenthood was. I can’t stress enough how grateful I am for the services Planned Parenthood was able to provide me. At a time when so many of us are struggling to make ends meet, the services of Planned Parenthood are needed more now than ever.

Connecticut

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
17	64,001	51,218	81,282	8,806	3,087

Delaware

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
3	8,483	5,365	11,044	1,142	0

Dakota

If Planned Parenthood weren't around and hadn't helped me, I would not be who I am today.

I recently graduated from college, and I'm looking forward to attending medical school and training to become an abortion provider. The thing I'm most excited about is talking with patients and helping them in their health care process. If a patient needs an abortion, I want to be there to help them as a trusted medical advisor.

I arrived at this decision because of my involvement with Planned Parenthood. I turned to Planned Parenthood when I was in high school for birth control. Everyone there – from the front desk staff to the counselor to the doctor – was supportive and respectful. I was able to get control over my really horrible period cramps and also know I could have safer sex and not have to worry about pregnancy when I was in high school.

I also became a peer educator through Planned Parenthood in high school, and that changed my life. I learned about queer justice and reproductive justice and how they are intimately connected because they both are about having autonomy over your body and creating the family you want when you want it.

If Planned Parenthood weren't around and hadn't helped me, I would not be who I am today.

District of Columbia

Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
7,585	4,833	7,451	883	1,065

Betty

At ages 20 and 17, my husband and I had few financial resources, but Planned Parenthood made it possible for me to obtain my first contraception.

When my husband and I married back in January of 1958, his family doctor in our rural area was too embarrassed to talk with me about family planning. Instead, he sent me directly to the Planned Parenthood clinic in downtown Toledo, Ohio. At ages 20 and 17, my husband and I had few financial resources, but Planned Parenthood made it possible for me to obtain my first contraception. Three years later, at a more appropriate time in our lives, our daughter was born, and three years following that, our son. In the meantime, Planned Parenthood monitored my reproductive health with Pap tests. I have been forever grateful to Planned Parenthood for allowing us to take control of the timing and spacing of the birth of our children and for keeping me healthy when access to and affordability of these kinds of services were at issue. I want Planned Parenthood to remain available to my daughter, my granddaughters and now my great-granddaughter if any of them should experience the same need.

Florida

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
23	70,438	46,698	61,051	9,394	16,583

Alexis

Please do not take away my last hope. Without Planned Parenthood I would not be able to live a normal life.

I am a twenty-year-old girl who lost my health care at eighteen when my parents couldn't make enough hours at work. I have menstrual cramps that last a full week that cause me to be bedridden. Without Planned Parenthood's birth control I would not be able to have a job or attend college regularly. I do not take birth control to be sexually active; I take it to ease the pain. Please do not take away my last hope. Without Planned Parenthood I would not be able to live a normal life.

Jessica

Due to the early detection of the virus, continued screenings and procedures, and lifestyle counseling that I received at Planned Parenthood, the virus became undetectable after 1 year and has not resurfaced to this day.

My name is Jessica and I am a 28-year-old mother, wife, and vocational rehabilitation counselor. From the ages of 17 through 22, I utilized Planned Parenthood's services for my basic checkups and access to birth control since I did not have the means to pay for these myself at the time. When I was 19, I went in for my annual screening at Planned Parenthood and was informed that I had contracted the HPV virus and that the particular virus that I had carried a large risk of causing cervical cancer. Due to the early detection of the virus, continued screenings and procedures, and lifestyle counseling that I received at Planned Parenthood, the virus became undetectable after one year and has not resurfaced to this day. Since that time I was able to finish college, graduate school, get married, and give birth to a beautiful baby girl. I feel that if I had not been able to access the essential health services at Planned Parenthood, I would not have detected the virus early enough and may have developed cancer in my young age. I am forever grateful to Planned Parenthood.

Georgia

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
5	14,780	8,533	8,544	2,216	1,971

Hawaii

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	7,079	4,429	6,676	1,000	1,204

Linda

They helped me find a doctor to do the necessary surgery and supported me throughout. With their help and with my doctor’s encouragement as well as constant monitoring of my condition, I gave birth to a baby girl in 1987.

It was 1983. We were living on \$444 a month and had no phone because we were paying doctors –10 of them – \$5 a month. My husband had just completed two surgeries and radiation therapy for testicular cancer. We were told a child was unlikely. I had my annual Pap test at Planned Parenthood. It came back positive and so they sent me a letter. But the letter didn’t reach me for some reason. They checked phone records, found my place of work and contacted me finally two months after the Pap. They helped me find a doctor to do the necessary surgery and supported me throughout. With their help and with my doctor’s encouragement as well as constant monitoring of my condition, I gave birth to a baby girl in 1987. Without Planned Parenthood, we wouldn’t have a beautiful young woman as a daughter and I may not be here. People can’t live without Planned Parenthood.

Courtney

Without Planned Parenthood, I could NEVER have afforded my medications, and I’m sure that my beautiful son would not be here today...

I suffer from endometriosis – I was diagnosed at age 17. During my college and graduate school years I relied on Planned Parenthood to provide me with the low-cost birth control I needed to control the damage endometriosis can cause to your reproductive organs. Without Planned Parenthood, I could NEVER have afforded my medications, and I’m sure that my beautiful son would not be here today...their kind and affordable services kept me healthy enough to be the proud mother I am today.

Idaho

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
3	7,011	5,189	6,596	913	819

Illinois

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
18	64,273	47,487	71,629	6,800	10,806

Silvia

The information and education I received from Planned Parenthood as a late teen and young adult was invaluable.

I don't even know where to start on how Planned Parenthood has been there for me. I've been there for annual Paps and other testing when I didn't have insurance or a regular doctor, from college through adulthood. There have been many times in my life when I couldn't afford a doctor and Planned Parenthood was the only place I could turn. Aside from school and later college, Planned Parenthood was my source of true sex education. The information and education I received from Planned Parenthood as a late teen and young adult was invaluable. As far as my reproductive health goes, it has been a place I have turned to when I couldn't afford to go anywhere else or I wanted to make sure I received the most accurate information from a place I knew wouldn't judge me and I knew was there to help me. I got my first birth control prescription through Planned Parenthood. I don't know what I would do or what friends of mine would have done without their services!

JoAnna

I first started going to Planned Parenthood in college when I decided to start taking birth control. They answered all my questions and, because I was in college and not working, I was able to pay-what-you-can for my pills. I knew I wasn't ready for kids – I wanted to finish college. Planned Parenthood made that happen.

Planned Parenthood has been my main trusted source for any kind of routine reproductive health care. I first started going to Planned Parenthood in college when I decided to start taking birth control. They answered all my questions and, because I was in college and not working, I was able to pay-what-you-can for my pills. I knew I wasn't ready for kids – I wanted to finish college. Planned Parenthood made that happen. Years later, when I was 25, I had an abnormal Pap test. My doctor sent me to a local ob/gyn. That ob/gyn took one look at me and told me I had HPV, that I was going to get cervical cancer before I was 30, that I wouldn't be able to have kids, and that I was having too much sex. She gave me no information on what HPV is and what it meant I really had. I was stunned and horrified. Not only had my trusted doctor referred this woman, but she was delivering some horrific news. I went back to my regular doctor for real information. She was also horrified. Then she referred me back to Planned Parenthood. Planned Parenthood took care of me, educated me, and reassured me that things were not even remotely as bad as what I had been told. They looked at my original test results, retested me, and did an exam. I've gone back to Planned Parenthood for every Pap test ever since. I'll be 30 this year and not only have I not developed cervical cancer, but I've never had an abnormal Pap since. I am perfectly healthy and Planned Parenthood has kept me that way.

Indiana

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
23	62,883	49,760	55,089	6,576	4,927

Iowa

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
13	37,223	32,378	51,782	7,544	13,664

Clarissa

Opposers to Planned Parenthood don’t think about how much they also do to PREVENT unplanned pregnancies, thus helping to prevent abortions.

I have used Planned Parenthood services for the last 12 years. They have provided me with annual screenings for cancer and STDs. There were years I could not afford to pay for these services, and Planned Parenthood was always there to help me. They were able to provide me with birth control pills at no charge during a year in my life that I had nothing. Opposers to Planned Parenthood don’t think about how much they also do to PREVENT unplanned pregnancies, thus helping to prevent abortions. The staff at Planned Parenthood educated me about STDs and ways to protect myself when no one else would. They have comforted me when I was scared, helped me when I needed it, and educated me so I could become the empowered woman I am today. I owe my good health to Planned Parenthood alone as I was turned away by other clinics for not having insurance. Our government must listen to the voices of its people. We need Planned Parenthood, plain and simple.

Jesse

Knowing that there is an organization out there that actually is helping people in my situation is such a comforting feeling.

Without Planned Parenthood, I wouldn’t be able to afford my annual checkups or birth control. The past two years have been extremely rough financially for my husband and me. We started out our marriage in the middle of college, so our busy schedules at school made it very hard for us to work as much as we would need to in order to be financially stable. With Planned Parenthood’s amazing and generous sliding scale, I was able to get my annual exam as well as birth control completely free. Knowing that there is an organization out there that actually is helping people in my situation is such a comforting feeling. Bringing a baby into the world right now is not an option for my husband and me because we wouldn’t be able to afford it and getting free birth control is ensuring that we don’t bring a child into this world, one we know we would have trouble supporting right now. Planned Parenthood helped our family when other organizations (including the government) wouldn’t. We tried to get food stamps, but because we’re both in school and working less than 20 hours a week – that eliminated us from receiving them... even though we’re both in college, obtaining degrees and wouldn’t be depending on the government for help for very long. Because I had issues with my stomach when I was in early high school, I was denied health insurance from a couple of different companies – so going to the doctor is usually out of the question for me. However ... Planned Parenthood made it work for me. The services they offer to women, especially women who are financially struggling, are incredible. If they weren’t able to provide annual health checkups for free (or a very low rate) I wouldn’t be able to get one right now. Planned Parenthood is more than a place that offers abortion services. It is a place that helps women who are in need... women who care about their health and their future. Women like me. I stand behind Planned Parenthood and always will.

Kansas

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	10,096	6,999	8,756	1,137	1,677

Kentucky

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	5,358	4,904	5,718	1,792	1,846

Toni

Toni has been going to Planned Parenthood for her women’s health care since she was in high school.

Toni is a 45-year-old small business owner and a single mother of two.

She works work 8-10 hour days, and cannot afford health insurance for her family.

Toni has been going to Planned Parenthood for her women’s health care since she was in high school. Even as a small business owner, she still goes to Planned Parenthood for birth control and well-woman visits. It’s the only place she can afford. She recently went to the Planned Parenthood health center in New Orleans for a hyperactive thyroid condition. Planned Parenthood helped her find a specialist to treat her condition on a sliding scale.



Abigail

I was desperate and I turned to Planned Parenthood.

My personal experience with Planned Parenthood has recently come full circle. As a high school and college student, I volunteered with Planned Parenthood, and now I’m a client. As one who has recently found herself among the growing cohort of “young, educated, and unemployed,” I’m experiencing the reality of our health care system. After a stint of long-term unemployment, my COBRA insurance ran out, and I suddenly became one of the multitude of uninsured Americans. I was especially anxious about access to birth control, as my previous prescription was about to run out, I didn’t have any more refills, and my primary care doctor (located in the state I’d recently moved from) refused to give me a new prescription without seeing me in person, due to my complicated medical history. About a year ago, I realized there was a mass in one of my breasts and I have a significant family history of breast cancer, and I had been dragging my feet about getting it checked out. I was desperate and I turned to Planned Parenthood. Not only was I able to access the care I needed at a price I could afford, in a caring and judgment-free environment, the physician took the time to encourage me to finally face my fears and seek out additional care to address the mass in my breast, and even scheduled a mammogram and found a referral for a great breast specialist. I don’t know what I would have done if I hadn’t had access to an organization like Planned Parenthood, and it pains me to think that other women might be deprived of such an essential resource.

Louisiana

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	10,147	9,316	11,467	2,048	4,228

Maine

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
4	10,382	8,230	10,782	1,132	2,324

Kira

If Planned Parenthood had not been there for me, I would have had to wait dangerously long into my pregnancy to get prenatal care.

I have been involved with Planned Parenthood since literally before I was born: my mother was a volunteer counselor at the offices of Planned Parenthood of Maryland when she was pregnant with me and throughout my childhood. When I was 28 years old, newly married and fresh out of graduate school, I took a home pregnancy test but refused to believe the result. I had a new job beginning in a few weeks! The nurse practitioner who examined me asked, with neutrality I would not have thought possible, what I wanted to do. It turned out that I did want to have a baby. That baby will be nine years old on Sunday. I can't imagine my life any other way. But I also know that my circumstances, like everyone's, were unique. If Planned Parenthood had not been there for me, I would have had to wait dangerously long into my pregnancy to get prenatal care. Thank you Planned Parenthood.

Maryland

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
9	33,113	26,003	34,276	4,102	4,772

Leslie

Thankfully, I was fixable. I value Planned Parenthood and praise the men and women who provide reproductive services to women who might not otherwise have access.

I've utilized the services of Planned Parenthood many times throughout my life when I was either uninsured or under-insured. They provided me with an annual Pap test and birth control pills for free or a reduced fee depending on my financial situation. In 1997, I found myself without insurance and once again called upon the services of Planned Parenthood. During my Pap test, the doctor felt a small mass in my uterus. I remember she told me, "The best thing is that we know something abnormal is there, now we can move toward fixing it." Thankfully, I was fixable. I value Planned Parenthood and praise the men and women who provide reproductive services to women who might not otherwise have access. They are literally lifesavers!

Massachusetts

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
7	32,267	18,470	45,833	1,303	1,829

Kanisha

I was grateful to have an adult who validated what was happening in my life and who treated me with respect.

I would not have been able to afford birth control, which I needed for a medical reason, without Planned Parenthood. I was grateful to have an adult who validated what was happening in my life and who treated me with respect.

I was nervous the first time I went to Planned Parenthood for an appointment. I was 16, and the only doctor I’d ever been to was my pediatrician – but this time I needed a reproductive health care provider to discuss my unusually painful, heavy, and long periods. They were so severe that I would even pass out at school.

Everyone at Planned Parenthood was so helpful and knowledgeable. There was no judgment at all. I was grateful to have an adult who listened to me and validated what was happening in my life and who treated me with respect. To control my periods, my Planned Parenthood provider recommended that I try the birth control pill. I experienced side effects, so then my provider recommended the Depo-Provera shot. Once again, I experienced side effects. Therefore, when I learned about the IUD at age 18, I asked if I could be eligible – and was thrilled that I was.

Unfortunately, my insurance did not cover the IUD, and this was before the Affordable Care Act, with its no-copay birth control benefit, was in place. Without Planned Parenthood I would not have been able to afford birth control. That’s why it’s so important to have birth control without copays – so that women don’t face another barrier in accessing the care they need.



Mary

Knowing your STD status protects you from developing serious complications from STDs you may have and helps protect your future partners.

Planned Parenthood helped me get long-term birth control, Implanon, before my husband and I lost our insurance coverage. Without insurance, I would have paid more than \$50.00 a month for my birth control prescription. I paid a total of \$70.00 to get a device that will last for 3 years. The Planned Parenthood clinician talked through all my contraceptive options and we decided together that a long-term hormone birth control would be the best method for me. Planned Parenthood staffers have always been pleasant and professional during my appointments, and they always had my best interest at heart and in mind! The very same day, I took my sister, who does not have health insurance, to an appointment at Planned Parenthood to get an STD screening. Because she is a low-income student, her visit and tests were covered completely by Title X. Knowing your STD status protects you from developing serious complications from STDs you may have and helps protect your future partners. I wouldn’t know where to go to get contraception or STD screenings if there wasn’t a Planned Parenthood in my community.

Michigan

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
21	68,196	41,237	65,782	10,891	14,532

Connie

I became interested in the pill when I became sexually active last year at age 19. I went to Planned Parenthood because I knew they were a good resource. I didn't want to tell my mom I was taking birth control, so I didn't want to go to our doctor at home. I was kind of nervous at the appointment, but it was really great because it was something that I wanted. The people at Planned Parenthood were all really nice. I am just really happy that I could go there and have my needs met.

If I hadn't been able to go to Planned Parenthood, I probably would not have gotten birth control, and I would have felt too uncomfortable speaking about it with my mother. I would have continued being sexually active. I would have used condoms, but I would have been very nervous every time. I feel very lucky that I have been able to get started on the pill knowing that condoms are not always reliable, and there's often condom negotiation [with my partner].

Lucy

Three years ago, I got my first prescription for the birth control pill through Planned Parenthood, just after I turned 18 and started a relationship with my first serious boyfriend. The pill was accessible and low-cost. The ACA had not been implemented yet, and our family insurance did not cover the IUD, so the pill was the easiest option. I am still considering the IUD, but I'm satisfied with the pill.

My partner actually ended up being abusive, and could have become even more abusive if I had had to ask him to use condoms. In the beginning we did use condoms, but he was not happy about it. If I hadn't been on the pill, it would have been scarier for me. I would have run the risk of becoming pregnant. Birth control gave me security.

Sinda

"I'm thinking, 'Everybody deserves services,'" she said. "They may be able to afford private medical services, but others may not. Shouldn't everyone have a place to go?"

Sinda started coming to Planned Parenthood for her birth control when she was a teenager growing up in Detroit. As an adult, when she was laid off from work and did not have health insurance, Sinda visited the Ann Arbor health center for a routine exam. The nurse noticed that her neck was swollen and had her tested for thyroid disorder. It turned out that Sinda had hyperthyroidism that, if left untreated, could lead to heart failure.

When Sinda's 21-year-old daughter turned 17, she brought her to Planned Parenthood for her first ob-gyn exam.

Sinda said that when she sees protesters outside Planned Parenthood facilities, it's hard for her to hold her tongue: "I'm thinking, 'Everybody deserves services,'" she said. "They may be able to afford private medical services, but others may not. Shouldn't everyone have a place to go?"



Kathryn

...Planned Parenthood was the one place I could go for an annual exam and Pap test. Their sliding-scale cost was truly a godsend to me.

When I was in my early twenties just out of college, I worked at an urban day care center. I did not yet have health insurance. It would be three more years before I managed to secure a job as a full-time elementary school teacher and thereby obtain health insurance. Until then, Planned Parenthood was the one place I could go for an annual exam and Pap test. Their sliding-scale cost was truly a godsend to me. Without it, I would’ve had to go without an annual. And, as women know, one’s annual exam tests for things like cervical cancer; and as doctors know, early warnings are crucial to treatment. Luckily I never had an abnormal Pap test, but I’m grateful to this day for Planned Parenthood’s services.

Danielle

For three years Planned Parenthood gave me my yearly exams and provided me with birth control for only \$10 a visit.

I had just turned 18, starting college while working at a bowling alley. There was no way I could afford health insurance with a car payment and paying for school. For three years Planned Parenthood gave me my yearly exams and provided me with birth control for only \$10 a visit. This enabled me to go through those years without the fear of an unwanted pregnancy changing my plans for my future. Imagine how many college-age women Planned Parenthood helps! With the rising cost of both tuition and health care, these girls have to make a choice. Most will choose the gamble that will be better in the long run – an education. So let’s prevent unwanted pregnancy/disease, not just for the college-age group but for all.

Minnesota

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
18	54,273	43,957	77,180	9,933	13,758

Mississippi

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
1	307	195	102	13	25

Marilyn

As a young person, I didn’t have health insurance, and I knew I did not want to have a baby. Planned Parenthood was the only place available to me to receive quality, respectful care and access to affordable birth control.

As a young person, I didn’t have health insurance, and I knew I did not want to have a baby. Planned Parenthood was the only place available to me to receive quality, respectful care and access to affordable birth control. They also provided my yearly screenings, information and resources related to healthy lifestyles, and, once I did choose to have children, information and support in recovering post-partum and contraceptives....I feel like, as a supporter and patient of Planned Parenthood for over fourteen years, the current political firestorm misidentifying the services of Planned Parenthood, and attempting to vilify the organization, will do nothing but result in hundreds, if not thousands, of people for whom there is no other health care option, taking on damaging and potentially deadly actions in order to maintain their abilities to plan for their own reproductive capacity.

Jill

When I had a cyst, Planned Parenthood held my hand, along with my partner and made the problem shrink to what it was: a benign issue for me. They told me what to do, how to take care of it.

As a young woman involved in my first serious sexual relationship, the staff at Planned Parenthood were always kind, gentle, and informative. I felt I could ask them anything and it would be okay. It was the most comfortable I have ever felt in a regular wellness exam. There was never any shame involved in any part of my visit. My partner, now husband, was also able to go to the Planned Parenthood clinic and obtain condoms, when we were strapped for cash. When I had a cyst, Planned Parenthood held my hand, along with my partner and made the problem shrink to what it was: a benign issue for me. They told me what to do, how to take care of it. They made me more familiar with my body. In the decades since that time, I have never had as positive an experience as I had at Planned Parenthood. Male and female physicians alike have not ever taken the time with me in the same way the Planned Parenthood clinic did. I cannot emphasize enough how important it is to provide a service where your clients, in shadows of ignorance which can greatly impact their health and future, are allowed to ask anything. I could ask anything at all and they wouldn’t let me leave until they saw all confusion gone from my face.

Missouri

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
14	45,766	35,041	50,318	6,596	8,176

Montana

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
5	15,057	9,528	19,436	4,251	4,160

Amy

I will do whatever it takes to keep abortion legal for me, for my daughters, and for ALL the women in this country. Planned Parenthood provides far greater service to this country than anyone can realize.

Every woman in my family before me, including my own mother, has had cervical cancer and had complete hysterectomies by 25. I have not, and I attribute this to the care I’ve received at Planned Parenthood. I am now 32 years old. I have three children, all of which I chose to have. I am staunchly pro-choice even though I’ve never had an abortion. I vote. I pay taxes. I am an average stay-at-home mother in the Midwest. I also have no insurance after my husband’s 13 years of military service, so I use Planned Parenthood for my birth control, for my regular Pap tests, and for other care too. My husband earns very little as a disabled vet; how are we supposed to afford the care I need at full cost with a doctor? Will I be forced to use the local health department for my gynecological care that takes months and months to get an appointment? I will do whatever it takes to keep abortion legal for me, for my daughters, and for ALL the women in this country. Planned Parenthood provides far greater service to this country than anyone can realize.

Marilyn

My husband is disabled, and gets Medicare, but I have no affordable options except for Planned Parenthood health centers.

I’m 62, and way past my reproductive years, but I still use Planned Parenthood health centers for my checkups. My husband is disabled, and gets Medicare, but I have no affordable options except for Planned Parenthood health centers. There is so much more to Planned Parenthood than just a place for safe, affordable reproductive issues. I believe this aspect of Planned Parenthood needs a little highlighting also, that Planned Parenthood is there for ALL women with all sorts of women’s health issues. Thank you for the chance to share my story.

Nebraska

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	8,585	7,146	13,311	1,989	3,247

Nevada

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
3	21,910	11,640	12,524	2,172	2,272

Krysten

From my first appointment at 15 for birth control option counseling when I was too scared to talk to my parents – Planned Parenthood has been there for my needs.

My name is Krysten and I am Planned Parenthood. I am 35 years old. I am married with two children. I am college-educated. I own a home and have a successful career. I have also utilized Planned Parenthood’s services for the past 20 years. From my first appointment at 15 for birth control option counseling when I was too scared to talk to my parents – Planned Parenthood has been there for my needs. During my high school and college years I utilized services at Planned Parenthood centers in Derry, Manchester and Keene. Even after moving back to NH in 2006 after living out of state I found myself with an immediate problem. But I knew that I could turn to Planned Parenthood. The Manchester location saw me that afternoon. Recently I even brought my 19-year-old sister to Planned Parenthood for a wellness visit. This should not be an argument about whether you agree or disagree with my choice to carry a pregnancy to term or not. This is about access to quality and affordable medical services for women and men across our state.

Brittnee

Without Planned Parenthood I never would have known that I have irregular cells in my uterus....

Planned Parenthood has been my only option for health care my entire four years of college, and to this day because I am still waiting for my 90-day “observation period” at my new job to pass I still go to Planned Parenthood for my prescription birth control, as well as my six month ob/gyn appointments. Without Planned Parenthood I never would have known that I have irregular cells in my uterus which they have been keeping tabs on and screening me every few months to make sure they did not turn cancerous. Ninety percent of the women in my sorority and in my social group use Planned Parenthood, and without it most of us would go untested, and have no way of affording birth control, let alone the girls they have helped deal with an unexpected pregnancy!

New Hampshire

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
5	14,097	11,449	13,487	1,856	3,643

New Jersey

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
26	71,505	60,696	88,353	15,731	33,553

Dianna

My mammogram was normal and the scare was just that – a scare. I can not begin to explain the relief it was to have Planned Parenthood open and available to me.

Most of my family and friends never knew that about four or so years ago I had a breast cancer scare. I was full-time student, 38-year-old single mom of two kids and no insurance and guess what? Our government-funded health care program would cover my kids, but not me because I brought in \$600 a month in child support. Yes, \$600 a month disqualified me from health care. I utilized the low-cost/free services at my university for my yearly exams and it was there that the nurse found a “lump” she was concerned about and strongly suggested a mammogram. I spent the next two weeks attempting to find ANY low-cost program to help me out. Being that I was under 40, I was not considered to qualify for 99% of the programs out there. I cannot begin to explain the fear I lived with every day. Every phone call was met with a “sorry, we can’t help you.” Eventually I found ... a link to Planned Parenthood. One call to them and they immediately found funding for me, made the appointment for an exam with them, which lead to a referral for a mammogram. My mammogram was normal and the scare was just that – a scare. I cannot begin to explain the relief it was to have Planned Parenthood open and available to me. If I had not been able to utilize this program, I truly do not know how I would have found the money for the testing needed.

Colleen

Planned Parenthood was my safety net when I needed one. Thank you for finding my cancer early enough so I could be cured.

If I hadn’t gone to Planned Parenthood, I would not have gotten my diagnosis of stage two breast cancer. I might not even be here today.

Eleven years ago, when I was 27, I was in between jobs with no health insurance. That’s when I discovered a lump in my breast through a self-exam. I didn’t have enough savings to go to a private doctor, so I figured I would just ignore the lump. I had no family history of breast cancer, and I hoped it was nothing important to worry about. I was really close to just ignoring it.

But then I remembered about Planned Parenthood. I called my local health center and went in for an appointment. I was diagnosed with invasive stage two breast cancer. I was surprised to hear the news, but Planned Parenthood was reassuring. They told me, “Don’t worry; you have options.” I went through chemotherapy, radiation, a lumpectomy, and five years of hormone treatment.

Planned Parenthood was my safety net when I needed one. Thank you for finding my cancer early enough so I could be cured.

New Mexico

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
6	21,405	13,376	15,542	1,988	1,853

New York

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
59	179,026	140,774	302,187	36,935	49,099

Natarsha

African American women like myself have the highest incidence of breast cancer among women under the age of 45.

I was 33 years old when I felt two lumps during my monthly self-exam. I immediately called my gynecologist at Planned Parenthood in Brooklyn, New York. She did an exam, agreed that something suspicious was in my breast tissue, and gave me a referral for a mammogram – my first one ever – of my left breast. I had an ultrasound that same day and a biopsy two days later.

After a long week of anticipation, the results came back positive: I had breast cancer. My diagnosis came as a complete shock. In a matter of two weeks, my whole life changed. I was so young, and no one in my family had ever been diagnosed before. I was told that my cancer was in stage 1 but that it in terms of aggressiveness, it was Grade 3. I underwent a mastectomy of my left breast, along with having a tissue expander put in place to allow for reconstruction of the breast at a later time. This was followed by five years of tamoxifen (hormone) treatment. I have currently passed the five-year survival rate, and the cancer is in complete remission.

African American women like myself have the highest incidence of breast cancer among women under the age of 45.

A lot of women worry that something doesn't feel normal, but they don't go to a health care provider to check it out because they're afraid they will hear something negative, or because they don't have the financial resources. They should know about Planned Parenthood, which offers affordable breast exams (and other preventive services) with a serving of care and compassion.



Carly

We know that young people are sexually active – it's a fact. And so we need to make sure they are equipped with the right tools to make healthy decisions.

I had great sex education in my school in the eleventh grade, but I thought that was sort of late to start introducing young people to resources that they need to make sexually healthy decisions. So I lobbied my school's administration to start sex education in the ninth grade. After a lot of advocacy work, my school did create an education program for ninth-graders on sexually transmitted infections, including HIV.

But it wasn't enough. I also thought that everyone should have access to contraception. So I turned to Planned Parenthood and picked up condoms, which I distributed to my classmates. People started calling me "Condom Queen." I was a source of knowledge about sexual health for my peers. Planned Parenthood was really supportive of what I was doing. They gave me the knowledge and the resources to be able to empower myself and also empower other young people.

When I got to my college campus, I started a chapter of Students for Choice, which is part of the Planned Parenthood Generation Action network. I was still passionate about condom distribution, and I thought it would be helpful to have condoms available in the vending machines in residential halls – that way, students could get condoms 24/7. After speaking with the administration and the residential hall advisors, we were able to increase the variety of what was available.

I also organized a collegiate abortion speak-out on my campus. Anyone who has had an abortion was allowed to just get up and tell their story. We gave people the space and support to speak their stories honestly and openly. I made sure that the event was open to anyone, and that even people who are not supportive of abortion care would feel welcomed and invited into the space.

A really beautiful thing happened – someone from the anti-abortion group on campus reached out to me afterward and said that she was glad that we'd had the speak-out. Her reaction shows that everyone should have safe access to abortion, and that it's really important to be in a society where we feel safe telling our stories.



Eleni

Like many young people, I didn’t prioritize health care, didn’t really know what the ACA was and was daunted by the entire process of enrolling. When I went into Planned Parenthood, it was quick and easy, and I was told that I’ll qualify for significant help paying – so I could afford it.

After a scary medical emergency, one and a half years of being uninsured, and lots of nagging from her mother, Eleni decided to finally sign up for health insurance.

She wasn’t sure where to start, so she reached out to Planned Parenthood and scheduled a meeting with one of our health insurance experts who helped her find the right plan for her budget.

The first thing she plans to do with her new coverage is head to Planned Parenthood for a fully covered checkup, and take advantage of the free preventive care benefit of the Affordable Care Act to get an IUD.

“Like many young people, I didn’t prioritize health care, didn’t really know what the ACA was and was daunted by the entire process of enrolling. When I went into Planned Parenthood, it was quick and easy, and I was told that I’ll qualify for significant help paying – so I could afford it.”

Simone

Planned Parenthood made a tremendous difference in my life. PPHS’s Adolescent Parenting Program coordinator has been like a second mother to me. She is still a big part of my life today.

Simone came to Planned Parenthood Health Systems (PPHS), now known as Planned Parenthood South Atlantic, when she was seven months pregnant at 15 and was in jeopardy of dropping out of high school. Through her own initiative and commitment to herself and her child, she enrolled in PPHS’s Adolescent Parenting Program and turned her life around. The program aims to prevent second pregnancies and helps young mothers graduate from high school or obtain their GED, and provides education counseling, career planning, day care guidance, medical assistance, and college planning for young mothers. With the support of PPHS, Simone graduated from high school while her boyfriend took care of their daughter during the day and went to college at night.

Upon graduation, Simone wanted to give back to her community and decided to volunteer for PPHS’s Adolescent Parenting Program mentoring other young mothers. She is also currently working full-time as a certified nursing assistant and attending community college. Simone and her boyfriend remain strongly committed to each other.

“Planned Parenthood made a tremendous difference in my life. PPHS’s Adolescent Parenting Program coordinator has been like a second mother to me. She is still a big part of my life today.”

North Carolina

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
9	31,182	21,240	18,040	3,564	2,568

Jennifer

This was the only place where I knew, regardless of my client’s diagnosis, they would be treated with love, respect, and dignity. I cannot imagine what I would have done without Planned Parenthood.

Planned Parenthood saves lives. As a single 22-year-old, I had just moved across the country when I learned that my Stage 1 cervical cancer had returned. I had a LEEP procedure done at the local hospital and hoped for the best. A week after my procedure, I lost my job, my insurance, and any follow-up care. I started feeling ill and having stabbing pains. The pain was so bad, I attempted to admit myself to the ER, only to be turned away with no insurance and no way to pay. I called Planned Parenthood and their doctor saw me immediately and recognized the hard truth that my surgery had been done incorrectly, and the hospital had sealed my cervix shut. She called the hospital and advocated for me when I needed someone in my corner. A year later, I took a job as a case manager for mentally ill folks in my community. Planned Parenthood continued to help me and all of my clients who could not afford gynecological care or birth control. This was the only place where I knew, regardless of my client’s diagnosis, they would be treated with love, respect, and dignity. I cannot imagine what I would have done without Planned Parenthood. They have stood up for me in my darkest hour, and now it is my turn to do the same.

Sarah

Planned Parenthood has shown me how to work in collaboration with local community organizations as well as religious organizations.

We don’t have a Planned Parenthood health center in North Dakota, but there are education services. I’ve been very involved with Planned Parenthood advocacy work. I’m part of the Young Leaders Advisory Council. Among other issues, I’ve worked with Planned Parenthood to promote a bill that would end discrimination against LGBT folks as well as to fight back against the 2014 ballot measure aimed at ending safe, legal abortion in North Dakota. I also work with activists to address the issue of sexual assault on college campuses.

Planned Parenthood has shown me how to work in collaboration with local community organizations as well as religious organizations. As someone who cares about faith, I strongly believe that everyone deserves health care, no matter what.

North Dakota

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap Tests	Total number of young people receiving sexuality education
—	—	—	—	—	1815

Kate

How would I be able to afford fighting something that affects millions of women a year? I wouldn't have been able to do any of that WITHOUT Planned Parenthood.

Since I was 18, I've been going to Planned Parenthood for my routine Pap. As the years passed, I continued going for my Paps, and three years ago, I was diagnosed with HPV, with cell changes in my cervix. I was able to use the services provided by Planned Parenthood to get my colposcopies at a price I am able to afford. How would I have found out I have something that could become cancerous if I didn't have the money to afford going to a gynecologist? How would I be able to afford paying for the biopsies done to my cervix? How would I be able to afford fighting something that affects millions of women a year? I wouldn't have been able to do any of that WITHOUT Planned Parenthood. Would it be better if I was in debt due to medical bills for a procedure that screens for cancer? Save Planned Parenthood.

Ohio

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
28	80,954	66,786	105,460	9,743	10,491

Marquis

In 2010 and again in 2011, I was involved in the Condom Couture fashion show coordinated by Planned Parenthood of Greater Ohio. I enjoyed coming up with a creative way to use fashion to tell a story about sexual health.

I'm a Cleveland native and a fashion designer. I'm also a 23-year-old black gay man who is HIV-positive. A certified HIV counselor, I speak with high school students about my own health story and about the need for safer sex.

When I was 16, I joined a friend who was going to a Planned Parenthood appointment. While I was in the waiting room, I noticed that the health center was offering free STD testing, so I decided to get tested. Turns out that I was HIV-positive. You might be wondering how someone so young could have HIV. In fact, many young people are sexually active, and a good number of them do not practice safer sex. No one had ever taught me about condoms and the need for safer sex, so I didn't have the tools to protect myself. Thankfully, the case worker at Planned Parenthood gave me a lot of support as I progressed from diagnosis to treatment at the Cleveland Clinic.

When I first received my diagnosis, I had trouble processing the information. I wasn't sure what my life would be like, and I didn't talk about it with anyone. I built up a wall. But then I realized that for people of color in particular, it's essential to talk about HIV and the need to use condoms: our communities are being hit hard by this epidemic. That's when I started going to high schools to break down the stigma of HIV. I always conclude my presentation by telling students to go to their nearest Planned Parenthood health center to ask questions, get condoms and, if they're having sex, to get tested. I also always have condoms in my bag to give to students if they need them.

I've incorporated my passion for breaking down the stigma of HIV and AIDS into my work as a fashion designer. In 2010 and again in 2011, I was involved in the Condom Couture fashion show coordinated by Planned Parenthood of Greater Ohio. I enjoyed coming up with a creative way to use fashion to tell a story about sexual health. The money raised at the Condom Couture shows went to provide health care, including STD testing, to those who need it



Constance

They gave me resources to get the LEEP procedure done, and they did it all at a price that I could afford.

Planned Parenthood was there for me. They detected my cervical cancer. They gave me resources to get the LEEP procedure done, and they did it all at a price that I could afford. Planned Parenthood saved my life. Not only that, the reliable access to birth control I could afford let me wait to become a parent until my husband and I were ready – so we have a lovely daughter at a time in our life that was good for all three of us. She’s one now, and the light of my whole universe – I can’t imagine living without her, and I’m glad every day that I wake up that I waited to have her until we had the income to live in a good part of town, with good schools, and the toys and clothes and educational things that she needs. I’m Constance, I vote, and I stand with Planned Parenthood.

Stacy

I’ve relied on Planned Parenthood for high-quality care for years. I’ve volunteered for them. I’ve been employed by them. This is a great organization that does great things.

When I was 19, I didn’t have health insurance and Planned Parenthood was the only place I went to for health care. After my annual exam, my Pap test came back abnormal, and they told me that I had pre-cancerous cells on my cervix. The staff at Planned Parenthood guided me through a very scary process, and treated me with great care and respect. Without Planned Parenthood, I would never have gotten the annual exam that nearly saved my life. It was a couple of years later that I truly realized the quality of care Planned Parenthood provides. I visited a private ob/gyn, and when I told him about my earlier abnormal Pap smear results, he instantly started lecturing me about how that was my punishment for having sex before marriage. What?! I had no idea that a doctor could be so judgmental and close-minded. I also realized that he just didn’t know what he was talking about. I’ve relied on Planned Parenthood for high-quality care for years. I’ve volunteered for them. I’ve been employed by them. This is a great organization that does great things. Cutting funding will put people’s health at risk, and that is just wrong wrong wrong.

Oklahoma

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
5	20,995	17,558	15,680	2,862	4,221

Oregon

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
11	72,145	65,347	78,791	11,635	13,839

Joanne

To this day, I remain grateful to Planned Parenthood and the clear, well-considered counsel of that employee.

I know of no one among my friends who has not used Planned Parenthood at least once in their lives. All of them sought out Planned Parenthood in their young lives when they had no money, when their financial resources were few if not truly bare-bones. To those who disparage Planned Parenthood with narrow and blindly focused arguments, I offer my story as reply. In the early 1980s, I was 35 years old, and I became pregnant. I was so happy, and I was so fraught with worry.

More to myself than to the Planned Parenthood counselor, I spoke aloud that this was not a good time for me to have a child. Take your time, she said. Do not make a hasty decision that may seem rational. Talk to your husband. Think about this together. Be certain of your feelings. To this day, I remain grateful to Planned Parenthood and the clear, well-considered counsel of that employee. My husband and I have a beautiful, vibrant 23-year-old daughter. I honestly do look back sometimes to that day over 20 years ago in the Planned Parenthood office. Thank you.

Rebecca

If it had not been for Planned Parenthood during those four years while I was getting on my feet, I would not have had regular cancer screening, breast exams, or a health care professional answer my questions.

After I graduated college I found myself without health insurance for the first time in my life. While uninsured and job hunting I had no doctor or gynecologist and I turned to Planned Parenthood for my basic health care needs. This lasted for almost four years while jobs fell through and health insurance was never within my reach. Planned Parenthood was always there, taking me in without question. All of the nurse practitioners were the nicest and most understanding professionals I’ve yet to have. If it had not been for Planned Parenthood during those four years while I was getting on my feet, I would not have had regular cancer screening, breast exams, or a health care professional answer my questions. My mother had breast cancer twice and they listened to my concerns and gave me the peace of mind anyone in my situation would want. If the funding is permanently cut from Planned Parenthood, other young women will find themselves with nowhere to go. I plan on doing everything I can for this amazing, caring facility that stood by me when I needed them.

Pennsylvania

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
37	108,325	82,246	147,089	16,267	17,965

Rhode Island

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
1	9,001	5,076	9,729	625	45

Ulrike

In a world where many, many gynecologists won’t even see you without insurance, Planned Parenthood has given me the ability to keep myself checked, healthy, and able to continue to raise my daughter.

I am a 32-year-old single parent of a 13-year-old girl. I have managed to put myself through college and through grad school, while raising her. It has meant that insurance for me has been scarce and frequently difficult to come by. A few years ago, a Pap test came back so abnormal that they not only initially diagnosed it as cancer, they also sent me to a cancer center for the official diagnosis. Although I was lucky to escape cancer, I lost the majority of my cervix. Two surgeries later and I have been clear for three years, and I am grateful. But after graduate school, I have been in a situation where I either had no access to insurance, or I can’t afford what I am offered. I don’t have the luxury of putting off Pap tests. In a world where many, many gynecologists won’t even see you without insurance, Planned Parenthood has given me the ability to keep myself checked, healthy, and able to continue to raise my daughter. I am grateful for the opportunity to keep my life. Planned Parenthood helped me, and always without judgment. Planned Parenthood needs to be there for when my bright, beautiful daughter grows up, and needs the exact same things.

South Carolina

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
2	4,672	2,992	6,011	438	438

Dianna

Women deserve and demand choice in family planning and Planned Parenthood has been there for us. Thank you.

I have used Planned Parenthood for yearly cancer screenings and birth control for most of my adult life. At 58 I can tell you that there were times when the affordability was important but the knowledgeable, professional and caring staff was always as important. Women deserve and demand choice in family planning and Planned Parenthood has been there for us. Thank you.

South Dakota

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
1	1,698	913	791	155	172

Amber

They treated allergies and colds, and made sure that I had the help I needed to be the best and healthiest me that I could be. Because I was unemployed at the time, they never asked me to pay a single cent.

I never realized the importance of Planned Parenthood until I found myself with no insurance and needing help. I have polycystic ovarian syndrome and found myself having more and more trouble until a friend suggested I seek help from Planned Parenthood. Not only were they able to help control my symptoms, but they helped my body become regulated for the first time ever. They provided me with information and education about how to live a healthier life. They treated allergies and colds, and made sure that I had the help I needed to be the best and healthiest me that I could be. Because I was unemployed at the time, they never asked me to pay a single cent. I was treated with respect and compassion by wonderful doctors and nurses. I thank Planned Parenthood for the difference they made in my life and I will continue to stand with them so that others who are in need of this help can find it available to them.

Nicole

Today, I am in grad school following my dreams to become an art educator and I credit Planned Parenthood with helping me get here.

Planned Parenthood was my main health care resource for many years! I couldn't afford health insurance, and my employer didn't provide it. Without Planned Parenthood, I wouldn't have been able to have a regular exam, a breast exam and access to birth control. Also, as a teenager, I was able to access honest, medically accurate information about sex and how to protect myself, which I certainly didn't get at school or at home. If it wasn't for Planned Parenthood I would have become pregnant a long time ago. But instead, I was able to protect myself from unwanted pregnancy and STIs. Today, I am in grad school following my dreams to become an art educator and I credit Planned Parenthood with helping me get here. Planned Parenthood is one of the most wonderful organizations and one that has a profound and direct impact on millions of women. Please support Planned Parenthood!

Tennessee

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
4	13,580	6,408	12,122	1,330	1,477

Texas

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
38	150,710	108,533	114,967	27,146	35,956

Delma

Delma graduated from Texas State University in May 2015. She does not have health insurance. Because Texas didn't expand Medicaid, she was left out.

She is concerned about low-income Latino communities in the Rio Grande Valley because they can't travel to get the health care they need. She coordinated a campus event to provide information about the ACA, partnering with the Young Invincibles, a youth organization based in DC. Her campus has many Hispanic/Latino students, and she wants to open up the discussion for them, since many do not know about the ACA, "and the state of Texas does not help to educate people, so it's up to the grassroots."

Delma is a Planned Parenthood patient as well as a youth activist. She was also a Youth Rising: Communities of Color Leadership Program 2014 Fellow. She served as co-president of Feminists United at Texas State, a Planned Parenthood affiliated organization.

Shannon

Shannon is a full-time graduate student getting her master's degree in social work. Up until the age of 18, Shannon was covered by Medicaid. Since 18, for the majority of her adult life, she has not had any health insurance. While in graduate school, she has gotten by using her university health center and paying out-of-pocket when she can afford it. There have been times she's had to neglect her health because she could not afford to pay the university health center fees. The ACA came at the perfect time for Shannon because she didn't know what she was going to do after she graduated. Shannon has also used Planned Parenthood for her medical care – from her well-woman exams to Pap tests and birth control. With her new health insurance, she still plans on using Planned Parenthood for her health care.

Amy

Certainly, cervical cancer prevention is not the only vital service that Planned Parenthood provides to its patients. But the difference between access to cervical cancer prevention and the lack thereof is the difference between life or death for Texas women....

I know from personal experience that Planned Parenthood provides lifesaving treatment for women and girls. For the past few years, I've used Planned Parenthood for my annual well-woman exam. I turned to Planned Parenthood because I didn't have insurance or the means to pay for a doctor out-of-pocket, but I knew that it's important for women to have an annual Pap test. Thanks to Planned Parenthood, I discovered that I had HPV, the virus that causes cervical cancer. I received the results of my Pap test, and was able to be seen at a Planned Parenthood clinic for a colposcopy one week later. If I had gone to another clinic or hospital, I would have had to wait much longer, something no one should have to do when getting any sort of biopsy. Luckily, for me, my case hasn't progressed beyond wait-and-see.

Certainly, cervical cancer prevention is not the only vital service that Planned Parenthood provides to its patients. But the difference between access to cervical cancer prevention and the lack thereof is the difference between life or death for Texas women, the vast majority of whom will develop HPV at some point in their lifetime. Cervical cancer is one of the most prevalent cancers among adult women, but it happens to be one of the most preventable, as well. As long as I continue to get annual Pap tests, it's highly unlikely that I'll wind up getting cervical cancer, even though I have the disease that causes it. Texas already has one of the highest rates of cervical cancer in the country, and the highest rate of uninsured women.

Christina

I want my daughter to have the same choices I've had. I want to know she will have access to affordable, quality care and the ability to make her own medical decisions.

After Hurricane Katrina devastated her hometown of New Orleans in 2005, Cristina moved to San Antonio. She discovered at a Planned Parenthood health center in 2007 that she was pregnant. Planned Parenthood helped her, a single mother, enroll in Medicaid, and later for other health coverage. Cristina says that the nurses she saw at Planned Parenthood were always very friendly and helpful; they always remembered her name and her daughter's name and what she was studying in school.

"With or without insurance, I always know I can go to Planned Parenthood if I need help, regardless of what happens in the Capitol. Planned Parenthood was pivotal in my life and in helping me care for my daughter and achieve my goals. They provided me the resources to stay healthy and gave me a safe haven where I could get the care I needed. I want my daughter to have the same choices I've had. I want to know she will have access to affordable, quality care and the ability to make her own medical decisions. After shredding the health care safety net for low-income and uninsured women in 2011, it's outrageous that far-right politicians are working to virtually ban access to safe, legal medical care in Texas."

Because of a pre-existing ovarian condition, Cristina is unable to use many forms of birth control. She has spoken about the fact that she relies on Depo-Provera, and that Planned Parenthood has been supportive of her medical needs.



Chenoa

I'm definitely staying with Planned Parenthood, even though I have a choice, because I get the most compassionate and knowledgeable care there.

I found out about the Affordable Care Act while I was volunteering at Planned Parenthood. I was so excited because the new law meant I would be able to have health insurance again.

Several years ago, I moved to Texas because of a job relocation. I thought I had a stable position and that I would have steady income and health care coverage. But all that changed: my hours decreased, my pay went down, and I lost my health insurance. It was an unexpected change that could happen to anyone.

I wasn't making enough money to afford insurance, so basically I started neglecting my own medical conditions, including my asthma. Everything had to come to a stop because I had no other options. I had to take creative risks so that I could breathe. I resorted to over-the-counter remedies, and I even had to use my friends' expired, secondhand inhalers.

It was very easy to enroll online, and I was able to find a perfect plan that fits my needs and my budget – and I can use it at Planned Parenthood. I'm definitely staying with Planned Parenthood, even though I have a choice, because I get the most compassionate and knowledgeable care there. I don't want to go anywhere else.



Cynthia

Planned Parenthood saved my life. From the bottom of my heart, I thank you, and I am forever thankful for and support Planned Parenthood.

Cynthia received a cancer screening at the Far North Dallas health center. She was 52, and had been uninsurable for years because of pre-existing conditions.

During her exam, the doctor found a lump in her abdomen. Cynthia was immediately referred to a specialist. As it turns out, she had a very aggressive type of ovarian cancer – clear cell carcinoma.

Cynthia’s cancer was caught early – stage 1A and her prognosis is very good. She’s been cancer free after five years.

Cynthia says: “Planned Parenthood saved my life. From the bottom of my heart, I thank you, and I am forever thankful for and support Planned Parenthood.”



Krista

I look at my life now – degree on the wall, wonderful husband, son whom I live for, and I thank Planned Parenthood.

Planned Parenthood was the only health care I could afford when I was a struggling college student. Not only did Planned Parenthood provide my husband and me with the means to not have children at a time we couldn’t afford it, they also found the teeny, tiny little lesion on my cervix. Before it could become something that killed me. I look at my life now – degree on the wall, wonderful husband, son whom I live for, and I thank Planned Parenthood.

Utah

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
9	43,259	31,720	35,867	5,033	8,646

Jennifer

Planned Parenthood saves the government money by providing these services... services that otherwise would end up being rendered at hundreds to thousands of dollars by hospitals!

Planned Parenthood provides a valuable health care option for those of us with limited incomes and no insurance. They provide cancer screenings, STD screenings and treatments, and help people like me, with chronic UTIs which turn into hospital visits if left untreated! Planned Parenthood saves the government money by providing these services... services that otherwise would end up being rendered at hundreds to thousands of dollars by hospitals! I just turned 35 last year, and early onset breast and ovarian cancer runs in my family.... Planned Parenthood has been there for me, now I'm going to be there for them! Don't take away our right to health care!

Pete

That early detection of breast cancer at the time saved her from much more radical treatment that would have resulted from later detection, and very possibly saved her life.

Seventeen years ago, my wife went to Planned Parenthood (her only health care provider at the time) for a routine annual physical. Her nurse discovered a pea-sized lump in her breast that, when biopsied, turned out to be early-stage breast cancer. That early detection of breast cancer at the time saved her from much more radical treatment that would have resulted from later detection, and very possibly saved her life. For that, we are eternally grateful to that nurse and to Planned Parenthood.

Vermont

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
12	16,084	13,061	22,849	2,413	4,144

Virginia

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
7	25,784	17,954	13,016	3,128	3,105

Kelsey

Having a hormone-free reliable form of birth control is best for me. Planned Parenthood came through for me when no other health care provider could.

I had been on the pill since I was 18, but I don't tolerate hormones very well, and I was getting migraines. So I wanted to switch to the copper IUD, which is also a good form of birth control since you don't have to remember to take a pill every day. My health insurance costs were going up on January 1, 2015, so I needed to make the appointment in December 2014. The only health care provider that was able to fit me into their schedule was Planned Parenthood. I went in for the insertion, which was totally covered; I had no copay. If I hadn't had access to Planned Parenthood, I would not have been able to afford the IUD. I'm a law student on student loans. I would have to take the pill, which was exacerbating my migraines. Having a hormone-free reliable form of birth control is best for me. Planned Parenthood came through for me when no other health care provider could.



Breanne

Without Planned Parenthood I may have died, lost my ability to have children in the future, among many other tragic consequences of a cervical cancer diagnosis.

At 22, I was diagnosed with abnormal cell growth on my cervix wall. Thankfully the cells were caught before developing into cancer. A procedure was performed to remove the abnormal cells and a maintenance program was followed to ensure no new growth occurred. As a young person I didn't have insurance and I sure as heck would never have scheduled an annual exam on my own. Without Planned Parenthood I may have died, lost my ability to have children in the future, among many other tragic consequences of a cervical cancer diagnosis. Aside from these personal consequences, as an uninsured student I would have been a huge financial burden to my family and my community. Planned Parenthood saved my life and the life of my future children and continues to save young women and men who face unique risks associated with the complexities of sexual health. Thank you Planned Parenthood! I will defend you and support you all my life!

Washington

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
32	119,208	100,599	179,218	17,520	17,124

Shannon

When I was 18, I decided to visit a Planned Parenthood health center...it was the first time I was taken seriously.

Planned Parenthood was the only provider that took my endometriosis seriously. If it weren't for Planned Parenthood, I wouldn't have been able to have a child.

When I was a teenager, I experienced unbearable menstrual pain. My health care provider at the time said I was too young to have endometriosis, and told me that what I was experiencing was normal. But I knew something was seriously wrong.

When I was 18, I decided to visit a Planned Parenthood health center, and my provider there confirmed that indeed I was suffering from endometriosis. It was the first time I was taken seriously. The provider was really concerned about my welfare and how I was doing and that just made me feel great. It made all the difference in the world.

The lesions were removed, and Planned Parenthood provided me with Depo-Provera to manage my condition. No-copay birth control is an essential tool helping women like me with endometriosis who otherwise would have to live with chronic pain. But endometriosis sometimes can affect fertility, and it was unclear if I would be able to have children.

Today I am a 37-year-old mother of an adorable little girl. Motherhood has been the singularly most amazing thing in my life. My daughter is truly a gift, and I really have Planned Parenthood to thank for her.



Jasmine

Two years ago, Planned Parenthood gave me a non-hormonal IUD, Paragard, that is effective for 12 years. As a young married woman, it means the world to me that I can be kept safe for so many years to come.

I used to take the pill, but it threw my hormones out of whack. Two years ago, Planned Parenthood gave me a non-hormonal IUD, Paragard, that is effective for 12 years. As a young married woman, it means the world to me that I can be kept safe for so many years to come. I'm lucky enough to have the privilege of having insurance and access to reproductive care when I need it. Without access to birth control, I would undoubtedly have gotten pregnant by now, and as a 20-year-old, I'm just not ready!



Shireen

I knew I could get correct information from Planned Parenthood, and then I shared that information with my friends.

I choose Planned Parenthood as my sexual and reproductive health provider because it’s a nonjudgmental space. It is filled with doctors and staff members who really care.

I was raised by two immigrant parents who were busy ensuring that my sister and I had food on the table, went to school, and stayed safe. They didn’t have the tools to explain to us about safe sex and birth control and sexual health. But my sister and I knew that we had to keep ourselves safe, so we turned to Planned Parenthood for education. I knew I could get correct information from Planned Parenthood, and then I shared that information with my friends.

A lot of parents and adults believe that keeping information about sexual health from teens is protecting them, but it’s actually hurting them. We need to give teens information because whether some folks like it or not, teens have sex and it’s so important that they know how to protect themselves and get access to sexual health services.

Planned Parenthood has really cracked the code with reaching out to young people. When a young person talks to his or her peers and provides them with information that could save their lives, it builds trust and creates a safety net. It creates a culture where young people feel empowered, and most importantly, a culture where young people are aware of their options and have the ability to make their own decisions. I saw this happen firsthand in high school through my time as a peer sexual health educator with Planned Parenthood.

Once I got to college, I began to transition from education work with Planned Parenthood into advocacy work. I had the opportunity to be on a council called Youth Rising. We focused primarily on underrepresented communities within our own hometowns. Serving on this council provided me with tools to create real change and provide information and access to reproductive health care to women, folks of color and young people. It reminded me of the importance of grassroots social change.



Anne

I would not be where I am today, physically or mentally, if I had not had their support. I never want men or women, especially teenagers, to feel they have nowhere to turn to.

From 1971 to 1979, Planned Parenthood helped me with pelvic exams, periodic checking of my blood pressure and other basic health screenings when I was too poor to afford health insurance. When I was in an unhappy marriage with a verbally abusive husband, Planned Parenthood gave me birth control pills so I would not have to constantly fear having children, and then being stuck with him, just to help support the kids. When I became concerned about being on the pill for 10 years, Planned Parenthood believed me when I told the truth and said I really wanted to have a tubal sterilization, and arranged for me to have it done in 1981. I have never regretted my decision for even a moment. Planned Parenthood gave me so much throughout those years (either for free, or with a small sliding scale charge based on my low pay back then, when I was working and going to school). I would not be where I am today, physically or mentally, if I had not had their support. I never want men or women, especially teenagers, to feel they have nowhere to turn to.

West Virginia

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
1	1,071	894	260	69	69

Alyssa

Friends who’ve used Planned Parenthood in the past said that it was great resource. Even from the initial phone call, many of my questions were answered, my privacy was respected, and a wave of relief and comfort came over me.

I had just transferred to a new university, was meeting plenty of new friends, had become involved with the college’s cheer team, and even met a great guy that I started dating. All the new excitement definitely kept me busy, and a month into my semester I began to notice something alarming. I began to bleed heavily between periods, typically during heavy physical activity, such as a workout. I called my personal doctor’s office, which was an hour and a half away from my university, and they were little help to me. They had no openings to see me for three months, and after describing my symptoms, they concluded that I was probably either pregnant or had an STD – but I wasn’t having sex at the time. I was scared, and waiting three months for help was not an option. Friends who’ve used Planned Parenthood in the past said that it was great resource. Even from the initial phone call, many of my questions were answered, my privacy was respected, and a wave of relief and comfort came over me. The staff was very knowledgeable, putting me at ease from the moment I walked in the door. We found out that my problem was simply stress, causing me to bleed during ovulation, which is not so unusual. A simple solution was hormonal birth control, and I was spoken to about ALL of my possible options before settling on one that was right for me. The center wasn’t interested in how much money I made, or where I came from; they were interested in listening and helping. I’ve always been a supporter of Planned Parenthood’s work, and will surely continue for the rest of my life.

Wisconsin

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
22	65,103	54,865	79,782	6,217	9,598

Danica

Thank you Planned Parenthood, my life is better because you were around when no one else was.

For years, Planned Parenthood was my go-to for women’s health. I was diagnosed with pre-cancerous cells on a Pap test rendering me unable to get health insurance due to a pre-existing condition. I relied heavily on Planned Parenthood to give me affordable health care and the six-month checkups and birth control pills that otherwise I would have been unable to afford. I no longer have abnormal Paps, and I waited until I was 35 to start a family with my husband and have a beautiful daughter. Without the birth control, health exams and support of Planned Parenthood I very well could have ended up with cancer or having a baby that wasn’t planned. Thank you Planned Parenthood, my life is better because you were around when no one else was.

Wyoming

Number of centers	Total patients	Total contraception patients	Total STI tests	Total Pap tests	Total breast exams
1	1,153	1,047	724	108	93

