

Fees/Family Planning Services

- If you are 18 years and under- no charge
- If you are 19 years or older- based on income
- Medicaid accepted– You must bring your Medicaid card on each visit
- Other Insurance-Bring your insurance card
- Private Pay-You will be billed based on your income (sliding fee scale)



For more information about this program,
contact us at 342-8140

Clinic Schedule

Monday- Friday: 8AM — 5PM

ADULT HEALTH CLINIC

Acute Care, Preventive Care, Immunizations

After hours appointments - 1st and 3rd Thursday of each month

CHILD HEALTH CLINIC

Acute Care, Preventive Care, Immunizations

After hours appointments - 3rd Thursday of each month

WOMEN'S PREVENTIVE HEALTH CLINIC

Family Planning, Preventive Care, Breast/ Cervical Cancer Screening

After hours appointments - 1st & 3rd Thursday of each month

GLAUCOMA CLINIC

By appointment only

NUTRITION SERVICES

Women, Infants and Children, Breastfeeding Education

After hours appointments — Thursdays

DENTAL CLINIC

By appointment only

Notice of Free Language Assistance:

It is the policy of the Rockingham County Division of Public Health to provide free language interpretation services to our clients.

La nota de Ayuda Libre de Idioma:

Sera la poliza del Rockingham County División de Salud Pública proporcionar los servicios gratis de interpretacion de idioma a nuestros

www.rockinghamcountydhhs.org

Family Planning & Reproductive Health



**Rockingham County
Division of Public Health
PO Box 204
Wentworth, NC 27375**

**Phone: (336) 342-8140
Fax: (336) 342-8356**



Screenings

What is a PAP test (or PAP Smear)?

A PAP test is a simple test that can find cancer cells or other changes in and around your cervix (the opening to the womb).



Why is a PAP test important?

A PAP test may help find a change in your cervix before it becomes cancer. A PAP test may help prevent cervical cancer.

Breast Exam-The nurse will examine your breast to see if you have any lumps. She will also teach you breast self exam.

What is BSE (breast self exam)?

Examining your own breast for changes and lumps. Breast self exams allow you to know how your breasts feel so you may be more likely to feel a change. BSE's can help find breast cancer.

What is a Pelvic exam?

In a Pelvic exam, the nurse looks inside your vagina to check for vaginal infections, bacterial infections, STI's (sexually transmitted infections) and cervical cancer. She makes sure your vagina is healthy and uses a swab to take a sample. The sample will show if you have a vaginal or bacterial infection or an STI.

Birth Control Options

◆ **Condoms** (rubbers) are used to protect against HIV and other sexually transmitted infections. Provided for free.

◆ **Foam, Suppositories and Film** are made of chemicals that kill sperm.



◆ **A diaphragm** is a small rubber cup that fits inside the vagina, over the cervix (opening to the womb). It must be fitted by clinician.

◆ **Depo Provera** is a hormone (progesterone) that is injected by a clinician. It lasts 3 months.

◆ **Pills** are hormones (estrogen) that are taken by mouth. You must remember to take the pill everyday. By prescription only.



◆ **An IUD** is a small device put inside the womb by a clinician.

◆ **Natural Family Planning** is when a woman learns to recognize the fertile days of her menstrual cycle.

◆ **Ortho Evra (Birth Control patch)** can be written by clinician. The patch releases hormones and is applied once a week for 3 weeks. By prescription only.

◆ **NuvaRing** is a ring that is inserted into the vagina and releases hormones. By prescription only.

◆ **Implanon** is a flexible plastic rod put under the skin of your arm. It lasts for 3 years.

Sexually Transmitted Infections (STI's)

We give free screenings for sexually transmitted infections (STI's). Call (336) 342-8140 for an appointment. All information is kept confidential.

You should be tested if:

- You have had unprotected sex, even once
- You are not sure of your partner's sexual history
- You have had more than one sex partner
- You or your partner have any symptoms or think you may be infected
- You have shared needles, even once

The only 100% way to prevent an STI is to remain abstinent (do not have sex).

Using a condom every time you have sex is the next best way.

