

November 10 is Birth Control Day. Cheers for Family Planning!

A Makeover for the "Old" Diaphragm

The Diaphragm – One of the oldest types of birth control just got a new lease on life. It's called Caya, and you can get a prescription for it at Choices!

NO HORMONES

NO LATEX

NO SIDE EFFECTS!

It's similar to the old diaphragm that your mom or grandma might have used. But unlike that one, Caya:

- **Is contoured** so it fits your body better (see picture at right of Caya in its handy case);
- **Is easier to insert** and remove, and
- **You don't need to get it fitted by a doctor.** One size fits most women.



Here is How to Use it!

- You insert Caya up to six hours before having sex. You must leave it in for at least six hours after sex for it to be effective, but it can stay in for up to 24 hours.
- You insert Caya into your vagina with your fingertips. It's similar to putting in a tampon. Your Choices birth control counselor will explain in detail.
- After sex, remove it, wash it with soap and water, and Caya is ready to use again. You store it in its handy case and can take it with you wherever you go.

And...

- **Caya is latex-free**, made of silicone, with a flexible nylon ring – no worries about latex allergies or metal.
- **You use it with a contraceptive water-based gel.** The gel zaps any sperm that may slip by while Caya acts as a barrier that prevents sperm from entering the uterus.
- **It's economical!** Reusable for up to two years.

To find out more about Caya and get your prescription, call Choices for an appointment. Choices has a full range of other [birth control options](#) that are covered under the [Family Planning Benefit Program](#) and other government programs.

**Call 718-534-3800 or Text CHOICES to 27126 and
MAKE YOUR APPOINTMENT TODAY!**



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One of the first prescriptions for birth control was written on a papyrus sheet from 1550 B.C. Egypt (above). The device was like a tampon but made of seed wool soaked in ground thorn tree, dates and honey. There are no reports on its effectiveness!

Long before modern times, women made sperm barriers with all kinds of materials:

- Ancient Indians and Egyptians used the poop of animals like crocodiles and elephants.
- Africans made plugs out of chopped grass or cloth.
 - Islamic and Greek women wadded up wool.
- And some reports tell of women putting wooden blocks “up there.” Ouch!

Fortunately, today we’ve come a long way from all that! Safety, comfort, effectiveness – There’s lots of birth control choices at Choices.

Art at Choices

Our featured artist this month is **Mildred Borrás**. Her work (pictured right) can be seen by staff and patients on the walls of Choices Women’s Medical Center. Mildred writes: “*I am a self-taught artist. I earned my Master’s degree in counseling from the University of Puerto Rico and a*



Ph.D. in psychology at Fordham University... Since 2008 I decided to indulge my childhood desire to paint, which has given me great pleasure. My art is about exploring the human condition, social and political issues. ...Sometimes a photograph inspires me, and ideas start flowing. Many times I struggle, but sometimes it comes easily. Occasionally the painting itself takes over. Every painting is a new challenge. It pleases me when others enjoy my work.”

Works by Angela Skeet Davis and Elsie Apacible are also showcased and will be featured in future newsletters. Art by Shenna K. Vaughn was featured last month.



Senior Day at Choices

Monday, Nov. 9,

9:30 - 11:30 am

Workshops on:

- **Sex Never Gets Old**, with Choices educators.
- **Heart Health**, with Choices Cardiology Director Dr. Perry Frankel. Light snacks and tours of Choices.

Call 718-534-3800 to RSVP.

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