



About MCRH

The Memphis Center for Reproductive Health is a private, non-profit medical practice founded in 1974. MCRH offers a wide range of reproductive health services for women, men and teens, as well as education and outreach programs for the community at large.

We encourage individuals to understand their bodies and the choices available to them and to make informed decisions about their sexual and reproductive health.

MCRH believes:

- All ages, gender identities, races, cultures and sexual orientations are equally valuable to our world
- Lack of knowledge and understanding leads to uninformed decisions regarding sexual health
- All people should have access to accurate, comprehensive sexual and reproductive health information
- Abstinence from sexual intercourse is the most effective way to prevent pregnancy and sexually transmitted infections
- Children and teens need to be given the tools to set goals and achieve them
- Children and teens need to be supported in an environment where they feel comfortable discussing topics of sexuality with an informed adult
- Parents need to be provided with the necessary tools to educate their children about sexual and reproductive health
- Parents need to be actively involved in the reproductive health of their children

Memphis Center for Reproductive Health

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What is Long-Acting Reversible Contraception?

When teens use birth control they often choose methods like the pill, which needs to be taken every day; or the male condom, which needs to be used with every act of intercourse. Missing a pill or two, or not storing a condom properly can lead to an unintended pregnancy.

There are 3 methods that do not require regular maintenance. Each is very effective and that effectiveness does not depend at all on how well the person uses it. These are:

- **Birth Control Implant (Implanon®)**
A flexible plastic rod the size of a matchstick that is put under the skin of a girl's arm. Effective for up to 3 years.
- **Progestin IUS (Mirena®)**
Soft plastic device that delivers small amounts of the hormone levonorgestrel directly to the uterus. Effective for up to 5 years.
- **Copper IUD (Paragard®)**
Small plastic "T" wrapped in copper placed in the uterus. Contains no hormones. Effective for up to 10 years.

Collectively, these methods are referred to as LARCs (long-acting reversible contraceptives). All of these methods can be safely used by teens and all of these methods have less than a 1% failure rate.

Although they are more expensive at first, their long term effectiveness makes LARCs the least expensive forms of birth control available.

Learn more about LARCs and other forms of birth control at

www.mcrh-tn.org

What about my parents?

Believe it or not, your parents are on your side! They want you to be healthy and to make good decisions.



MCRH encourages you to discuss your reproductive health issues and/or any plans for contraception with your parents. They are also welcome to come with you for your reproductive health visits here at MCRH.

However, if for some reason you don't believe that your parents' presence or involvement would be in your best interest, you are entitled to access reproductive health care on your own.

According to Tennessee state law, anyone over the age of 13 can consent to reproductive health exams, birth control, and STD testing without parental notification or consent.



Memphis Center for Reproductive Health



Teen Reproductive Health Visits \$ 50



For girls:

- Adolescent reproductive development
- Decision making about sexual activity
- Birth control options & safer sex practices
- Benefits of Long Acting Reversible Contraceptives (LARCs) like Implanon, Paragard IUD, and Mirena IUS
- Prescriptions for The Pill, the Patch, the Ring, and the Shot may be available without a pelvic exam
- HIV testing and referrals
- Discussion of HPV virus and vaccine

For boys:

- Adolescent reproductive development
- Decision making about sexual activity
- Birth control options & safer sex practices
- HIV testing and referrals
- Discussion of HPV virus and vaccine



Take a
virtual tour @
www.mcrh-tn.org

Free Pregnancy Tests

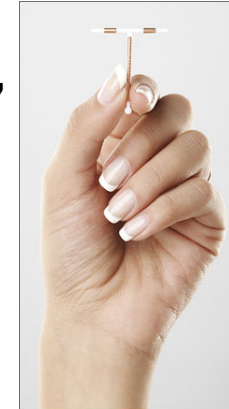


The Unsung Heroine of Teen Birth Control

Meet the IUD

What if a decision today could prevent an unwanted pregnancy for up to 10 years?

Learn more at
www.mcrh-tn.org/iudinfo



Free Condoms



Protect yourself

from cervical cancer and genital warts with the HPV vaccine

Gardasil®



Screens and tests available

Pregnancy Tests **Free!**

HIV Rapid testing **Free!**
Results in 20 minutes

STD testing
Chlamydia, Gonorrhea, Syphilis & Trichomoniasis \$ 50
Includes tests and lab work, prescriptions & referrals if needed. Prior repro health visit required.

Herpes I & II \$ 35

Vaccinations
HPV Vaccine (Gardasil®) \$ 175 ea
3 visits, 3 injections

Seasonal flu \$ 20

Birth Control
Emergency Contraception (Morning After Pill) \$ 40

Paragard® IUD (effective up to 10 yrs) \$ 650

Mirena® IUS (effective up to 5 yrs) \$ 875

Implanon® (effective up to 3 yrs) \$ 850

Depo Provera (the Shot) (lasts 3 mos) \$ 15

Prescriptions available for:
Oral Contraceptives (The Pill)
Ortho Evra (The Patch)
Nuvaring (The Ring)

Payment plans available