

# ALASKA BOOK OF CHOICES

RESOURCES FOR UNPLANNED PREGNANCY AND FAMILY PLANNING



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Resources for Unplanned Pregnancy and Family Planning

Available Online:  
[alaskaprochoice.org](http://alaskaprochoice.org)

2006

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Special thanks to the health and human service providers who agreed to be included in this resource. The services they provide and their willingness to participate make family planning and reproductive freedom a reality for Alaskan women.

**Disclaimer** This guide is for education and information only and is not intended to replace the advice of a medical provider or to assist the layperson in diagnosing or treating any medical condition.

The Alaska Pro-Choice Alliance can neither ensure the accuracy of contact information nor the quality of services listed in the guide as such information is affected by constant change beyond our control.

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# Table of Contents

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Table of Contents.....	i
Introduction.....	1
Choices Timeline.....	2
How to Use This Book.....	3
US and Alaska Laws.....	5
Abortion is Legal.....	5
Privacy and Insurance Confidentiality.....	5
Minors.....	6
Alaska Medicaid.....	6
Preventing Pregnancy.....	7
Are You Under 18?.....	7
Finding a Health Care Provider.....	7
Birth Control Methods.....	8
Behavioral Methods.....	8
Non-Prescription Methods.....	9
Prescription Methods.....	10
Permanent Methods.....	14
EC/Emergency Contraception.....	15
Preventing Pregnancy After Unprotected Sex.....	15
Types of Emergency Contraception.....	18
Emergency Contraception Can Fail.....	19
Where to Get EC.....	20
Pharmacies: EC without a Prescription.....	21
Paying for Birth Control and Abortion.....	24
Cost of Abortion.....	24
Medicaid.....	24
Private Insurance Coverage.....	24
Help With Paying for Birth Control.....	25
Help With Paying for an Abortion.....	25
Loans and Grants.....	26

Options Counseling .....	28
Warning: Anti-choice Clinics and Web Sites .....	30
Abortion Procedures.....	31
Medication Abortion.....	31
Aspiration Abortion .....	33
Vacuum Aspiration Abortion (Suction Curettage) .....	33
Manual Vacuum Aspiration .....	34
Surgical Abortion: Dilation and Evacuation (D&E) .....	35
Pain Relief Methods .....	36
Abortion Safety and Follow-up .....	37
Choosing an Abortion Provider.....	38
Provider Index .....	40
Alaska Providers .....	41
Washington Providers .....	47
Oregon Providers .....	55
Vancouver, British Columbia Providers .....	57
Late Term Abortion Providers .....	58
Choosing Adoption .....	60
Birth Parent Bill of Rights .....	60
Indian Child Welfare Act.....	64
Adoption Agencies .....	64
Resources for Pregnant Women and Parents.....	66
Denali KidCare .....	66
Public Health Centers .....	66
Child Support .....	68
Domestic Violence .....	69
WIC .....	71
Child Care Assistance .....	73
Temporary Financial Assistance.....	74
Parents Without Partners .....	75
The Alaska Pro-Choice Alliance .....	76

## Introduction

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The Alaska Pro-Choice Alliance is a permanent statewide coalition of diverse nonprofit organizations. Our mission is to uphold the right to reproductive choice and privacy and to promote reproductive health services through education, advocacy and community organizing.

The Alaska Pro-Choice Alliance provides information on reproductive health care services and public policy.

Our planning and organizing efforts are dedicated to providing Alaskan women from urban and remote communities with access to the full range of reproductive health services.

APCA is a 501(c)(3) agency. Contributions – in support of the *Book of Choices* and Pauline's Fund (see page 26) and other programs – are tax deductible to the extent allowed by law.

For more information or to make contributions:

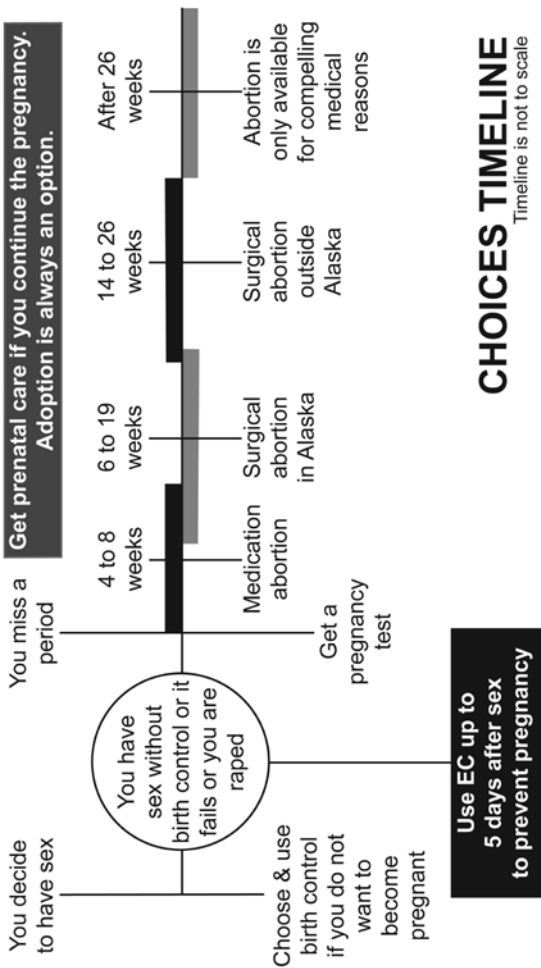
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## How to Use This Book

You may be reading this book because you need help with an unplanned pregnancy. Handling an unplanned pregnancy can be a very emotional experience, but you are not alone. ***50% of all pregnancies are unplanned.***

There are many choices available to you. This guide will help you find resources and supportive, non-judgmental professionals who will respect your right to make the decisions best for you and help you to act on them. On page 2 you will find a timeline showing your options; you have more choices if you act early.

By using Emergency Contraception (EC), you may even be able to prevent becoming pregnant after having unprotected sex. EC is a form of birth control that can prevent pregnancy up to five days (120 hours) after sexual intercourse. The earlier it is taken, the more likely it is to prevent pregnancy. Turn to page 15 to learn the facts about emergency contraception.

If you are seeking counseling to decide whether or not to continue your pregnancy, you have the right to compassionate, professional, and honest advice about all available options. Turn to

page 28 for information about these resources.

Be aware that most “crisis pregnancy centers” or “pregnancy resource centers” are run by political or religious groups that actively oppose legal abortion and even birth control. Anti-choice volunteers rather than health professionals staff most crisis pregnancy centers; they do not provide health care services. Do not expect help unless you decide to continue your pregnancy.

As with all decisions related to unplanned pregnancy, it is important to act early if you are considering having an abortion. Turn to page 31 for information about abortion and page 40 for abortion providers in Alaska and the Pacific Northwest.

Turn to page 60 for information about adoption. The adoption agencies listed respect your right to choose what is best for you.

Resources for pregnant women and parents are found beginning on page 66.

If you are, or may become, sexually active and do not want to become pregnant, we encourage you to use birth control. Turn to page 7 for comprehensive information on birth control.

## **US and Alaska Laws**

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### **Abortion is Legal**

In *Roe v. Wade* (1973), the U.S. Supreme Court held that the U.S. Constitution protects the right to terminate your pregnancy. Through the end of the first trimester (12 weeks), your decision, made in consultation with your physician, must be free of government interference. After the first trimester, states may pass laws restricting abortion.

After the fetus is viable, or capable of sustained survival outside the woman's body with or without artificial aid, a state may ban abortion except when necessary to preserve a woman's life or health.

### **Privacy and Insurance Confidentiality**

Your medical records are private and confidential. However, confidentiality laws may not necessarily apply to insurance records. Confidentiality of insurance records depends on who owns the insurance policy. If you have insurance and wish to find out what type of information your insurance plan gives your employer, call the customer service office of your insurance plan.

## **Minors**

In Alaska, minors are not legally required to have a parent's permission to get an abortion. Confidentiality laws also prohibit providers from telling parents that a minor has received family planning services, including birth control, abortion or treatment of sexually transmitted infections, unless the minor gives written consent.

Although the Alaska Legislature passed a law requiring minors under age 17 to get approval of a parent or a judge before getting an abortion, the courts have ruled the law unconstitutional. The case is on appeal to the Alaska Supreme Court (as of July 2006), and the law cannot be enforced while the appeal is pending.

If you are under age 17, we encourage you to seek the advice and support of your parent or another trusted adult.

## **Alaska Medicaid**

The State of Alaska is currently required to pay Medicaid claims for therapeutic abortions. The Alaska Supreme Court has found legislative efforts to deny such coverage unconstitutional.

## **Preventing Pregnancy**

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### **Are You Under 18?**

If you are a teenager, you may be uncomfortable discussing birth control. However, to protect your health and keep control of your reproductive life, we encourage you to talk with a health care professional, your parents, or to another trusted adult about these issues. Minors (those under the age of 18) are not legally required to notify or get permission from their parents to obtain birth control. Alaska law prohibits a provider from telling parents if a minor has received family planning services, including birth control and abortion, unless the minor gives written consent. However, it is wise to ask a clinic's policy regarding confidentiality for minors.

### **Finding a Health Care Provider**

There are many resources for birth control services - your physician or nurse practitioner, a local public health center and Planned Parenthood® clinics are just a few. A list of public health centers is found on page 66.

## **Birth Control Methods**

There are more forms of birth control available today than ever before. All are designed to prevent pregnancy. It is best to consult a health care provider about the safest and most effective method for you.

Neither EC nor any sort of birth control pill or spermicide will protect you from sexually transmitted infections.

**Only latex condoms, properly used, reliably protect against sexually transmitted infections.**

## **Behavioral Methods**

### ■ Continuous Abstinence

Abstinence is not engaging in sexual intercourse with your partner. Other forms of erotic and sexual play can be enjoyed by people choosing to remain abstinent as long as sperm is kept away from the vagina. Continuous abstinence is 100% effective.

### ■ Fertility Awareness Method

The Fertility Awareness Method is a practice whereby you carefully observe two or three primary fertility signs to determine when you are

fertile. The three primary fertility signs are: (1) basal body temperature (taken first thing in the morning), (2) cervical fluid (sometimes called mucus, observed throughout the day) and (3) the position of the cervix (optional). By charting these signs on a daily basis, you can then interpret when you are fertile and decide when to have intercourse in order to prevent pregnancy. These methods often require supplies that can be found at many drugstores. For maximum effectiveness, you must be very committed to tracking these observations and not have vaginal intercourse unless you use a barrier method while you are fertile.

## **Non-Prescription Methods**

These methods generally are available without a prescription at pharmacies, grocery stores, health departments, and family planning clinics.

### ■ Male Condom

A sleeve, usually made of latex, that fits over an erect penis and blocks the passage of semen. Male condoms are 86% effective and are available without a prescription at pharmacies, markets, health departments, and family planning clinics.

### ■ Female Condom

A thin, loose-fitting, and flexible plastic sleeve worn inside the vagina and outside against the vulva. A soft ring at the closed end of the sleeve covers the cervix during intercourse and holds the condom inside the vagina. Female condoms are 79% effective and are available without a prescription. They are not as widely available as male condoms and are more expensive.

### ■ Vaginal Spermicides

Foams, jellies, creams, films, and suppositories that can be applied inside the vagina. Spermicides are 74% effective and are best used in combination with barrier methods of birth control such as condoms, diaphragms, and cervical caps.

### ■ Today® Sponge

A sponge containing a spermicide that is placed in the vagina before intercourse and left in place for six hours after intercourse. It is available online and at certain pharmacies in the lower '48.

## **Prescription Methods**

The following methods require a visit to a health care provider for a prescription. Planned Parenthood® offers some methods (birth control pills,

the patch, and Depo-Provera) without a pelvic exam.

#### ■ Birth Control Pills (“The Pill”)

A combination of synthetic estrogen and progesterone hormones taken by mouth daily. Birth control pills alter ovulation and change the way ovaries release eggs. Oral contraceptives are 94-97% effective and require a prescription that can be filled by pharmacies. Health departments and family planning clinics can often dispense their own Pill prescriptions.

#### ■ Ortho Evra® Contraceptive Patch

The patch looks like a square Band-aid and works by slowly releasing a combination of estrogen and progestin hormones through the skin. It is applied to the abdomen, buttocks, upper arm, or upper torso. The patch is changed weekly for three weeks of the month, followed by one week without the patch. Used correctly, it can be 98-99% effective.

#### ■ Depo-Provera

This hormone injection lasts three months and is usually given in the arm or buttocks. The synthetic progesterone injection contains no estrogen. Depo-Provera is 99+% effective and

requires a visit to a health care provider every three months to receive the injection.

■ NuvaRing®

A slender, flexible transparent vaginal ring that delivers a steady low-dose contraceptive hormone. It is self-inserted into the vagina and stays in place for three weeks. It is then removed for one week. It is about 98-99% effective if used correctly.

■ Implanon®

A newly approved small single rod implant that looks like a small match stick and contains progesterone. The device is implanted just beneath the skin in an office procedure. It prevents release of an egg from the ovary, thickens the cervical mucous, and changes the lining of the uterus to prevent a pregnancy. Although no contraceptive can be said to be 100% effective, there have been no pregnancies to date with over 70,000 monthly cycles of use.

■ Intrauterine Device or System (IUD/IUS)

A small pliable plastic object inserted through the cervix and placed into the uterine cavity to prevent pregnancy. Two types of IUDs are available. The Copper-T (ParaGard) releases small

amounts of copper that prevent sperm from making their way up through the uterus into the fallopian tubes. The Mirena IUS releases a small amount of synthetic progesterone every day and may reduce menstrual flow. IUDs can last five to ten years and are 99+% effective. IUDs require a visit to a health care provider to insert and remove.

#### ■ Diaphragm

A thin rubber dome with a springy and flexible rim used with spermicide. Inserted into the vagina, it fits over the cervix. It should be left in place for six to eight hours after intercourse. Diaphragms are 80% effective. A visit to a health care provider is required to determine proper size and to obtain a prescription.

#### ■ Cervical Cap

A thimble-shaped latex device used with spermicidal jellies or creams. It is inserted into the vagina and fits snugly over the cervix. It should be left in place for at least eight hours after intercourse. Cervical caps are 60-80% effective. Cervical caps are not always readily available.

## **Permanent Methods**

These methods are generally nonreversible.

### ■ Vasectomy (male sterilization)

Minor surgery in which the vas deferentia, the tubes that carry sperm, are cut or blocked. Vasectomies are almost always done as an outpatient procedure. Vasectomies are almost 99+% effective as birth control.

### ■ Tubal Ligation (female sterilization)

Surgery performed by a physician in which the fallopian tubes are cut, burned, or blocked. Tubal ligation can be done as an outpatient procedure and is 99.5% effective as birth control.

### ■ Essure® (no incision tubal ligation)

Micro inserts are placed in each fallopian tube. Over a three-month period, body tissue grows into the inserts and blocks the fallopian tubes. This prevents sperm from reaching and fertilizing the egg, preventing pregnancy.

Caution: You must use a second form of contraception for at least three months after the procedure. Additionally, you must have a follow-up test to confirm your fallopian tubes are blocked.

## **EC/Emergency Contraception**

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### **Preventing Pregnancy After Unprotected Sex, When Your Regular Method Fails or in Case of Rape**

Emergency contraception (EC) is a safe method of preventing pregnancy after unprotected sex. Prices for EC vary, starting at about \$30.

Emergency contraception, also known as the “morning-after pill,” is 74-89% effective when taken within 120 hours or 5 days after unprotected sex, and is *most* effective when taken within 12 hours. If EC is used, only two in 100 women will get pregnant from unprotected sex.

**The earlier you use EC, the more likely it is to prevent pregnancy.**

#### ■ Act Quickly!

Emergency contraception is most effective when taken within 12 hours after unprotected sex, although it may be effective for up to 120 hours. The earlier you take it, the more effective it is. It is important to seek emergency contraception services as soon as possible.

Emergency contraception will not work if you are

## **EC Update: Plan B® Without a Prescription**

*We literally stopped the presses to bring you up-to-date information about Emergency Contraception.*

**The U.S. Food and Drug Administration has decided to allow women age 18 and over to buy the most common kind of EC, Plan B® (page 18), without a prescription.** We don't know when these new rules will go into effect (the decision was announced in late August 2006), but it means women 18 and over will soon be able to get Plan B at most pharmacies without a prescription, in all 50 states. You will have to ask at the pharmacy counter (it won't be on a shelf like other products) and you may be required to show proof of age, but you won't need a prescription.

**Younger Alaskan women, those 17 and under, will still be able to get EC without a prescription at certain Alaskan pharmacies** (discussed later in the section; for a list of pharmacies, see page 22 or go to [www.not-2-late.com](http://www.not-2-late.com)). All women, all ages, will *still* be able to get EC at many public health centers, family planning clinics, and Planned Parenthood®.

We don't know when Plan B® will be available to women over 18 without a prescription. Until then, see "Where to Get EC" for information about finding EC quickly – with and without a prescription.

already pregnant and will not harm a pregnancy or the fetus. Emergency contraception is not the abortion pill (RU 486 or Mifeprex) and does not induce abortion.

EC is not as effective as consistent use of more conventional birth control methods (described on pages 8 to 14).

**Be prepared.  
Get EC in advance, just in case.**

If you are sexually active and don't want to become pregnant, you may consider getting an advance prescription from your health care provider to have in case of emergency.

Ask for a prescription and counseling about correct use at your annual exam. Ask for emergency contraception or the “morning-after pill.”

You can get EC through a health care provider and also directly at some pharmacies without a prescription. Most pharmacies, public health centers, and family planning clinics can dispense emergency contraception.

See page 22 for a list of pharmacies that offer EC without a prescription or a prior visit to a

health care provider.

## **Types of Emergency Contraception**

There are several forms of emergency contraceptives that prevent pregnancy after unprotected sex.

### ■ Plan B®

Plan B® contains only high-dose progestin. Plan B® is less likely to cause nausea and vomiting than estrogen-progestin combinations, and is safe for women who cannot take estrogen. Plan B® can reduce the chances of becoming pregnant by up to 89%.

### ■ Other Emergency Contraceptive Pills

Some doctors may use high doses of specific types of regular birth control pills (containing estrogen and progestin) for emergency contraception. It is important that you take these medicines only under the direct supervision of your provider.

Side effects include nausea and vomiting. You may need to ask your health care provider for medicine to prevent nausea. This type of EC can reduce the chances of getting pregnant by up to 75%.

### ■ Copper-T Intrauterine Device (IUD)

Inserted within five days after unprotected sex, a Copper-T IUD can reduce the chance of pregnancy by 99%. It can be left in place for up to ten years as a regular birth control method. (The Mirena IUD has not been proven effective for use as emergency contraception.)

### **Emergency Contraception Can Fail**

If you do not get your period within three weeks of taking emergency contraception or if you have signs of pregnancy, see your health care provider as soon as possible to find out if you are pregnant.

- Your next period may be slightly off schedule, a little earlier or later than usual.
- Your menstrual flow may be lighter, heavier, or more spotty than usual.
- If you see a health care provider before you get your next period, be sure to tell the provider you have taken emergency contraception.
- If you have vaginal intercourse at any time before you have your next period, use some form of contraception to prevent pregnancy and sexually transmitted infections.

- See a health care provider if there is any risk that you may have been exposed to a sexually transmitted infection.
- Make a contraceptive plan for the immediate future so you don't have to rely only on EC.

### **Where to Get EC**

If you are not able to get EC from your health care provider quickly, you may be able to get it from another source. Many public health centers, community health centers, the Municipality of Anchorage Reproductive Health Clinic, Planned Parenthood®, and private providers offer EC. You can also get EC from certain pharmacies, even if you don't have a prescription; a list of pharmacies which dispense EC without an advance prescription starts on page 22.

To find a provider or to find a pharmacy that provides EC without a prescription:

**Phone: 1-888-NOT-2-LATE**

**Web: [www.not-2-late.com](http://www.not-2-late.com)**

**Or: [www.alaskaec.org](http://www.alaskaec.org)**

**(through AK EC Project)**

This national service provides referrals to the health care provider nearest you. Prescriptions are also available from Planned Parenthood® by phone; call 1-800-230-PLAN (7526).

If a pharmacist or drug store refuses to fill your prescription for EC or any other form of birth control, notify APCA at 907-344-3055 or by email at [alaskabookofchoices@yahoo.com](mailto:alaskabookofchoices@yahoo.com).

**Pharmacies: EC without a Prescription**

Collaborating pharmacies will provide EC without a prescription or a visit to a health care provider; the list begins on the next page. This is especially important on weekends, when your health care provider may not be available. Call these pharmacies first to confirm. (You'll also find collaborating pharmacies listed with the EC referral service.)

<b>Pharmacies – EC without a Prescription</b>		
Anchorage	Bernie's Pharmacy 4100 Lake Otis	907-562-2138
	Fred Meyer's 2000 W Dimond	907-267-6733
	Hewitt's Drug Store 1068 W Fireweed	907-277-2422
	Carrs/Safeway Northway Mall	907-339-5260
	Carrs/Safeway 4000 W Dimond	907-339-1260
	Carrs/Safeway Aurora Village	907-297-0560
Eagle River	Carrs/Safeway 11431 Business Blvd	907-696-9460
Fairbanks	Carrs/Safeway 3627 Airport Way	907-374-4060
	Carrs/Safeway 30 College Rd	907-374-4160
Homer	Carrs/Safeway 90 Sterling Hwy	907-226-1060
Juneau	Ron's Apothecary 9101 Mendenhall Mall Rd	907-789-0458
Kenai	Carrs/Safeway 10576 Kenai Spur Hwy	907-283-6360

Kodiak	Carrs/Safeway 2685 Mill Bay Rd	907-486-6040
North Pole	North Pole Prescription Laboratory 167 Santa Claus Lane	907-488-8555
Seward	Carrs/Safeway Pharmacy 1907 Seward Highway	907-224-6960
Sitka	Harry Race Drug 106 Lincoln St	907-747-8006
	White's Pharmacy 705 Halibut Point Rd	907-747-5755
Soldotna	Carrs/Safeway 44428 Sterling Hwy	907-714-5460

Be sure to phone ahead to ensure that the pharmacist on duty is able to dispense EC (not all pharmacists at these locations may be authorized to do so).

## **Paying for Birth Control and Abortion**

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### **Cost of Abortion**

Costs vary from provider to provider. In Alaska, Medication and Aspiration abortions (as of June 2006) range in cost from \$560 to \$1,000. Dilation and evacuation (D&E) abortion costs approximately \$2,000 plus hospital expenses. In comparison, the cost of Emergency Contraception starts at about \$30.

### **Medicaid**

In Alaska, Medicaid covers contraceptives, including birth control pills, sterilization, Depo-Provera, IUDs and emergency contraception. Medicaid also covers testing and treatment of sexually transmitted infections, and pregnancy options including prenatal care and abortion. Those enrolled in Medicaid can obtain family planning services from any Medicaid provider. The abortion provider listings indicate where Alaska Medicaid is accepted.

### **Private Insurance Coverage**

Workplace health insurance may cover birth control and abortion services if the employ-

er has chosen to include this coverage in the health insurance package. To find out if your insurance plan covers these services, call the health insurer's customer service number and ask. If your insurance plan does cover family planning services, sometimes it will cover only certain types of contraceptives or require that abortion services be performed in a clinic rather than a hospital.

### **Help With Paying for Birth Control**

If you do not have health insurance, or your insurance does not cover family planning services, be aware that some clinics, including Planned Parenthood® and public health centers, provide birth control on a sliding fee scale.

### **Help With Paying for an Abortion**

If you are not on Medicaid and are unable to pay for an abortion, you may be eligible for State of Alaska medical assistance for pregnant women to cover the cost of the procedure. If you are under 19 you may be eligible for Denali KidCare, even if you live with your parents.

The application form is short, and eligibility determinations on applications often can be completed quickly. More information about this

program is available by calling 907-269-6529 in Anchorage or 1-888-318-8890 toll-free.

Some providers offer abortion services on a sliding scale, and will reduce the fee.

## **Loans and Grants**

The following funds provide loans and/or grants to low-income women and girls seeking an abortion. For more information on abortion funds, visit the National Network of Abortion Funds web site at <http://www.nnaf.org>.

### ■ Pauline's Abortion Loan Fund

The Alaska Pro-Choice Alliance makes interest-free loans to Alaskan women who need help paying for an abortion. For more information, call APCA at 907-334-3055.

*Pauline's Fund is named in honor of the late Pauline Utter, an activist committed to ensuring that all women have access to safe, legal, and affordable reproductive care. Pauline's Fund is a member of the National Network of Abortion Funds. Contributions to the Fund are welcome and are tax-deductible.*

■ **Women’s Reproductive Rights Assistance Project**

A national abortion fund. Your health care provider needs to call. 1-213-223-7727

■ **Pro-Choice Resources/Hersey Abortion Assistance Fund**

A national abortion fund. 1-612-825-8270 or toll free 1-888-439-0124

■ **Community Abortion & Information Resources**

An independent, Seattle-based, all-volunteer project providing financial assistance and information. CAIR serves Alaska, Idaho, Oregon, and Washington. Toll-free: 1-888-644-2247.

■ **Travel Support**

The Abortion Access Network of Washington NARAL (National Abortion and Reproductive Rights Action League) provides support for Alaskan women traveling to Seattle for an abortion.

Volunteers can provide housing, transportation and logistical support, and can accompany women to their appointments.

For more info, call 1-206-624-1990 or email [sashacousineau@prochoicewashington.org](mailto:sashacousineau@prochoicewashington.org).

## **Options Counseling**

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Unintended pregnancy can be an emotional experience. If you want counseling, you have a right to unbiased, compassionate, professional, and honest counsel on all the options available. Use these resources or talk with your clergy or a counselor. *You should never be told what to do or be advised about the morality of your options.*

### ■ Planned Parenthood of Alaska®

Planned Parenthood of Alaska is a good place to start. Call 800-230-PLAN.

### ■ The Pregnancy Options Workbook

The workbook, available at [www.pregnancy-options.info](http://www.pregnancy-options.info), is a safe place to explore what is right for you. This extensive “online workbook” gives a realistic picture of all the choices you can make – abortion, adoption, and being a parent. It contains questions and options on every choice, exercises to help you get in touch with what you really want, plus resources for partners and parents, spirituality and religion, and taking care of yourself in every circumstance.

### ■ Backline

Backline offers another opportunity for options counseling. Their “Talk Line” offers “a safe and confidential space for women and their loved ones to talk openly about pregnancy, abortion, adoption and parenting.” Talk Line advocates are available Mon - Thurs, 4 pm - 9 pm, and Fri - Sun 9 am - 2 pm. The call is toll free: 1-888-493-0092. Website found at [yourbackline.org](http://yourbackline.org).

### ■ National Abortion Federation

NAF offers another reliable source of information. Their toll-free hotline at 1-800-772-9100 provides information in English and Spanish Mon - Fri from 4 am to 5 pm and Sat from 5 am - 1 pm. Web site found at [prochoice.org](http://prochoice.org).

### ■ Therapy

Brief therapy can help sort out your feelings as well as provide support and coping skills. The role of a counselor is to help you come to your own decision and sort through your feelings. During your initial visit, ask whomever you see about their personal beliefs on abortion, adoption, parenting, and marriage.

## **Warning: Anti-choice Clinics and Web Sites**

Some clinics advertise the availability of free pregnancy tests and counseling. Be cautious if you are refused information on the telephone, and are told you must come into the office.

A 2006 Congressional report found that these anti-choice centers give women misinformation about the potential side effects of abortion. For instance, despite their claims, abortion does **not** increase your risk of breast cancer, infertility or cause deep psychological trauma.

**The anti-choice movement has thousands of “health clinics” across the country often called “crisis pregnancy centers.”**

They may be listed in the Yellow Pages under headings such as Abortion Alternatives, Birth Control Information, Pregnancy Help, Crisis Pregnancy Centers, or Pregnancy Resource Centers.

These fake clinics do not generally provide any real health care services for women and may only offer a store-bought pregnancy test.

## **Abortion Procedures**

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Abortion services offered in Alaska are: Medication, Vacuum Aspiration or Manual Vacuum Aspiration, and Surgical Abortions.

### **Medication Abortion**

A medication abortion is a nonsurgical method in which medicines are provided to cause uterine contractions and changes in the uterus that bring about an abortion. Medication abortion is available as early as four weeks after your last menstrual period. The actual time limit may vary depending on the provider you choose.

Medication Abortion may be an option if

- It has been less than eight weeks since the start of your last menstrual period;
- You provide informed consent for the procedure;
- You agree to return for the required follow-up appointments;
- You live no more than two hours away from emergency medical care (a hospital);
- You agree to have a surgical abortion should

the medications not induce termination.

The medicines used in a Medical Abortion may include one or more of the following:

- Mifepristone (also called Mifeprex or RU-486) changes the lining of the uterus to prevent a pregnancy, soften the cervix, and increase uterine contractions in the uterus;
- Misoprostol (also called Cytotec) causes additional uterine contractions to complete the abortion;
- Methotrexate creates changes in enzyme reactions in the tissue metabolism that bring about an abortion.

Follow-up visits are **extremely** important with medication abortion to ensure that the abortion has been completed.

#### ■ Advantages of Medication Abortion

- It's available earlier in the pregnancy than other methods.
- Usually avoids an invasive surgical procedure. It can offer more privacy than other methods.
- You maintain more control of the procedure.

- Avoids anesthesia.
- Highly successful.
- Disadvantages of Medication Abortion
  - There may be nausea, vomiting, diarrhea, and cramps.
  - Bleeding may be heavy.
  - Depending on the medication used, the procedure may take days or weeks to complete.
  - Follow-up appointments are necessary to insure completion of the abortion.
  - A Surgical Abortion may be required if the Medical Abortion is not completed.

## **Aspiration Abortion**

Aspiration abortions use suction to remove the uterine contents. There are two types: Vacuum Aspiration and Manual Vacuum Aspiration.

### **Vacuum Aspiration Abortion (Suction Curettage)**

Vacuum aspiration is one of the most common methods used to terminate a pregnancy from six to 14 weeks after the first day of the last menstrual period (LMP). It involves three main steps: paracervical block (an injection to

numb the cervix), insertion of a soft flexible tube through the cervix into the uterine cavity, and suction created by an aspirating machine to remove the uterine contents.

The physician may then use a spoon-shaped instrument, called a curette, to ensure that the abortion is complete.

Although the procedure itself takes from five to 10 minutes, because of paperwork, counseling and other preparation, it may require one, two, or three days to complete. Local anesthesia is usually all that is required to alleviate pain, but some providers offer additional medication, such as conscious sedation (mild sedative administered intravenously) or general anesthesia.

Side effects associated with aspiration abortion include abdominal cramping and vaginal bleeding that may last up to a week.

### **Manual Vacuum Aspiration**

As soon as a pregnancy can be detected in the uterus by ultrasound, an abortion can be performed using a syringe. Manual Vacuum Aspiration is a suction aspiration method, but does not use a suction machine. It may be used up to 12

weeks after the first day of the last menstrual period.

Some patients prefer Manual Vacuum Aspiration because it is quieter than using a suction machine. A local anesthesia is all that is required to alleviate pain, but some providers offer additional medication, such as intravenous conscious sedation or general anesthesia.

Side effects associated with manual vacuum aspiration may include abdominal cramping and vaginal bleeding that may last up to a week.

### **Surgical Abortion: Dilation and Evacuation (D&E)**

Dilation and evacuation is the most common second-trimester abortion procedure. It is available at some facilities in the United States until 26 weeks after the start of the last menstrual period (LMP). In Alaska, it is currently available up to 19 weeks. Appointments usually require two to three consecutive days.

On the first day, an ultrasound will be performed to determine the size of the fetus. On the second day laminaria (a sterilized seaweed derivative) are inserted into the cervical canal to cause

the cervix to gradually dilate or open up. On the second day, the laminaria are removed and new ones are placed to further dilate the cervix. When the cervix is sufficiently dilated, the doctor uses a vacuum aspiration and other instruments to perform the abortion. The procedure usually requires 10-20 minutes to complete.

Conscious sedation and local anesthesia are used to alleviate pain. Some providers offer additional medication, like general anesthesia.

Physicians who provide second-trimester abortions may require a second doctor's consultation to confirm the weeks of pregnancy, affirm that no coercion was used in the patient's decision to terminate, and state the patient agrees to the dilation and evacuation procedure.

### **Pain Relief Methods**

As with many medical or surgical procedures, an abortion procedure can be painful. The pain feels similar to menstrual cramps but is sometimes stronger as the uterus begins to contract to its regular non-pregnancy size. The discomfort from contractions ranges from barely noticeable to very uncomfortable. Your provider may offer local anesthesia, conscious sedation, or general

anesthesia, depending on the procedure used.

### **Abortion Safety and Follow-up**

Abortion is one of the safest medical procedures available. Each year, more than one million American women have an abortion. Less than 1% of all abortion patients experience a major complication associated with the procedure. The risk of the procedure, however, increases if the abortion is performed later in a pregnancy. It is important for you to inform the abortion provider of any past or present health problems you may have.

Tell your provider of any current prescription or other drugs you use. It is equally important to tell about any allergies you have to medications or other substances. Follow all postoperative instructions and return for a follow-up examination. Ask questions if you are unsure of anything about the procedure or follow-up care.

As with all surgical or medical procedures, it is important to recognize and react quickly to signs of potential complications. Your abortion provider will inform you of what to expect and what would be unusual after an abortion.

## **Choosing an Abortion Provider**

This section lists health care providers and clinics in Alaska, Washington, Oregon, and Vancouver, British Columbia who provide abortion services. We then list providers of late term abortions.

When you call to make an appointment, we encourage you to tell the clinic: the date of your last period, date of positive pregnancy test (home or clinic), and whether you are eligible for Medicaid. This lets the clinic decide if you are a candidate for their services or if you need to be referred elsewhere.

It is important that your questions be answered:

- How much does it cost?
- Is there a payment plan? Do they accept private insurance, credit cards or checks?
- What is required before the abortion is performed? E.g., history/physical exam, laboratory tests, ultrasound.
- How many visits are required? Do you need to stay in the area for a certain length of time after the procedure?

- Which procedure will you have and what should you expect?
- What additional tests will be done?
- Are all patients treated with antibiotics?
- What should you expect after treatment, including normal bleeding pattern, limitation of activity, what to do if problems occur, where to have a routine follow up visit, if one is necessary?
- Are contraceptives provided?
- Can your support person stay with you?

## **Provider Index**

Alaska Providers.....	41
Alaska Women’s Health Services .....	41
Colleen Murphy, MD, FACOG .....	42
Planned Parenthood of Alaska Anchorage® .....	43
George C. Stranksy, MD, FACOG.....	44
Planned Parenthood of Alaska Fairbanks® .....	45
Michael Merrick, MD .....	46
Susan Lemagie, MD.....	46
Washington Providers .....	47
Aradia Women’s Health Center .....	47
Aurora Medical Services .....	48
Planned Parenthood of Western Washington®.....	49
Seattle Medical and Wellness Clinic .....	50
Cedar River Clinics - Renton.....	51
All Women’s Health .....	52
Cedar River Clinics - Tacoma.....	53
Westgate Family Medicine .....	54
Cedar River Clinics - Yakima.....	54
Oregon Providers .....	55
Downtown Women’s Center.....	55
Planned Parenthood of Columbia/Willamette®.....	56
Vancouver, British Columbia Providers .....	57
Elizabeth Bagshaw Women’s Clinic.....	57
Everywoman’s Health Centre.....	57
Women’s Health Centre .....	57
Late Term Abortion Providers .....	58
Lovejoy Surgicenter .....	58
Boulder Abortion Clinic.....	59
Women’s Health Care Services .....	59

## Alaska Women's Health Services

4115 Lake Otis Pkwy	Phone: 907-563-7228
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<b>Anchorage</b> , AK 99508	Fax: 907-563-6278
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Hours: Monday - Friday, 8 am - 5 pm

Email: [awhs@akwomenshealth.com](mailto:awhs@akwomenshealth.com)

### Abortion Procedures

Abortions provided up to 12 weeks LMP.

### Payment Methods and Discounts Accepted

Cash	√	Will Bill Insurance	√
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Visa/MasterCard	√	Alaska Medicaid	√
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Notes: Will only bill insurance for established patients. Aspiration abortions may be a one day procedure if patient has had a vaginal birth. If laminaria are needed, aspiration abortions require two visits plus follow up.

<b>Colleen Murphy, MD, FACOG</b>			
4100 Lake Otis Pkwy Suite 330 <b>Anchorage, AK 99508</b>		Phone: 907-770-5432 Fax: 907-770-5431	
Hours: Monday-Thursday 9 am - 12, 1 pm - 4:30 pm; Friday 9 am - 12 noon			
Email: <a href="mailto:drcolleenoffice@gci.net">drcolleenoffice@gci.net</a> Web: <a href="http://drcolleen.yourmd.com">drcolleen.yourmd.com</a>			
Abortion Procedures			
Abortions provided up to 12 weeks gestational age.			
Payment Methods and Discounts Accepted			
Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Alaska Medicaid	√
Notes: Pain relief prescription provided for medication abortions. If billing insurance or Medicaid, laboratory work is billed separately.			

## **Planned Parenthood of Alaska Anchorage®**

4001 Lake Otis Pkwy  
**Anchorage**, AK 99508

Phone: 907-563-2229  
Fax: 907-563-7419  
Toll Free: 800-230-PLAN

Hours: Mon. 10-6, Tue 12-8, Wed 9-5, Thurs 8-8, Fri 8-4, Sat 9-5 (1st & 3rd Sat only.)

Email: [clinic@ppak.org](mailto:clinic@ppak.org)

Web: [ppak.org](http://ppak.org)

### **Abortion Procedures**

Abortions provided up to 12 weeks LMP.

### **Payment Methods and Discounts Accepted**

Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Alaska Medicaid	√

<b>George C. Stranksy, MD, FACOG</b>			
4231 Lake Otis Pkwy <b>Anchorage</b> , AK 99508		Phone: 907-562-2965 Fax: 907-561-1257 Toll Free: 888-562-2965	
Hours: Mon - Thurs 8 am - 5 pm			
Website: <a href="http://drstranksy.medem.com">drstranksy.medem.com</a>			
Abortion Procedures			
Abortions provided up to 12 weeks LMP.			
Payment Methods and Discounts Accepted			
Cash	√	Will Bill Insurance*	√
Visa/MasterCard	√	Alaska Medicaid	√
Notes: *Will bill Aetna, Cigna, and Blue Cross directly, if your policy covers these services.			

## **Planned Parenthood of Alaska Fairbanks®**

1866 Airport Way  
Suite 160B  
**Fairbanks**, AK 99701

Phone: 907-455-7285  
Fax: 907-455-7280  
Toll Free: 800-230-PLAN

Hours: Mon, Tues, Thurs 9 am - 4 pm, Wed 2 - 8 pm

Website: [ppak.org](http://ppak.org)  
Email: [clinic@ppak.org](mailto:clinic@ppak.org)

### **Abortion Procedures**

Abortions provided up to 12 weeks LMP.

### **Payment Methods and Discounts Accepted**

Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Alaska Medicaid	√

<b>Michael Merrick, MD</b>			
416 Frontage Road <b>Kenai, AK 99611</b>		Phone: 907-283-5487 Fax: 907-283-6062	
Hours: Tues - Fri 11 am - 4 pm			
Abortion Procedures			
Abortions provided up to 13 weeks LMP.			
Payment Methods and Discounts Accepted			
Cash	√	Alaska Medicaid	√
Notes: Consultations are conducted by doctor or female nurse practitioner.			

<b>Susan Lemagie, MD</b>			
425 E. Dahlia, Suite J <b>Palmer, AK 99645</b>		Phone: 907-745-8379 Fax: 907-745-0153	
Hours: Monday-Friday 8:30 am -5:00 pm			
Abortion Procedures			
Abortions provided up to 19.4 weeks gestational age.			
Payment Methods and Discounts Accepted			
Cash	√	Alaska Medicaid	√
Visa/MasterCard	√		
Notes: For 2nd trimester surgical abortions, patient is also billed by hospital and must make separate financial arrangements. Medicaid for first trimester abortions only.			

## Aradia Women's Health Center

1300 Spring Street  
Suite 500  
**Seattle**, WA 98104

Phone: 206-323-9388  
Fax: 206-323-0120  
Toll Free: 800-644-9389

Phone hours: Mon 8:30 - 4:30, Tues-Fri 8-6, Sat 8-4

Email: [aradiawhc@aradia.org](mailto:aradiawhc@aradia.org)  
Web: [aradia.org](http://aradia.org)

### Abortion Procedures

Abortions provided up to 14 weeks LMP.

### Payment Methods and Discounts Accepted

Cash	√	Will Bill Insurance	√
Alaska Medicaid	√	Sliding Fee Scale	√
Visa/MasterCard	√		

Notes: Provide medication abortions to patients who reside within two hours of the clinic due to required follow up. Procedures are performed Wednesday, Friday and Saturday mornings. Accept Alaska and Washington Medicaid and will assist with travel accommodations.

<b>Aurora Medical Services</b>			
1001 Broadway Suite 320 <b>Seattle, WA 98122</b>		Phone: 206-957-0990 Fax: 206-957-0994 Toll Free: 866-632-6622	
Hours: Monday - Friday, 9 am - 5 pm			
Email: <a href="mailto:info@auroramedicalservices.com">info@auroramedicalservices.com</a> Web: <a href="http://www.auroramedicalservices.com">www.auroramedicalservices.com</a>			
Abortion Procedures			
Abortions provided up to 18 weeks LMP.			
Payment Methods and Discounts Accepted			
Cash	√	Will Bill Insurance	√
Personal Check	√	Sliding Fee Scale	√
Visa/MasterCard	√	Alaska Medicaid	√
Notes: Medication abortions require follow up at 2 weeks. Individualized respectful care provided. Member of National Abortion Federation. Surgical and aspiration abortion fees are based on income.			

## **Planned Parenthood of Western Washington®**

Email: [ppinfo@ppww.org](mailto:ppinfo@ppww.org)

Web: <http://www.ppww.org>

2001 East Madison St  
**Seattle**, WA 98122

Phone: 206-328-7734  
Fax: 206-328-7522

**(University)**  
4500 9th Ave NE #324  
Seattle, WA 98105

Phone: 206-632-2498  
Fax: 206-633-0838

623 NE Riddell Rd  
**Bremerton**, WA 98310

Phone: 360-373-6827  
Fax: 360-373-1379

1509 32 Street  
**Everett**, WA 98201

Phone: 425-339-3389  
Fax: 425-259-1533

1105 S 348 St #B  
**Federal Way**, WA 98003

Phone: 253-661-7002  
Fax: 253-661-9132

6610 NE 181st St #2  
**Kenmore**, WA 98128

Phone: 425-482-1122  
Fax: 425-482-1881

402 Legion Way #201  
**Olympia**, WA 98501

Phone: 360-754-5522  
Fax: 360-754-5793

813 Martin Luther King  
Drive South  
**Tacoma**, WA 98405

Phone: 253-779-3900  
Fax: 253-272-2718

continues on the next page

Abortions Provided			
Abortions provided up to 14 weeks LMP.			
Payment Methods and Discounts Accepted			
Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Sliding Fee Scale	√
Notes: Call clinic to confirm Alaska Medicaid. University and Federal Way locations are most accessible to the airport and hotels.			

<b>Seattle Medical and Wellness Clinic</b>			
1325 Fourth Avenue Suite 1240 <b>Seattle</b> , WA 98101		Phone: 206-625-0202 Fax: 206-625-1910 Toll Free: 800-522-0606	
Hours: Mon - Fri 8:30 am - 5 pm, Sat 8:30 am - noon			
Website: smawc.com			
Abortion Procedures			
Abortions provided up to 19 weeks LMP.			
Payment Methods and Discounts Accepted			
Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Student Discount	*
Military Discount	*		
Notes: * \$35 discount to 12 weeks; \$25 discount to 14 weeks			

## Cedar River Clinics - Renton

4300 Talbot Road So.  
Suite 403  
**Renton**, WA 98055

Phone: 425-255-0471  
Fax: 425-255-0262  
Toll Free: 800-572-4223

Hours: Monday - Friday, 8 am - 5 pm

Email: [info@cedarriverclinics.org](mailto:info@cedarriverclinics.org)  
Web: [cedarriverclinics.org](http://cedarriverclinics.org)

### Abortion Procedures

Abortions provided up to 24 weeks LMP.

### Payment Methods and Discounts Accepted

Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Sliding Fee Scale	√
Alaska Medicaid	√		

Notes: Medication abortion requires 1 to 3 follow up visits; follow ups may be conducted in Alaska with a collaborating provider. Abortions at 22 to 24 weeks require visits on three consecutive days.

Motel discounts. Airport, hotel, clinic shuttle available.  
Will bill insurance; call for information.

<b>All Women's Health</b>			
3711 Pacific Avenue Suite 200 <b>Tacoma, WA 98418</b>		Phone: 253-471-3464 Fax: 253-474-6880 Toll Free: 877-471-3464	
Hours: Monday - Friday 8 am - 4 pm			
Web: <a href="http://allwomenshealth.net">allwomenshealth.net</a>			
<b>Abortion Procedures</b>			
Abortions provided up to 16 weeks LMP.			
<b>Payment Methods and Discounts Accepted</b>			
Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Sliding Fee Scale	*
Notes: *All fees are based on income. Please call for exact cost.			

## Cedar River Clinics - Tacoma

1401-A Martin Luther  
King Jr. Way  
**Tacoma**, WA 98405

Phone: 253-473-6031  
Fax: 253-475-5949  
Toll Free: 800-572-4223

Hours: Monday - Friday, 8 am - 5 pm

Email: [info@cedarriverclinics.org](mailto:info@cedarriverclinics.org)  
Web: [cedarriverclinics.org](http://cedarriverclinics.org)

### Abortion Procedures

Abortions provided up to 20 weeks LMP.

### Payment Methods and Discounts Accepted

Cash	√	Will Bill Insurance	√
Visa/MasterCard	√	Sliding Fee Scale	√

Notes: Surgical abortions after 14 weeks require two visits plus follow up. Surgical abortions prior to 14 weeks may require one or two visits depending upon decision of patient and doctor. Located close to highways. Thirty minutes from the Airport.

<b>Westgate Family Medicine</b>			
2101 N Pearl Street Suite 300 <b>Tacoma, WA 98406</b>		Phone: 253-759-8331 Fax: 253-759-8013	
Hours: Monday - Thursday 8 am - 5 pm, Friday 7 am - 3:30 pm			
Abortion Procedures			
Abortions provided up to 14 weeks LMP.			
Payment Methods and Discounts Accepted			
Cash	√	Will Bill Insurance	√

<b>Cedar River Clinics - Yakima</b>			
106 East E. Street <b>Yakima, WA 98901</b>		Phone: 509-575-6422 Fax: 509-575-1899 Toll Free: 800-572-4223	
Email: <a href="mailto:info@cedarriverclinics.org">info@cedarriverclinics.org</a> Web: <a href="http://cedarriverclinics.org">cedarriverclinics.org</a>			

## Downtown Women's Center

511 SW 10th Ave  
Suite 905  
**Portland, OR 97205**

Phone: 503-224-3435  
Toll free: 800-742-9202

Hours: Monday-Friday 9:00 am - 5 pm,  
Saturday 8 am - 2 pm

Email: [info@downtownwomenscenter.com](mailto:info@downtownwomenscenter.com)  
Website: [downtownwomenscenter.com](http://downtownwomenscenter.com)

### Abortion Procedures

Abortions provided up to 20.5 weeks LMP.

### Payment Methods and Discounts Accepted

Cash	√	Will bill insurance	√
Money Order	√	OR/WA Medicaid	√

Notes: Second trimester abortions are done on Thursday; patients must be at the clinic on Tuesday, Wednesday and Thursday. Clinic is woman-owned. Se habla español.

<b>Planned Parenthood of Columbia/ Willamette®</b>	
Toll free (all clinics): 800-230-7526 Website: <a href="http://www.ppcw.org">http://www.ppcw.org</a> Nurse advice line: 888-875-7820	
<b>Northeast Portland</b> 3531 NE 15th Ave # B Portland, OR 97212	Phone: 503-288-8826 Fax: 503-288-5239
<b>Southeast Portland</b> 3231 SE 50th Avenue Portland, OR 97206	Phone: 503-775-0861 Fax: 503-788-7289
12220 SW 1st Ave # 200 <b>Beaverton</b> , OR 97005	Phone: 503-646-8222 Fax: 503-626-0953
2330 NE Division St # 7 <b>Bend</b> , OR 97701	Phone: 541-389-9973 Fax: 541-389-0850
501 NE Hood Ave # 100 <b>Gresham</b> , OR 97030	Phone: 503-666-6680 Fax: 503-669-7831
3825 Wolverine St NE <b>Salem</b> , OR 97305	Phone: 503-363-8732 Fax: 503-391-9057
5500 NE 109th Ct Ste A <b>Vancouver</b> , WA 98662	Phone: 360-694-1188 Fax: 3360-694-1631
<b>Abortion Procedures</b>	
Abortions provided up to 14 weeks LMP.	

Payment Methods and Discounts Accepted			
Cash	√	Will Bill Insurance	**
Personal Check	*	Sliding Fee Scale	***
Visa/MasterCard	√		
Notes: *Call regarding personal check payments. **Pre-payment required; will submit for reimbursement. ***Some funding available for special circumstances.			

<b>Elizabeth Bagshaw Women's Clinic</b>	
1177 W Broadway #200 <b>Vancouver, BC V6H1G3</b>	Phone: 604-736-7878 Fax: 604-736-8081 Toll free: 877-736-7171
Email: <a href="mailto:ebwc@telus.net">ebwc@telus.net</a> Web: <a href="http://elizabethbagshawclinic.ca">elizabethbagshawclinic.ca</a>	

<b>Everywoman's Health Centre</b>	
2525 Commercial Dr #210 <b>Vancouver, BC V5N4C1</b>	Phone: 604-322-6692 Fax: 604-322-6632
Web: <a href="http://ewhc.ca">ewhc.ca</a>	

<b>Women's Health Centre</b>	
CARE Program 4500 Oak St <b>Vancouver, BC V6H3N1</b>	Phone: 604-875-2022 Fax: 604-875-3274
Web: <a href="http://bcwomens.ca">bcwomens.ca</a>	

## Late Term Abortion Providers

These are resources for women who need abortions later in the pregnancy. These clinics have been reviewed and approved by the local Planned Parenthood® affiliate in their communities, and meet the Planned Parenthood Federation of America's® Medical Standards for second-trimester abortions.

<b>Lovejoy Surgicenter</b>			
933 NW 25th Avenue <b>Portland, OR 97210</b>		Phone: 1-503-221-1870 Toll-free 800-752-6189 Fax: 503-221-1488	
Hours: Monday-Saturday			
Web: <a href="http://lovejoysurgicenter.com">lovejoysurgicenter.com</a>			
Abortion Procedures			
Abortions to 24 weeks after last menstrual period.			
Payment Methods and Discounts Accepted			
Cash	√	Insurance	√
Credit cards	√		
Notes: Terminations done under local and general anesthesia. Tubal ligation may be performed in conjunction with the procedure.			

## **Boulder Abortion Clinic**

Warren Hern, MD  
1130 Alpine Avenue  
**Boulder, CO 80304**

Phone: 303-447-1361  
Toll-free: 800-535-1287  
Fax: 303-447-0020

Web: <http://drhern.com>

### **Abortion Procedures**

Abortions to 26 weeks after last menstrual period.  
Abortions after 26 weeks LMP may be performed for compelling medical reasons, and are considered on a case-by-case basis.

## **Women's Health Care Services**

George Tiller, MD  
5107 E. Kellogg  
**Wichita, KS 67218**

Phone: 316-684-5108  
Toll-free 800-882-0488

Web: [drtiller.com](http://drtiller.com)

### **Abortion Procedures**

Abortions to 24 weeks after last menstrual period.  
After 24 weeks LMP, abortions may be done for fetal anomalies or if continuation of pregnancy will cause substantial and irreversible impairment of a major physical or mental function of the pregnant woman. Patients are evaluated on a case-by-case basis.

### **Payment Methods and Discounts Accepted**

Fees vary based on the stage of pregnancy.

## **Choosing Adoption**

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If you are considering adoption you should begin planning and working with a reputable adoption agency while you are pregnant. It is important that you find an adoption agency that can handle all the arrangements of placing the newborn with a family, and that makes you feel comfortable and respected.

Planned Parenthood of Alaska® can provide initial information about the adoption process and make referrals to local adoption resources. Adoption counseling is available in person in Anchorage or by phone. Call 1-800-230-PLAN (7526).

If you are considering adoption, you may be concerned about the medical expenses involved with carrying a pregnancy to term. The adoption agency you choose can help arrange financial assistance to cover this essential medical care.

### **Birth Parent Bill of Rights**

The following “Birth Parent Bill of Rights” was prepared as a public service by Spence-Chapin, a nonprofit, licensed child placement agency in

New York. You may wish to discuss these issues with your chosen adoption agency.

1. You have the right to be free from pressure. This is an important decision, and you need time to make it. Your adoption resource should assist you to plan for your child's future, not insist that you make up your mind before the baby's birth or even immediately afterwards.
2. You have the right to total confidentiality. Even if you are a minor, placing a child in adoption is your decision alone, and it should be respected.
3. You have the right to get help with medical and other pregnancy-related expenses. If you don't have health insurance or aren't eligible for Medicaid, your medical fees, including those of private doctors, should be paid for either by your adoption resource or by the adoptive family.
4. You have the right to be put in touch with other women who have placed their babies in adoptive homes. Before making a decision, or afterwards, you may wish to speak with someone else who has had the same experience and

understands your feelings.

5. You have the right to counseling. A trained and impartial social worker familiar with adoption should be available to help you review all the options and make the best plan for you and your baby. You should be able to come back for counseling or to supply updated information at any time.
6. You have the right to choose your baby's adoptive parents. You should be presented with several families so that you can choose the family you would want for your child. If you are responding to an advertisement, you should talk with the family. You should consider meeting the family, and this should be an option.
7. You have the right to a safe, legal, efficient process. You should be able to review and familiarize yourself with all related documents and papers ahead of time, and you have the right to keep copies of anything you sign.
8. You have the right to peace of mind. Every prospective adoptive family should be pre-screened to be sure they will provide your baby with a loving home. The adoption resource

should prepare a thorough home study report detailing the family's work history, physical and emotional health, financial situation and personal history.

9. You have the right to choose ongoing communication with the adoptive family including the exchange of pictures and letters.
10. You have the right to choose an open adoption. You and the adoptive family can choose to be in contact with each other through phone calls, letters, email and personal visits.
11. You have the right to take as much time as you need to make an adoption plan. Verbal promises or written agreements signed before the birth of the baby are NOT binding in any way. You should not sign relinquishment documents until you are absolutely sure that adoption is the right choice for you and your baby.
12. You have the right to an adoption resource that will stand by a child with health problems. You should expect your adoption resource to locate adoptive families for any child regardless of health issues.
13. You have the right to send the agency updat-

ed medical information. An established adoption resource will still be there for you if any medical condition develops about which your child and the adoptive family should know. Your adoption resource should be able to maintain records and provide this necessary service.

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### **Indian Child Welfare Act**

If you are an Alaska Native or other Native American, the Indian Child Welfare Act (ICWA) may apply to you. ICWA is a federal law that is meant to ensure that there is a preference for Native adoptive families for Native children.

The law requires that tribes be notified of a pending adoption of a child with a Native biological parent unless the birth mother signs a privacy statement indicating that she does not want her tribe notified.

### **Adoption Agencies**

Below are licensed Alaska adoption agencies that respect your right to make the choice that is best for you, even if you make another choice after exploring adoption.

If an agency pressures you or does not respect your right to make your own decision, please notify APCA by email at [alaskabookofchoices@yahoo.com](mailto:alaskabookofchoices@yahoo.com), by phone at 907-334-3055, or by mail at P.O. Box 232676, Anchorage, AK 99523.

■ Alaska International Adoption Agency

308 G Street, Suite 225

Anchorage, AK 99501

Olga Byrnes

907-274-5941

[aiainfo@aol.com](mailto:aiainfo@aol.com)

■ Catholic Social Services

3710 East 20th Ave

Anchorage, AK 99508

Marilyn Moreno

907-276-5590

■ Fairbanks Counseling & Adoption

P.O. Box 71544

Fairbanks, AK 99707

Melody Jamieson

907-456-4729

## **Resources for Pregnant Women and Parents**

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If you plan to continue your pregnancy or are unsure of your plans, it is important that you begin prenatal care with a health care provider to ensure a healthy pregnancy. You may be eligible for medical and nutritional assistance during your pregnancy and thereafter.

### **Denali KidCare**

Denali KidCare offers free or low-cost comprehensive health care benefits to pregnant women and children up to age 19. Eligibility is based on family income. More information about Denali KidCare is available on the Internet at <http://hss.state.ak.us/dhcs/DenaliKidCare/default.htm> or by calling 907-269-6529 in Anchorage or 888-318-8890 toll-free.

### **Public Health Centers**

Alaska's public health nurses are important resources for pregnant women and young children. Public health services include pregnancy testing and counseling, emergency contraception, prenatal education, post-partum education and home visits, well-child assessments for infants

and young children and immunizations. Clinical family planning services are offered at some locations and all locations offer family planning information and EC. A sliding fee scale is available and no one is denied service due to inability to pay. Public Health Centers are listed next.

<b>Community</b>	<b>Family Planning Services?</b>	<b>EC?</b>	<b>Phone</b>
Anchorage	x	x	907-343-4623
Bethel	Info	x	907-543-2110
Craig	x	x	907-826-3433
Cordova	Info	x	907-424-4547
Delta Junction	x	x	907-895-4292
Dillingham	Info	x	907-842-5981
Fairbanks	x	x	907-452-1776
Haines	x	x	907-766-3300
Homer	Info	x	907-235-8857
Juneau	x	x	907-465-3353
Kenai	x	x	907-335-3400
Ketchikan	x	x	907-225-4350
Kodiak	x	x	907-486-3319
Petersburg	x	x	907-772-4611

Seward	x	x	907-224-5567
Sitka	Info	x	907-747-3255
Tok	x	x	907-883-4101
Valdez	Info	x	907-835-4612
Wasilla	x	x	907-376-2437
Wrangell	x	x	907-874-3615

## Child Support

Children suffer if they don't receive sufficient financial support from their parents. The Division of Child Support Services collects child support for children from the non-custodial parent. For more information call toll-free 800-478-3300 or contact the nearest child support office.

■ Anchorage  
907-269-6900

■ Southeast  
907-465-5887

■ Mat-Su  
907-357-3550

■ Fairbanks  
907-451-2830

## **Domestic Violence: Protection, Shelters, Victim Services**

An unplanned pregnancy can cause stress in any relationship, and is a common trigger of domestic violence. As many as 13% of pregnant women in Alaska report being abused while pregnant. If you have been raped or are involved in an abusive relationship, these programs can provide safe shelter and other resources.

<b>Community</b>	<b>Domestic Violence or Sexual Assault Program</b>	<b>Phone</b>
Anchorage	Abused Women's Aid in Crisis, Inc. (AWAIC)	907-272-0100
	Alaska Women's Resource Center	907-276-0528
	Standing Together Against Rape (STAR)	907-276-7273
Barrow	Arctic Women In Crisis (AWIC)	907-852-0267 800-478-0267
Bethel	Tundra Women's Coalition (TWC)	907-543-3456 800-478-7799
Cordova	Cordova Family Resource Center (CFRC)	907-424-4357 866-790-4357
Dillingham	Safe and Fear-Free Environment (SAFE)	907-842-2316 800-478-2316
Emmonak	Emmonak Women's Shelter	907-949-1434

## 70 – Alaska Book of Choices

Fairbanks	Interior Alaska Center Non-Violent Living	907-452-7273 800-478-7273
Juneau	Aiding Women in Abuse & Rape Emergencies (AWARE)	907-586-1090 800-478-1090
Homer	South Peninsula Haven House	907-235-8101 800-478-7799
Kenai	The LeeShore Center	907-283-7257
Ketchikan	Women in Safe Homes (WISH)	907-225-9474 800-478-9474
Kodiak	Kodiak Women's Resource and Crisis Center	907-486-3625
Kotzebue	Maniilaq Family Crisis Center (MFFC)	907-442-3969
Nome	Bering Sea Women's Group (BSWG)	907-443-5444 800-570-5444
Palmer	Alaska Family Services	907-745-6097
Seward	Seaview Community Services (SCS)	907-224-3027
Sitka	Sitkans Against Family Violence	907-747-6511 800-478-6511
Unalaska	Unalaskans Against Sexual Assault and Family Violence	907-581-1500 800-478-7238
Valdez	Advocates for Victims of Violence (AVV)	907-835-2999 800-835-4044

## **Women, Infants and Children Nutrition Program (WIC)**

Pregnant women and women with a child under the age of five may be eligible for free healthy food. Available statewide, WIC also offers nutritional information and meal-planning ideas.

<b>Community</b>	<b>WIC Program</b>	<b>Phone</b>
Anchorage	Anchorage - WIC	907-343-4668
	Muldoon Mall - WIC	907-343-4500
	Eagle River WIC	907-694-2131
	Providence Hospital WIC Program	907-261-4932
	Anchorage Neighborhood Health Center	907-257-4633
	Yukon-Kuskokwim Health Corporation	907-333-5231
Aleutian/ Pribilof	Aleutian/Pribilof Islands Association	800-478-2742
Barrow	North Slope Borough	907-852-0410
Bethel	Yukon-Kuskokwim Health Corporation	800-764-6459 907-543-6459
Cordova	EYAK WIC Clinic	907-424-5731
Dillingham	Bristol Bay Area Health Corporation	888-842-2037 907-842-2037

Fairbanks	Resource Center for Parents and Children	907-456-2990
	Eielson Air Force Base	907-377-3119
	Tanana Chiefs/CAIHC	800-478-6682 907-451-6682
Homer	Homer WIC	907-235-5495
Juneau	SEARHC	800-330-2229 907-463-4099
Kenai	Alaska Family Services	800-687-4172 907-283-4173
Ketchikan	Ketchikan WIC	800-854-0878 907-225-3392
Kodiak	Kodiak WIC	907-486-5958
Kotzebue	Maniilaq WIC	800-431-3321 907-442-7181
Metlakatla	Metlakatla Indian Community	907-886-6911
Nome	Norton Sound Regional Health	907-443-3299
Palmer	Alaska Family Services	907-746-4080
Seward	Alaska Family Services	800-687-4172
Sitka	Sitka WIC	907-966-8352
Valdez	EYAK WIC	800-457-5731
Wasilla	Alaska Family Services	907-376-4080

## **Child Care Assistance**

You may be eligible for help to pay for child care while you work or participate in job training or education programs. If your community is not listed below, call the Child Care Distance Delivery toll-free line at 888-268-4632.

■ Anchorage  
907-343-6700

■ Cordova  
907-424-5674

■ Fairbanks  
907-459-1474

■ Haines/Yakutat  
907-766-2854

■ Homer  
907-235-7712

■ Juneau  
907-463-6124

■ Kenai  
907-283-4707

■ Kodiak  
907-486-9375

■ Mat-Su/Healy/Delta  
Junction/Fort Yukon  
907-745-6098

■ Metlakatla  
907-886-5872

■ Nome  
907-443-5259

■ Seward  
907-224-2952

■ Sitka  
907-747-6955

■ Valdez/Tok/Glennallen  
907-834-3459

■ Wrangell  
907-874-2381

## **Temporary Financial Assistance**

The Alaska Temporary Assistance Program (ATAP) can provide short-term financial help to meet basic needs of low-income families with children. It provides money and helps families build skills to gain and maintain employment.

■ Anchorage

907-269-6599

■ Coastal Field Office

800-478-4372

■ Homer

907-235-6132

■ Juneau

907-465-3537

800-478-3437

■ Bethel

907-543-2686

800-478-2686

■ Eagle River

907-694-7006

■ Fairbanks

907-451-2850

800-478-2850

■ Kenai Peninsula

907-283-2900

800-478-9032

■ Ketchikan

907-225-2135

800-478-2135

■ Kodiak

907-486-3783

888-480-3783

■ Kotzebue

907-442-3451

■ Mat-Su

907-376-3903

800-478-7778

■ Nome

907-443-2237

800-478-2236

■ Sitka

907-747-8234

800-478-8234

## **Parents Without Partners**

This Anchorage organization offers a range of educational and social activities for single parents who become members. These include support services such as baby-sitting, clothing, and toys-through-exchange networks. For more information contact the Parents Without Partners national office at 800-637-7974, or visit their website at [www.parentswithoutpartners.org](http://www.parentswithoutpartners.org). In Alaska, call 907-566-0714.

## **The Alaska Pro-Choice Alliance**

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### **Contacting APCA**

**Alaska Pro-Choice Alliance**

P.O. Box 232676

Anchorage, AK 99523

Phone: 907-334-3055

Email: [alaskabookofchoices@yahoo.com](mailto:alaskabookofchoices@yahoo.com)

Web: [alaskaprochoice.org](http://alaskaprochoice.org)

Web (EC): [alaskaec.org](http://alaskaec.org)

### **Feedback about the Alaska Book of Choices**

Please tell us what you think about this resource, and advise us if any information has changed or is incorrect. Let us know if you receive unsatisfactory services or biased counseling from individuals or agencies listed in this guide.

We encourage reproductive health services providers who wish to be included in this resource to contact us.

Additional hard copies of the *Alaska Book of Choices* may be requested from APCA. You may download a digital copy (a PDF - you will need

Adobe Acrobat) from APCA's web site.

## **Stay Informed**

We encourage pro-choice Alaskans to sign up for Planned Parenthood of Alaska's Action Network at [www.plannedparenthoodalaska.org](http://www.plannedparenthoodalaska.org). It's an easy way to stay informed about proposed State and Federal laws that affect abortion and contraceptives – and offers information about how to take action.

APCA issues occasional informational emails; to sign up, email us.

## **Support for APCA**

The Alaska Pro-Choice Alliance is a 501(c)(3) agency and contributions – in support of programs like the Alaska Emergency Contraception Project, the *Alaska Book of Choices*, and Pauline's Abortion Loan Fund – are tax deductible to the extent allowed by law.

**ALASKA PRO-CHOICE ALLIANCE**

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[alaskaprochoice.org](http://alaskaprochoice.org) • [alaskaec.org](http://alaskaec.org)