

A Letter from the CEO

Dear Friend,

There is a resounding consensus among the majority of Americans: bodily autonomy and reproductive rights must be protected. Since the overturning of *Roe v. Wade* on June 24, 2022, voters in seven states (California, Kansas, Kentucky, Michigan, Montana, Vermont, and now Ohio) have supported the protection of reproductive rights.

Despite this, attacks against reproductive freedom continue. This summer, the State of Texas and an anonymous plaintiff filed a lawsuit against Planned Parenthood Federation of America (PPFA) and three Planned Parenthood affiliates in Texas and Louisiana, falsely alleging that they violated the False Claims Act.

Planned Parenthood did not commit Medicaid fraud.

It is a baseless and politically motivated lawsuit brought before Federal Judge Matthew Kacsmaryk in Amarillo, Texas. This is the same judge who ruled on *Alliance for Hippocratic Medicine vs. FDA* to end the FDA approval of mifepristone. The goal of this case is to shut down Planned Parenthood by forcing PPFA to pay \$1.8 billion. On October 23, Judge Kacsmaryk ordered a trial for next year. When any Planned Parenthood entity is under attack, we must stand united. Regardless of the outcome, PPNorCal is committed to providing care, no matter what. We are monitoring both the False Claims Act and mifepristone cases closely.

As our out-of-state patient volume continues to rise, it is imperative that we can serve anyone coming to us for care, including uninsured or underinsured patients. Our uncompensated care program ensures that no patient goes without care because of financial barriers. By contributing to [Securing Abortion, Freedom, and Equality \(SAFE\) Campaign](#), you are strengthening the reproductive freedom movement and investing in key initiatives that increase access to abortion care and other critical services.

Stronger together,

Gilda Gonzales

Gilda Gonzales
CEO



What's In This Quarter's Issue?

- **"Gift" a Donation**
- **All About Vasectomy**
- **Volunteer Today!**
- **How to Host a Pop-Up Party**
- **Building Health Equity**

DONATE



Give the Gift of Health Care!

As we head into the New Year, consider making a meaningful gift by giving the gift of health care!

What better way to celebrate than to honor someone special in your life with a gift to PPNorCal? They will receive a notification that a gift has been made in their honor, and you will have made a lasting impact on the thousands of patients we serve. Go to support.ppnorcal.org and make your gift before December 31st.

As the end of the year approaches, why not give the gift of health care this holiday season?

Volunteer Opportunities

[Volunteers](#) are vital to PPNorCal as we work to meet the growing demand for services. Volunteer Patient Escorts at our Walnut Creek, Concord, San Francisco, and Chico health centers help ensure that patients coming to our doors feel safe and supported. Additional volunteer opportunities include representing PPNorCal at community events and helping fundraise to remove barriers to health care for our patients.

For more information, [sign up](#) for our Volunteer Newsletter today or reach out to our Volunteer Coordinator at volunteer@ppnorcal.org



sign up to
volunteer today!

Plan a Party with Purpose!

Hosting an event is a great way to support and spread the word about PPNorCal's services.

You can turn your next birthday party, family gathering, or night out into a fundraising event to benefit reproductive freedom!

[view and download
our toolkit here!](#)

Has your company or employer joined the reproductive freedom movement?

Encourage your management, board, or leadership to support PPNorCal by sponsoring one of our events and encouraging staff to volunteer. Contact events@ppnorcal.org if you would like to learn more about sponsorship opportunities. You may also wish to check with your employer to see if they offer a matching gift program that will double or even triple your gift!



visit our site
to learn more

www.ppnorcal.org



Did You Know?

Annually, we provide nearly 300 vasectomies. Available at PPNorCal's **Chico, Concord, Eureka, San Francisco, and San Rafael** health center locations, we plan to expand our vasectomy services to our **El Cerrito** Health Center over the next year.

Since the overturning of *Roe v. Wade*, more patients have been interested in seeking vasectomies. Here are some FAQs about vasectomies!

What is a vasectomy?

A vasectomy is a form of birth control for people with penises that cuts and seals the tubes that carry sperm, called the vas deferens. It's a common procedure, with about half a million performed in the United States each year. It's considered permanent.

Are vasectomies safe?

Vasectomies are safe, extremely effective (almost 100% effective at preventing pregnancy), and very quick. The patient can go home the same day and return to work the next day.

Does a vasectomy work right away?

A vasectomy can take up to three months for the procedure to start working, so other birth control should be used until the semen is tested at the end of three months. Vasectomies do not prevent the spread of sexually transmitted infections.

Can a vasectomy be reversed?

Vasectomy is considered a permanent form of birth control. However, a vasectomy can sometimes be reversed, by having a surgery that reconnects the vas deferens, allowing the sperm to travel from the testicles into the semen. Vasectomy reversal success ranges from 60-95% and depends on many factors. Reversal is expensive and even if successful, does not always mean it is possible to get someone pregnant. In general, we recommend only getting a vasectomy if the person is sure they do not want future children.

Will a vasectomy affect sex drive?

Vasectomies don't negatively affect sex drive or desire. In fact, many people find that it improves their sex life because they don't have to worry about pregnancy anymore. Additionally, it doesn't affect testosterone or other hormones at all. Testicles will still make testosterone normally after a vasectomy.

Can a person have erections and orgasms after a vasectomy?

Vasectomies do not alter the ability to get an erection.

Does a person still ejaculate after a vasectomy? Does semen look the same?

After a vasectomy, ejaculation will still occur just like before. Semen will still look, feel, and taste the same. It just won't have microscopic sperm cells in it and will not cause pregnancy.

Building Health Equity in Our Communities

Did you know that over 82% of our patients have low incomes (below 200% of the Federal Poverty Level), or earn \$49,720 or less in income for a family of three?

Our Community Health Workers (CHW) and Spanish-bilingual Patient Navigators utilize barrier-focused interventions to ensure that each patient receives the unique care that they need despite external challenges. They help patients navigate the health system by offering culturally and linguistically appropriate care, counseling, and health education. They also connect patients with community resources and uncompensated care fund, assist with MyChart and insurance enrollment, and advocate for the communities in which they live and work.

It is support from donors, like you, that directly enables us to sustain and expand these vital services. With your continued support, each patient will receive the unique care they need—no matter what.

Social Drivers of Health, such as income level, primary language, or access to transportation, shape and often limit health care accessibility for our patients. Social drivers of health are non-medical factors that impact health outcomes. According to the World Health Organization (WHO), social drivers of health account for between 30-55% of health outcomes. This is why PPNorCal is proud to offer customized, wraparound services addressing individual patient's unique, multifaceted needs.



Healthy Communities In Your Own Back Yard

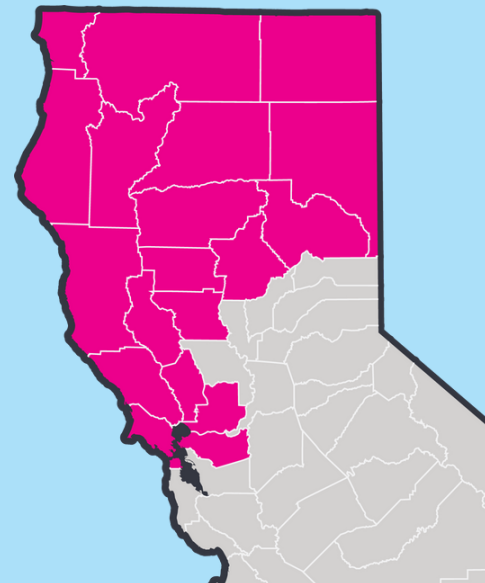
Giving Local Matters.

When you donate directly to PPNorCal, you support local sexual reproductive health care services. By supporting your local affiliate, you are directly improving the lives of the people in your community.

If you donate directly to Planned Parenthood Federation of America (PPFA), only a portion of your gift supports patient care in Northern California.

Please consider making a gift online [on our website \(support.ppnorcal.org\)](https://support.ppnorcal.org) and 100% of your donation will be directed to services in 20 Northern California counties, from the Bay Area to the Oregon border.

You may also mail a check to Planned Parenthood Northern California at 2185 Pacheco St, Concord CA 94520. For more information on ways to give, including donating stocks or securities, matching gifts, and bequests, please email giving@ppnorcal.org.



www.ppnorcal.org

Regional Offices:

2185 Pacheco Street, Concord, CA 94520

1522 Bush St, San Francisco, CA 94109



**Planned
Parenthood**
Care. No matter what.

Planned Parenthood Northern California