



**An Ounce of
Prevention**



**A Pound of
Cure**



**It's time
to change the
conversation.**

**DC
Campaign
to Prevent
Teen Pregnancy®**

An Ounce of Prevention: Tips for Health Care

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Pregnancy
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A big part of getting the health care you need is knowing how to start. Regardless of the type of health care provider you need to see, the same basic steps can be followed so that your visit is as “hassle-free” as possible.

There are many types of health care providers. Their title depends on their training. A health care provider may be a medical doctor, a nurse practitioner, a physician’s assistant, a nurse midwife, a dentist, a social worker, a psychologist, a psychiatrist, a nurse or a medical assistant.

The following tips provide pointers on what you need to know and do to make sure that you get the best possible care. Starting good health care habits now will help you grow into a healthy adult.

TIP 1: An ounce of prevention is worth a pound of cure.

This age old saying is very true. Going for preventive health visits, check-ups and immunizations (shots) is the way to beat problems before they have a chance to start. Get in the habit of having physical and dental examinations **EVERY YEAR** to keep things in “*check*.”

TIP 2: Talk to someone you trust about any physical or mental issues you are experiencing.

Use family and friends as a resource. Sharing your problems with someone you trust can make it easier to deal with a health problem. Remember, talking about health problems does not take the place of going to the doctor for treatment.

TIP 3: Be able to describe what is wrong.

The only way a health care provider can help with a problem is for you to be honest about why you are seeking treatment.

TIP 4: Medical care is private.

Everything you tell a health care provider is part of your medical record. All patients have the right to confidentiality except in very specific circumstances.

TIP 5: When what you say is NOT confidential.

If there is a chance that you might harm yourself or others, health care providers are required by law to share this information to help protect you.

TIP 6: Make sure you know what you need to bring with you.

When making your appointment, ask what you need to bring with you:

- I.D.
- Insurance card
- Referral form and/or
- Method of payment (cash, Medicaid, or private insurance)

**Be sure to ask if there are free services or special reduced fees for teenagers.*

TIP 7: Choose a doctor that makes you feel comfortable.

You have the right to see a health care provider that makes you feel comfortable. For example, if you are more comfortable with a female provider, then you should ask for what you want when you make your appointment.

TIP 8: Know your personal history.

Your personal medical history gives the health care provider information about your past medical problems, conditions, treatments, and medications. Be sure to get the dates that you had any childhood illnesses like the measles, mumps, or chickenpox and the dates that you got your shots. Knowing this information will help the health care provider to help you. The more you know the better.

TIP 9: Know your family's medical history.

Ask your parent/guardian, grandparents, and siblings about their health history, including any problems or conditions that they have experienced.

Your family's medical history is an important part of your own medical history. It will tell you what diseases or conditions may run in your family such as high blood pressure, obesity, diabetes, heart problems, and some cancers.

TIP 10: Write your medical information down.

Don't try to remember everything. It is a good idea to write down all the information that you gather, names of conditions/problems, dates, treatment, how long it lasted, and the outcome. Take it with you to each **new** medical visit. Once the information becomes part of your medical record, the doctor will have it for future reference.

TIP 11: The doctor may ask you a variety of questions during your visit.

You may feel surprised, embarrassed, or insulted if your doctor asks if you are or have been sexually active, have ever been pregnant, ever had a sexually transmitted disease, or if you drink or smoke. Answer these questions honestly. This information will help the doctor to make recommendations to help you stay healthy.

Tip 12: You have the right to ask questions.

You have the right to ask questions during your visit. Make sure your doctor explains everything to you in a way that you can understand.

Tip 13: A special note for teen parents.

It is very important that you know what conditions and health problems run in both sides of your child's family. This is part of your child's medical history.

Tip 14: Before you leave the appointment make sure you know:

- The diagnosis or what is wrong (*the name and spelling*)
- The name of any medication prescribed and if there are any side effects*
- Specific directions on how to take the medication
- Any other instructions for treatment and
- If any follow-up visits are necessary

**Side effects are bad reactions*

Tip 15: If you are experiencing any problems after your visit, call your health care provider right away.

Tip 16: Be aware when using the Internet to get health information.

The Internet can be a good source for health information, but it does not take the place of going to a health care provider.

The following list includes clinics, medical providers, some of which offer free or low-cost services for teens; other sources for information; web addresses; and hotline numbers.

***Bread for the City**

(202) 332-0440

1525 7th St, NW

Washington, DC 20001

(Uninsured DC residents only)

***Children's National Medical Center**

Adolescent Health Center

(202) 884-2115

111 Michigan Ave, NW, First Floor

Washington, DC 20010

***Children's National Medical Center Children's Health Project of DC**

Mobile Health Van

(202) 884-3033

For locations and to make an appointment call

Services from birth to age 21

***Children's Hospital Center at Good Hope Road**

(202) 884-6900

2501 Good Hope Road, SE

Washington, DC 20020

Georgetown Medical Center Pediatrics Clinic

(202) 687-8745

3800 Reservoir Road, NW

Washington, DC 20007

Up to age 20

Georgetown University Hospital/MedStar Health

KIDS Mobile Medical Clinic

(202) 784-0075

2PHC 3800 Reservoir Road, N.W.

Washington, DC 20007

***Howard University Pediatrics Clinic**

(202) 865-3028

Howard University Hospital

Washington, DC

Up to age 18

***La Clinica del Pueblo**

(202) 462-4788

1470 Irving St, NW

Washington, DC 20010

***Mary's Center for Maternal and Child Care**

(202) 483-8196

2333 Ontario Rd, NW
Washington, DC 20010

***Planned Parenthood of Metropolitan Washington, DC**

Marjorie Schumacher Center

(202) 347-8512

1108 16th St, NW
Washington, DC 20036

Ophelia Egypt Center

(202) 388-4775

3937-A Minnesota Ave, NE
Washington, DC 20019

***Unity Health Care**

Anacostia Community Health Center

(202) 610-7160

1328 W St, SE
Washington, DC 20020

Bethlehem Family Health Clinic

(202) 610-3880

2041 MLK, Jr., Ave, SE
Washington, DC 20019

Congress Heights Clinic

(202) 279-1800

3720 MLK, Jr., Ave, SE
Washington, DC 20032

East of the River Health Center

(202) 388-7890

123 45th St, NE
Washington, DC 20019

Hunt Place Community Health Center

(202) 388-8160

4130 Hunt Place, NE
Washington, DC 20019

Upper Cardozo Health Center

(202) 745-4300

3020 14th St, NW
Washington, DC 20009

Woodland Terrace Family Health Clinic

2702 ½ Langston St, SE
Washington, DC 20020
(202) 678-0126

***Washington Free Clinic**

1525 Newton St, NW
Washington, DC 20010
(202) 667-1106

***Washington Hospital Center**

OB/GYN Clinic (Females Only)
110 Irving St, NW
Washington, DC 20010
(202) 877-7541

Additional services for pregnant and parenting teens.

Children's National Medical Center

Generations Program

(202) 884-5798

111 Michigan Avenue, NW
Washington, DC 20010

Mazique Parent Child Center

Teen Mothers Take Charge

(202) 462-3375

1719 13th Street, NW
Washington, DC 20009

Washington Hospital Center

TAPP Program

(202) 877-0727

110 Irving Street, NW
Washington, DC 20010

School-Based Health Center Sites

Services are limited to students currently enrolled at each school

Ballou Senior High School Health Center

(202) 645-3366

3401 4th St, SE

Washington, DC 20032

Eastern High School Unity Healthcare Clinic

(202) 543-6017

1700 E. Capitol St, NE

Washington, DC 20003

Woodson Adolescent Wellness Center

(202) 724-3620

5500 Eads St, NE

Washington, DC 20019

For More Information...

Alateen

McKendree-Simms-Brookland United Methodist Church

(202) 882-1334

2421 Lawrence Street, NW

Washington, DC 20018

Asian American LEAD

(202) 884-0322

3045 15th St, NW

Washington, DC 20010

Catholic Charities Teen Life Choices

(202) 581-9040

4914 Ayers Place, SE

Washington, DC 20019

Child and Family Services Abuse and Neglect Hotline

(202) 671-SAFE

DC Department of Mental Health

Crisis Hot Line

(202) 561-7000

DC Rape Crisis Center

(202) 232-0789

24-Hour Hotline

(202) 333-RAPE (7273)

**Department of Justice
Victim Witness Assistance Unit
(202) 514-7130**
US Attorney's Office
Judiciary Center Building
555 4th Street, NW
Washington, DC 20001

**Emergency Contraception
EC Hotline
1-888-NOT-2-LATE**

**Latin American Youth Center
(202) 319-2225**
1419 Columbia Road, NW
Washington, DC 20009

**Metro Teen AIDS
(202) 543-9355**
651 Pennsylvania Ave, SE
Washington, DC 20003

**Nat'l Spanish Hotline for AIDS & STDs
(800) 344-SIDA**

**Sasha Bruce Hotline
(202) 547-7777**

**Sasha Bruce Youthworks
(202) 675-9340**
741 8th St, SE
Washington, DC 20003

**Spanish Info Line
(Whitman-Walker)
(202) 328-0697**

Emergency Contraception Providers

Bette L. Catoe, M.D.
(202) 882-3363
(202) 882-KIDS
5505-5th Street, NW #401
Washington, DC 20011
(Services restricted to established patients or adolescents with insurance)

Suresh C. Goyal, M.D.

(202) 562-4100

1328 Southern Avenue, SE, Suite 316
Washington, DC 20032
(Services for ages 21 and under)

E. James Lieberman, M.D.

(202) 362-3963

The Family Institute
3900 North Hampton Street, NW
Washington, DC 20015

Community of Hope Health Service

(202) 232-9022

1417 Belmont Street, NW
Washington, DC 20009

George Washington Student Health Services (202) 994-6827

2150 Pennsylvania Avenue, N.W.
Washington, DC 20037
(Services restricted GW to students only)

Kaiser Permanente

(202) 359-7878

(Services restricted to HMO members)

Walter Reed Army Medical Center

(202) 782-6114

(Services restricted to eligible military families)

Pharmacies That Carry Emergency Contraception

Center Pharmacy

(202) 363-9240

4900 Massachusetts Avenue, NW
Washington, DC 20016

Columbia Heights Professional Pharmacy

(202) 232-1455

3316 14th Street, NW

Grubbs Pharmacy

(202) 543-4400

326 East Capital Street, NE
Washington, DC 20003

Huron Pharmacy
(202) 399-7877
1647 Benning Road NE
Washington, DC 20002

Morgan Pharmacy
(202) 337-4100
3001 P Street, NW
Washington, DC 20007

Morton's Care Pharmacy
(202) 543-1616
720 East Capitol Street, NE
Washington, DC 20003

Neighborhood Pharmacy
(202) 889-1119
1932 Martin Luther King, Jr., Avenue, SE
Washington, DC 20020

New Hampshire Pharmacy
(202) 726-3100
5001 New Hampshire Avenue, NW
Washington, DC 20011

Phamily Pharmacy
(202) 722-0171
6323 Georgia Avenue, NW
Washington, DC 20011

Physician's Office Building Pharmacy**(202) 877-6309**
106 Irving Street, NE
Washington, DC 20010

Seat Pleasant Drug
(202) 396-3400
350 Eastern Avenue, NE
Washington, DC 20019

Tschiffely Pharmacies
(202) 466-8440
1145 19th Street, NW
Washington, DC 20036

(202) 331-7176
1330 Connecticut Avenue, NW
Washington, DC 20036

(202) 408-5178

50 Massachusetts Avenue, NE (Union Station)
Washington, DC 20002

Web Resources

EC products are also available at Giant Food, Safeway, Rite Aid, and CVS pharmacies. Be sure to call your neighborhood pharmacy for availability.

Advocates for Youth Teen Scene

www.advocatesforyouth.org

Youth Resource, Ambiente Joven, Sistahs, Youth HIV, Youth Shakers

Alateen

www.al-anon.org

Emergency Contraception

www.not-2-late.com

Go Ask Alice!

www.goaskalice.columbia.edu

It's Your Sex Life

www.itsyoursexlife.com

I Wanna Know

www.iwannaknow.org

Planned Parenthood Teen Wire

www.teenwire.com

Scarleteen

www.scarleteen.com

Seventeen

www.seventeen.com

Sex & Body

Sex Etc.

www.sxetc.org

Sexual Minority Youth

www.smyal.org

Assistance League (SMYAL)

* Emergency Contraception Providers