

# Power Through Choices 2023 Medical Accuracy Updates

Location	As Written	Updated	Reference
Page 77 and on Handout (Facilitator Reference Sheet: Contraceptive Explanation): List of Birth Control Methods: <b>IUDs</b>	IUDs	Add to benefits/advantages: "Some IUDs can be used as emergency contraception."	<a href="https://www.plannedparenthood.org/learn/birth-control/iud">https://www.plannedparenthood.org/learn/birth-control/iud</a>
Page 78 and on Handout (Facilitator Reference Sheet: Contraceptive Explanation): List of Birth Control Methods: <b>The Shot</b>	"... provider every 12 weeks for another shot."	"... provider for another shot every 12-13 weeks, which is about every 3 months."	<a href="https://www.plannedparenthood.org/learn/birth-control/birth-control-shot">https://www.plannedparenthood.org/learn/birth-control/birth-control-shot</a>
Page 78 and on Handout (Facilitator Reference Sheet: Contraceptive Explanation): List of Birth Control Methods: <b>The Patch</b>		Add to possible drawbacks/disadvantages: "there is a weight limit (less than 198 pounds)."	<a href="https://www.mayoclinic.org/tests-procedures/birth-control-patch/about/pac-20384553">https://www.mayoclinic.org/tests-procedures/birth-control-patch/about/pac-20384553</a>
Page 79 and on Handout (Facilitator Reference Sheet: Contraceptive Explanation): List of Birth Control Methods: <b>The Ring</b>	"... the ring is put in the vagina (and stays in) for three weeks, is removed for one week (for menstruation), and then a new ring is inserted"	Because of the addition of Annovera, edit to "...for 3-5 weeks. With some rings, a person can safely skip their period, and with others, 7 days ring-free is required. An individual..."	<a href="https://www.plannedparenthood.org/learn/birth-control/birth-control-vaginal-ring-nuvaring">https://www.plannedparenthood.org/learn/birth-control/birth-control-vaginal-ring-nuvaring</a>

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Page 101, 1st slide, 2nd sentence (Session 5 slide 15)	"The chancre will last <b>1-5 weeks</b> and will heal without treatment"	"The chancre can last for several weeks and heals regardless of whether a person is treated or not"	<a href="https://www.cdc.gov/sti/communication-resources/index.html">https://www.cdc.gov/sti/communication-resources/index.html</a>
Page 107 & Slide 32 (Session 5 Slide 27)	" <b>Two</b> vaccines approved by the Food & Drug Administration"	"Vaccines that are approved by the Food & Drug Administration"	<a href="https://www.cdc.gov/vaccines/vpd/hpv/public/index.html">https://www.cdc.gov/vaccines/vpd/hpv/public/index.html</a>
Page 159	"Annual pelvic exam and Pap test (regardless of whether or not the person is sexually active)."	A person with a uterus: "Most STI tests do not require pelvic exams but can be done via urine testing or vaginal swab."	<a href="https://www.healthcentral.com/article/pap-smear-pelvic-exam-std-test-whats-the-difference">https://www.healthcentral.com/article/pap-smear-pelvic-exam-std-test-whats-the-difference</a>