

Changes in LARC-uptake 2012-2016 in city of Vantaa

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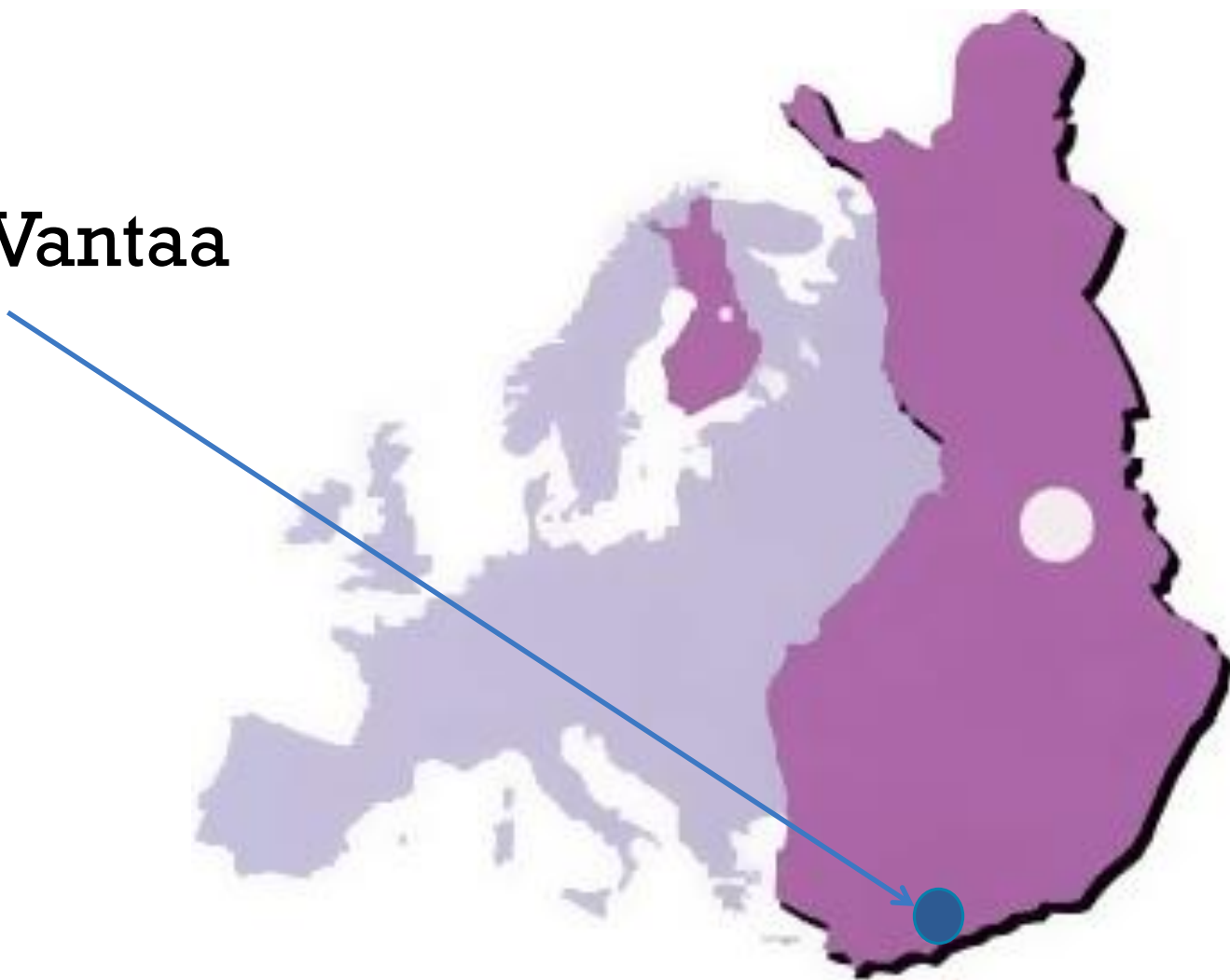
Physician in charge of Family Planning services

City of Vantaa, Finland

Aknowledgements

- No conflicts of intrest
- Surpervisors: prof. Oskari Heikinheimo, MD PhD Merja Laine
- Funding: HUS/Vantaa ERVA

City of Vantaa



Family Planning Services in city of Vantaa

- City of Vantaa, in the Helsinki metropolitan area, 219 341 inhabitants
- Family Planning Services established in 1975
- 4 public family planning units, each serving 30000-70000 people
- 22 doctors, mainly GPs, each half day/week -> 2,5 doctors weekly work input
- 5,75 nurses
- 3 assistants

Services

- **Contraceptive consultation**
- **Initiation and removal of LARC methods**
- **Referral and follow-up for induced abortion.**
- **The services are available for all women in fertile age and there are no fees for visits**
- **Also vaginal ultrasound for locating IUDs**

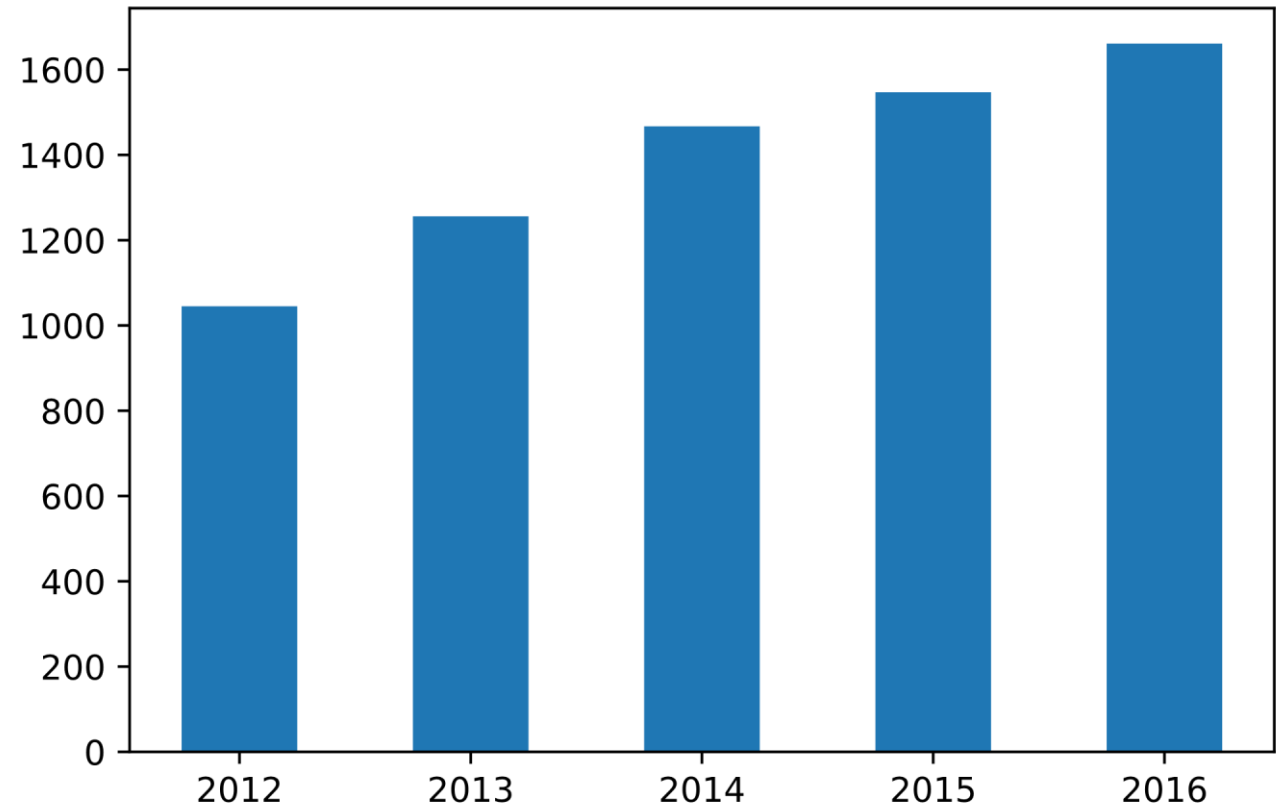
LARC free-of-charge

- 1.1.2013 -> the first LARC method in a woman's life
- 1.1.2016 -> LARC method free-of-charge 1 year after induced abortion and for drug addicts in collaboration with substance abuse services
- Available: Copper-IUDs, LNG-IUS, implants (etonogestrel and levonorgestrel)

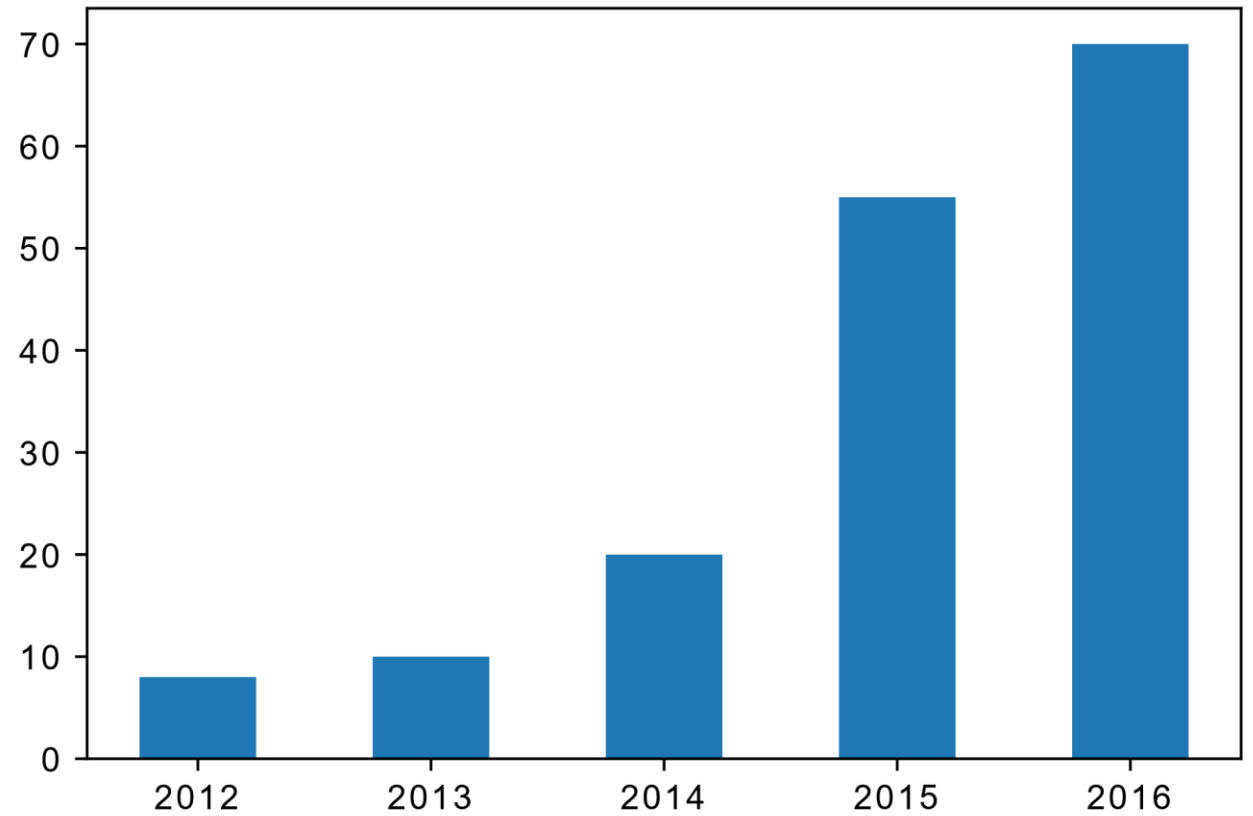
Coverage of services

- **More than 25% of the 15- to 29-year-old women use the services annually**

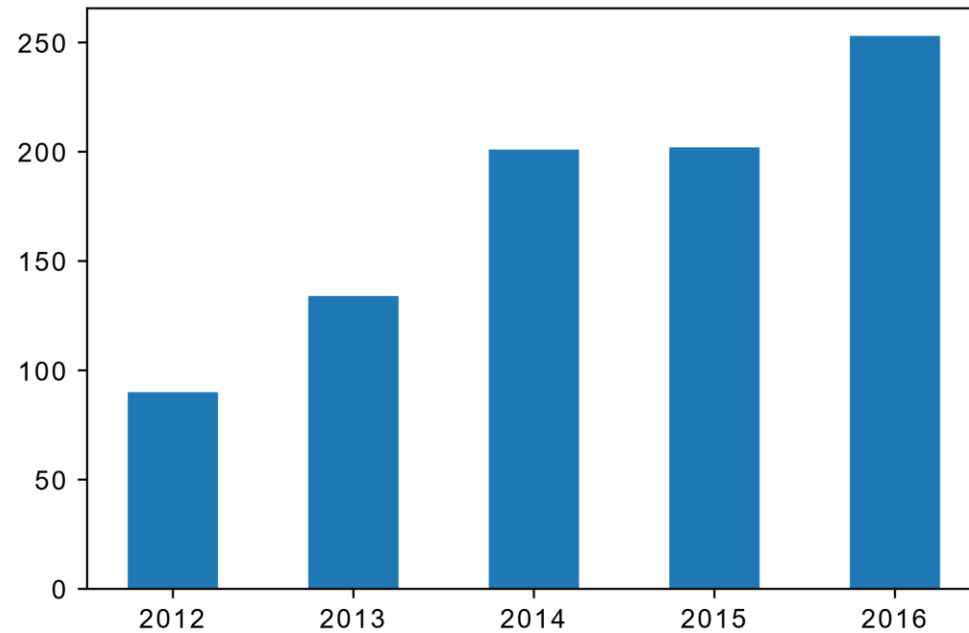
The number of
IUDs provided
2012-2016



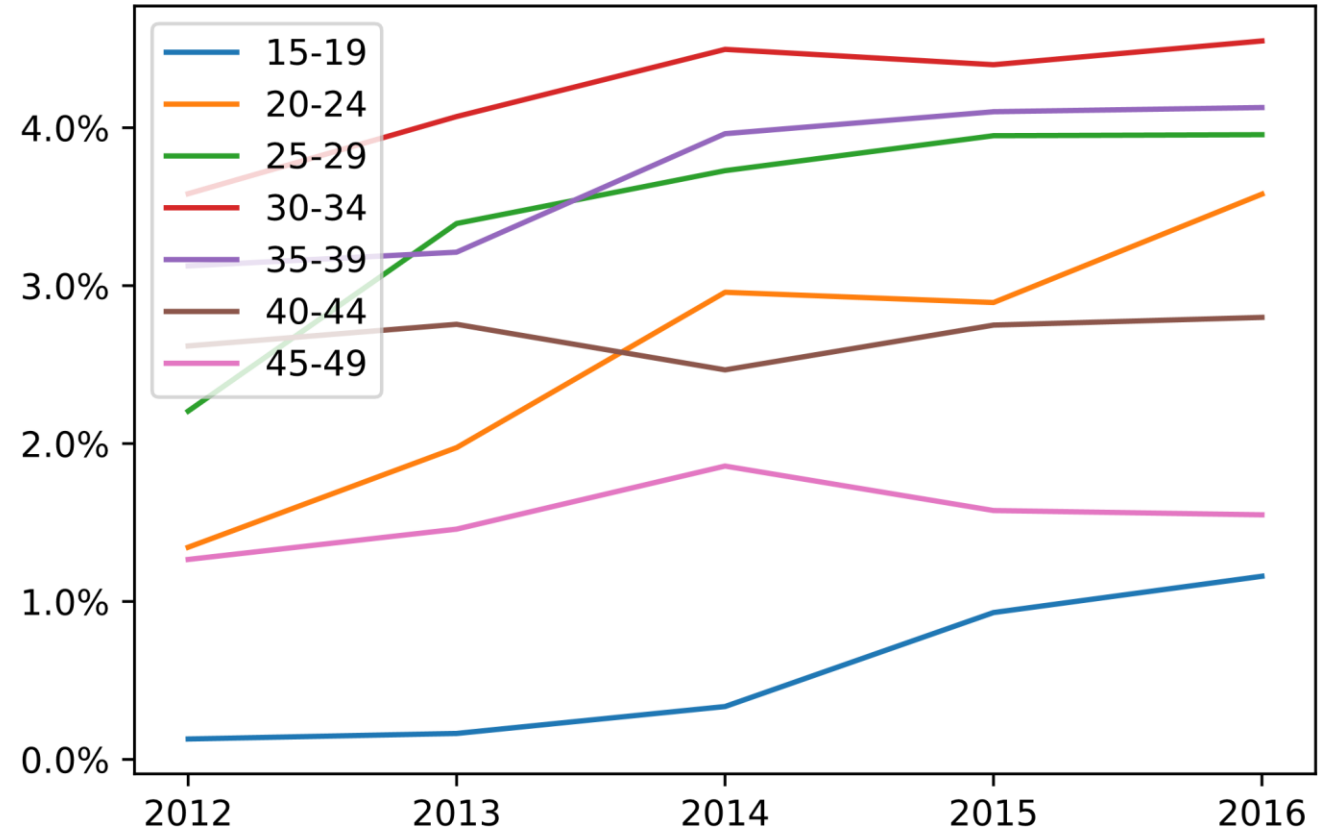
The number of IUDs provided to 15-19 year olds



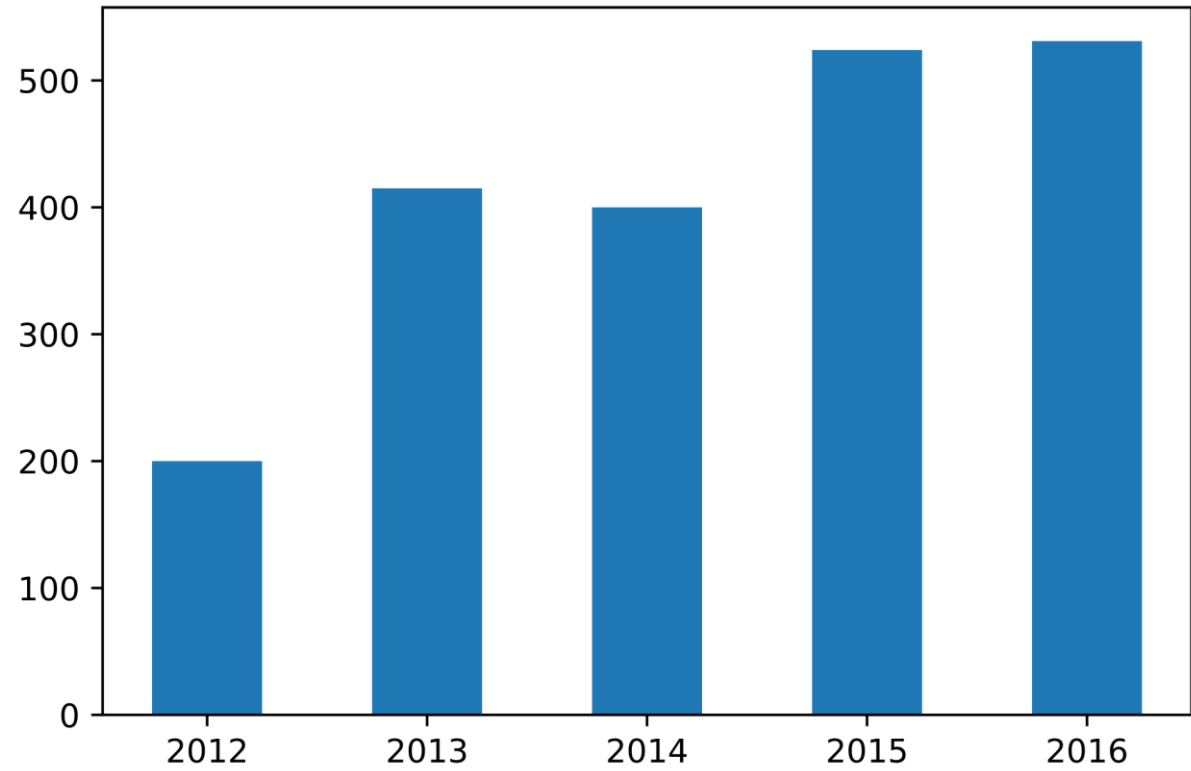
The number of IUDs provided 20-24 year olds



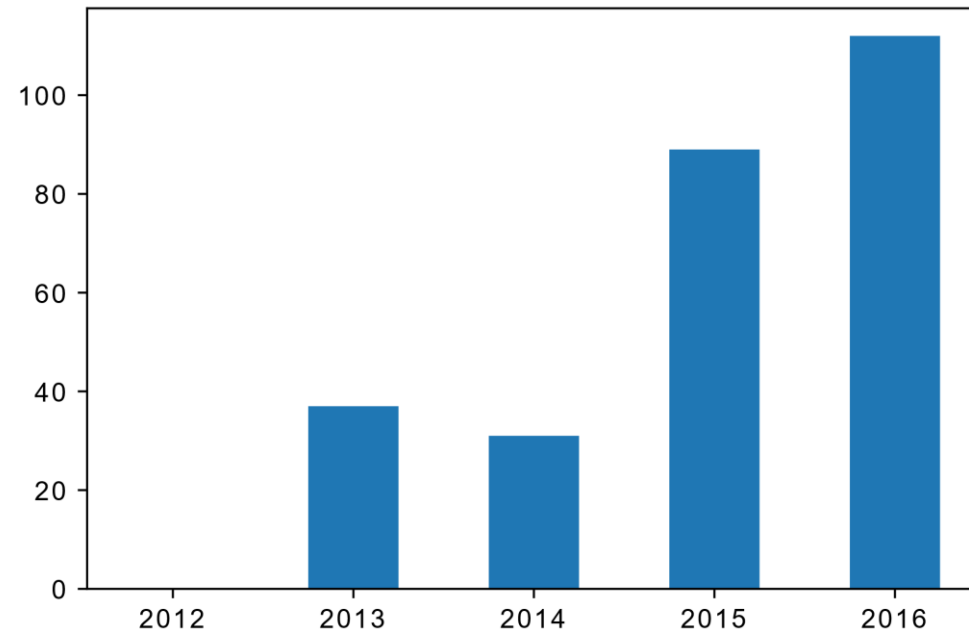
IUDs in the population – what percentage of women in Vantaa had an IUD inserted in the FPC



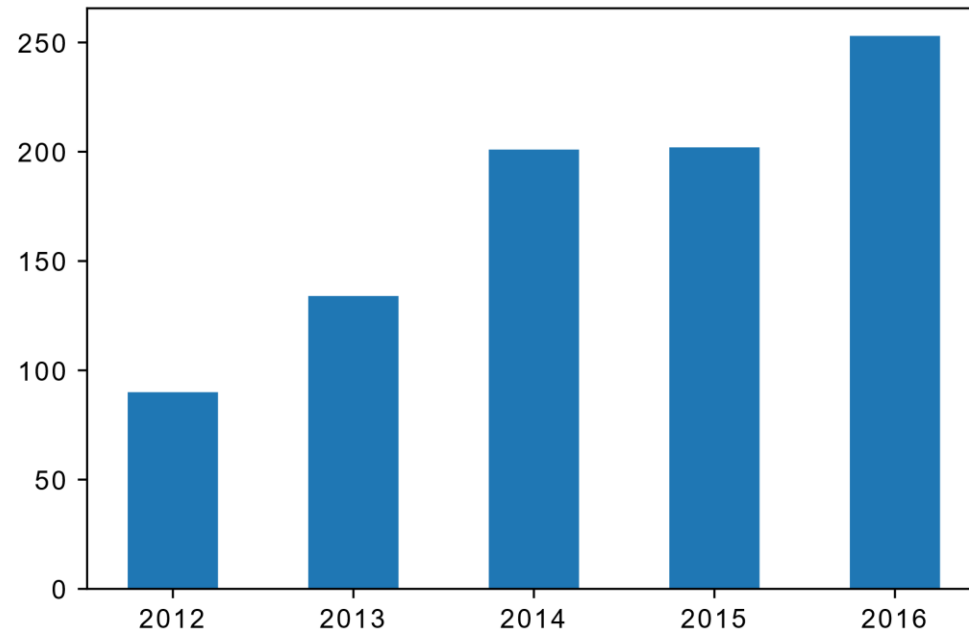
Implants 2012- 2016



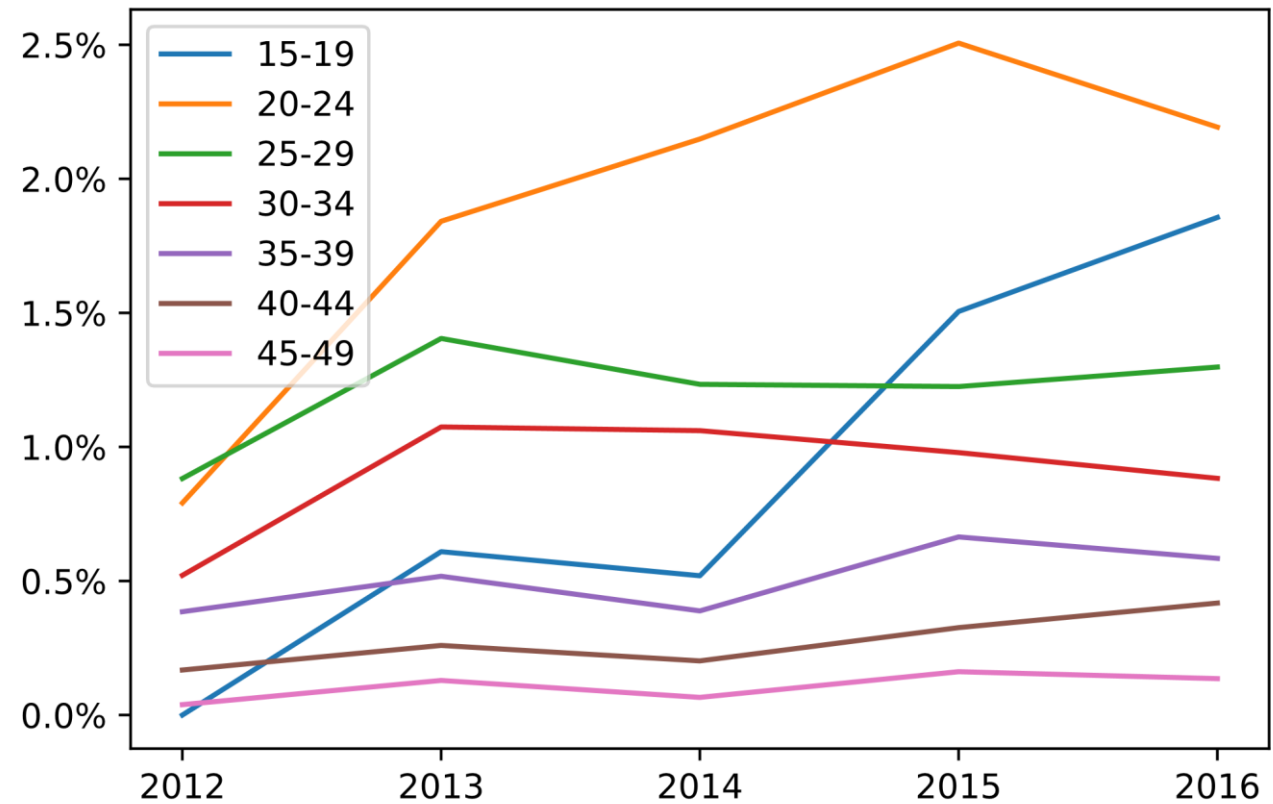
The number of
implants provided
15-19 year olds



The number of
implants provided
20-24 year olds



Implants in the population— what percentage of women in Vantaa had an implant inserted in the FPC



What changed?

- The use of LARC-methods has increased since the beginning of providing LARCs free-of-charge
- The increase has been most pronounced in women under 25 years of age (up to 7-fold) and is still increasing
- The public awareness of LARC methods has risen
- The attitude of professionals has changed toward acceptance and promotion of LARC usage in young women – especially with IUDs
- The use of IUDs continues to rise in young women and implants in the under 20 year olds



Why?

- Price is a significant barrier for LARC methods in young women
- LARC has become trendy in young women and demand for LARC methods is rising especially in young women
- Word of mouth spreads the word even further



So what?

- LARCs are the most effective and easiest methods for women to use
- Young women benefit from the ease of use and long-term efficacy
- How about abortions?

The image features a central blue speech bubble with a white outline and a small tail pointing downwards. Inside the bubble, the text "Thank You!" is written in a white, sans-serif font. The background is white and decorated with several concentric circles of varying radii, some solid and some dashed, creating a subtle pattern.

Thank You!