



2022 Impact Report

Planned Parenthood
South Texas

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TABLE OF CONTENTS

Our services	1
Letter from the President & CEO	2
Birth control	3
Sexually transmitted infections	4
Stop Cervical Cancer	5
More health services	6
In the community	7
Patient demographics	8
Rio Grande Valley health centers	9
San Antonio health centers	10

MISSION STATEMENT:

We provide and protect the health care and information people need to plan their families and their futures.

ON THE COVER:

"Beautiful Ruin Blue"

Digital Illustration by Manola and Maria Ramirez
www.manolaandmaria.com | [@manola_and_maria](https://twitter.com/manola_and_maria)

THANK YOU TO OUR GENEROUS FUNDERS:

The work of Planned Parenthood South Texas is made possible by support from you and from institutional partners, including:

Methodist Healthcare Ministries	St. Luke's Lutheran Health Ministries
Valley Baptist Legacy Foundation	Myra Stafford Pryor Fund
The Brown Foundation	Ms. Foundation
Alice Kleberg Reynolds Foundation	Temple Beth-El
The Clayton Fund	First Unitarian Universalist Church

ABOUT PLANNED PARENTHOOD SOUTH TEXAS

Founded in San Antonio in 1939, Planned Parenthood South Texas is the largest provider of sexual and reproductive health care in the region. We operate five health centers in San Antonio, one in Brownsville and one in Harlingen, and also provide services via telehealth. Care is available on a sliding fee scale to increase access to essential health services. We also provide community education and partner with other organizations to advocate for a more equitable world.

OUR SERVICES

- 
- **BIRTH CONTROL:** Oral contraceptives, hormonal shots, condoms, long-acting reversible contraceptives (IUDs and implants)
 - **EMERGENCY CONTRACEPTION:** Pills and IUDs to prevent pregnancy after unprotected sex
 - **STI TESTING AND TREATMENT:** Tests for HIV, gonorrhea, chlamydia, herpes, HPV, syphilis, and trichomoniasis
 - **STOP CERVICAL CANCER:** HPV vaccines, Pap and HPV tests, colposcopies and biopsies to diagnose abnormal cells, and removal of abnormal cells before they can turn into cancer
 - **GYNECOLOGY:** Pelvic exams; tests and treatment for vaginal infections and urinary tract infections
 - **BREAST HEALTH:** Clinical breast exams; mammogram referrals
 - **PREGNANCY TESTING:** Urine and blood tests; tests to help diagnose ectopic pregnancy
 - **MENOPAUSE CARE:** Evaluation of symptoms; hormone replacement therapy when indicated
 - **PRIMARY CARE:** Care for conditions such as diabetes, asthma, hypertension, anemia, depression, anxiety, allergies, and thyroid disorders
 - **MALE SEXUAL HEALTH EXAMS:** Services to detect STI symptoms and abnormalities that could become cancer
 - **GENDER-AFFIRMING HORMONE THERAPY:** Estrogen or testosterone for transgender patients as part of gender transition
 - **FERTILITY SERVICES:** Diagnosis of common causes of infertility and provision of initial treatment options
 - **PRE-EXPOSURE PROPHYLAXIS (PrEP):** Medication to lower the risk of contracting HIV

Letter from the President & CEO

When I came to Texas last year to take the helm of Planned Parenthood South Texas, I expected we would face many challenges arising from the state's hostility to reproductive freedom and sexual health care. My expectations were not wrong. 2022 was a uniquely challenging year for our organization and the communities we serve.

But it was a gratifying year as well. What I didn't realize eight months ago as I was preparing to take up this post, and what I am now observing on a daily basis, is just how well adapted PPST is to its hostile environment. This resilient organization continues to flourish despite its challenging landscape.

Faced with the increasing politically motivated attacks, including the loss of abortion in Texas after the overturning of *Roe v. Wade*, we kept fighting. We kept providing care. We even grew. This is proof positive that great good can be accomplished when staff, volunteers, patients and donors are united by mission and an appreciation for expert, equitable, compassionate care.

Last year, PPST proudly provided top-quality health care to 24,652 South Texans. And while abortion care decreased, the amount of other health care we provided increased.

We provided more testing for sexually transmitted infections, more pregnancy tests, and more care through telehealth. The majority of our health centers saw a rise in the number of patients they served compared to 2021.

We also provided significantly more long-acting reversible contraceptives, mirroring a statewide trend of patients demanding the most effective, long-lasting

forms of birth control after their right to abortion was stripped away.

Thanks to a supportive U.S. President, we were once again able to offer federal family planning program services (Title X) at four of our health centers, allowing us to provide free services to the most economically disadvantaged of our patients.

For the seventh consecutive year, our number of male patients increased. Patients receiving gender-affirming hormone therapy also increased by nearly 14%. **The patients accessing this service has increased by double digits every year since we introduced it in 2017 and surpassed 1,000 for the first time.**



In addition to the excellent and affordable health care we provided, we also expanded and deepened our community partnerships, engaged supporters across the state and country to fight for reproductive rights, and provided education about sexual and reproductive health to thousands of community members.

With the state's cruel abortion ban, preventing unintended pregnancies has never been more important. Planned Parenthood South Texas has redoubled our commitment to providing

evidence-based, non-judgmental family planning and health education to help our patients take control of their bodies, their lives and their futures.

In sum, we were busy making a difference. We know the work we are doing in partnership with so many of you is changing the trajectory of people's lives. Our staff show up day after day, no matter what, because they know our community is counting on them to provide the empowering care Texans need and deserve.

Thank you for continuing to stand with our patients. Thank you for remaining in this fight with us. **Together we are creating the world we want to see.**

Laura Terrill
President & CEO



Birth control:

Empowering people to control their reproductive futures

Contraception is the most accessed service at Planned Parenthood South Texas. We practice patient-centered contraceptive counseling, educating each patient on the various birth control options and helping them to find the best choice for their bodies and their reproductive life plans.

“I had an amazing experience today. I was helped quickly and everyone was super friendly. Without Planned Parenthood, I would not have had access to affordable birth control. And for that I am forever grateful.”

—Patient at our Marbach health center

- **A pack of oral contraceptives (the Pill)** provides one month of prevention from unintended pregnancy. The Pill remains the most frequently sought-after form of birth control among our patients, but its popularity is declining as more people choose contraceptive methods that last months or years at a time.
- **Emergency contraception (the morning-after pill)** can prevent pregnancy if used after unprotected sex. **Since the fall of Roe, we have been offering emergency contraception free of charge.**



- **Hormonal shots**, which provide three months of protection against unintended pregnancy, are another popular option among patients.
- **Long-acting reversible contraceptives (LARCs)** hormonal implants that are inserted under the skin of the upper arm and intrauterine devices (IUDs) that are inserted into the uterus are more than 99% effective and last five to 12 years, depending on the type of device. Demand for these contraceptives rose nearly 23% in 2022 over 2021.

CONTRACEPTIVE METHOD	NUMBER OF UNITS PROVIDED	TOTAL WEEKS OF PROTECTION
<i>Condoms</i>	3,058	765
<i>Emergency contraception</i>	2,818	2,818
<i>Oral contraceptives (pills)</i>	7,130	28,520
<i>Hormonal shots</i>	2,912	34,944
<i>Implants</i>	643	167,180
<i>Copper IUD</i>	259	161,616
<i>Hormonal IUD</i>	193	80,288
Total	17,013	476,131





Sexually transmitted infections: Testing and treating to stop the spread

Sexually transmitted infections (STIs) can be painful, annoying or uncomfortable. Left untreated, they can lead to serious health problems including infertility. STIs can also be passed on to a child in utero or during birth, causing severe health challenges.

Patients can find confidential, non-judgmental testing and treatment for STIs at all Planned Parenthood health centers. STI testing is one of our most accessed services. We test for gonorrhea, chlamydia, HIV, syphilis, herpes, HPV, and trichomoniasis. We also offer treatment for most STIs; for HIV

and syphilis, we provide referrals to the local health department.

STI TEST	NUMBER OF TESTS PROVIDED
<i>Chlamydia</i>	9,364
<i>Gonorrhea</i>	9,364
<i>Trichomoniasis</i>	8,660
<i>HIV</i>	5,311
<i>Syphilis</i>	5,069
<i>Herpes</i>	1,688
<i>HPV</i>	1,381
Total	40,837

In 2022, demand for STI testing at Planned Parenthood South Texas rose by 20%.

In addition to testing and treatment, we provide education to patients and the community about STI prevention.

For patients at higher risk of HIV, we may prescribe pre-exposure prophylaxis (PrEP), daily medicine that can reduce the chance of getting HIV from sex by more than 90%.

“I found out that I have herpes and if it wasn’t for Planned Parenthood making me feel comfortable about my situation, I don’t know if I would be on the mend, taking a prescription that really helps me live a normal life without pain.”

—Patient at our Babcock health center

Stop Cervical Cancer:

Saving lives through prevention and treatment

Cervical cancer is a highly preventable disease and, if detected early, highly treatable. However, far too many people die from cervical cancer because they did not get the health care they needed.

Planned Parenthood South Texas is committed to reducing cases of and deaths from this disease. Our Stop Cervical Cancer program includes:

- **Vaccines to prevent human papillomavirus (HPV)**, a very common STI that is the root cause of virtually all cases of cervical cancer;
- **HPV tests and screening of positive HPV tests** for the genotypes that cause cancer;
- **Pap tests to screen the cervix** for cells that could lead to cancer;
- **Colposcopies** (examination of the cervix using a magnifying instrument) and biopsies to diagnose cells that could lead to cancer;
- **Loop Electrosurgical Excision Procedure (LEEP)** to remove abnormal cells before they can lead to cancer;
- For patients with cervical cancer, **referrals and patient navigation for immediate oncological care**.

In May 2022, Planned Parenthood South Texas moved to HPV screening as the primary screening for cervical cancer, rather than Pap smears or HPV + Pap co-testing. This change was based on updated guidelines from the American Cancer Society, the American College of Obstetricians and Gynecologists, and the American Society for Colposcopy and Cervical Pathology.

Research shows HPV tests are more accurate and reliable than Paps, which may miss some precancers. Paps also detect minor abnormal cell changes that are not caused by HPV. We use Pap tests when a patient has a positive HPV test to determine whether further screening or treatment is needed.

In addition, the guidelines regarding screening age have also changed. We now recommend patients begin receiving HPV tests every five years beginning at age 25, instead of age 21 as previously recommended. That's because most HPV infections in young people go away on their own, and screening younger than age 25 often leads to unnecessary treatments that can have adverse side effects. In addition, HPV vaccines were introduced in the United States in 2006 and have led to a drop in HPV infections in people who are now in their 20s.

SERVICE	NUMBER OF PROCEDURES
<i>Pap tests</i>	1,387
<i>HPV tests</i>	1,381
<i>Colposcopies</i>	134
<i>HPV vaccinations</i>	353
Total	3,255

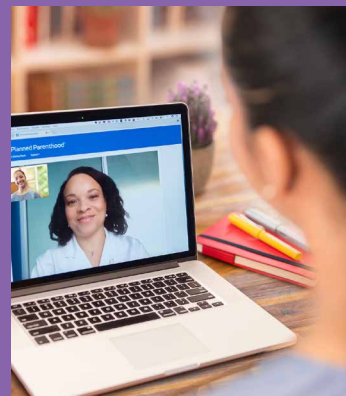
More health care:

5,770 pregnancy tests

1,127 patients received gender-affirming hormone therapy

1,305 telehealth visits

3,932 men served, accounting for 16% of patients



Thanks to private donors, foundation partners, and federal family planning dollars, we provided more than \$2.3 million in financial assistance to patients who needed help affording their health care at Planned Parenthood South Texas.

“I had the most wonderful experience I have ever had at a gyn appointment. The medical assistant who took my vitals and health history was very patient and thorough. I felt she really listened. Then the clinician who examined me was absolutely fantastic! Best example of informed consent and trauma-informed care I’ve ever seen. She asked my permission to touch me at every step and explained everything very clearly. I was surprised to have her examine the sample right there in the office and provide a prescription right away. This takes days at any other provider! I plan to continue my sexual health and well woman visits at Planned Parenthood in the future.”

—Patient at our San Pedro health center

Abortion

In 2022, Texas SB 8, the state’s six-week abortion ban, was still in effect. During the first half of the year, we provided abortion care within the legal limits; for those patients whose pregnancies were past the limit, we helped them access care in other states. We provided 577 abortions before June 24, 2022, when the Supreme Court overturned *Roe v. Wade* and near-total abortion bans went into effect in Texas.

We were forced to pause abortion care immediately and turn away heartbroken patients from getting the health care they needed and deserved.

In the community: Making an impact beyond our health centers

Education

Through our **Habla Con Tu Hermana** outreach program, promotoras (bilingual state-certified community health workers) educate Rio Grande Valley residents about sexual and reproductive health.

In 2022, promotoras reached 11,112

community members during educational presentations, health fairs and other outreach. They also served as patient navigators and connected 103 people to free care at Planned Parenthood South Texas.



Volunteers

Our dedicated volunteers support our work in many ways, from serving as safety aides at health centers and tabling at community events to helping with administrative work and advocating for reproductive rights. **In 2022, 41 passionate volunteers donated more than 1,000 hours of their time to help advance our mission.**

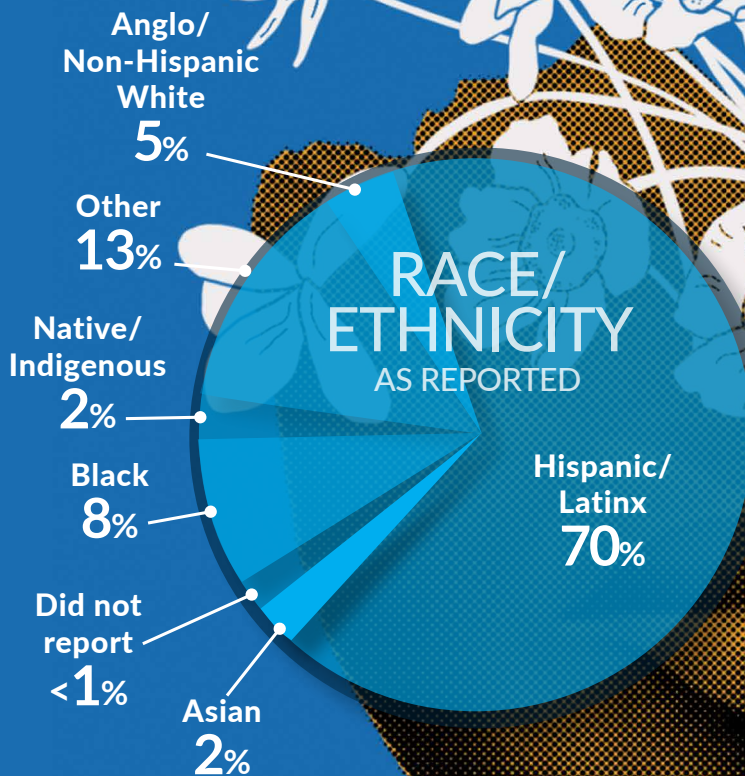
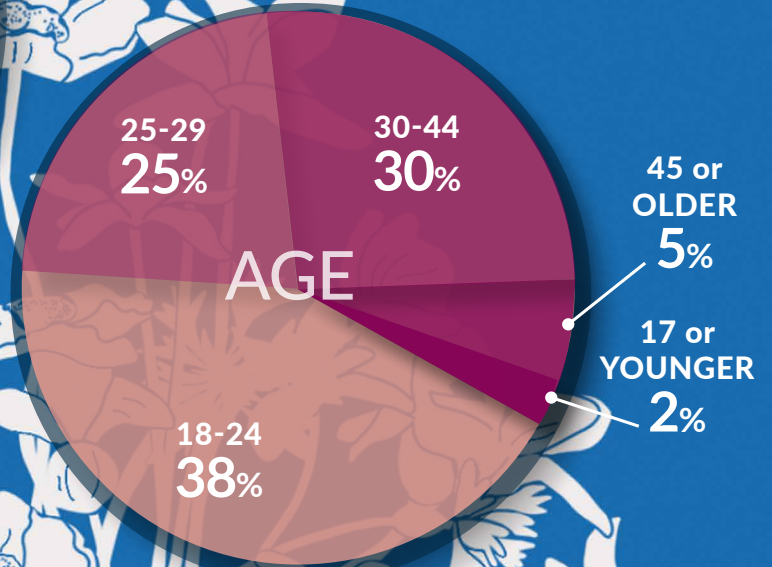
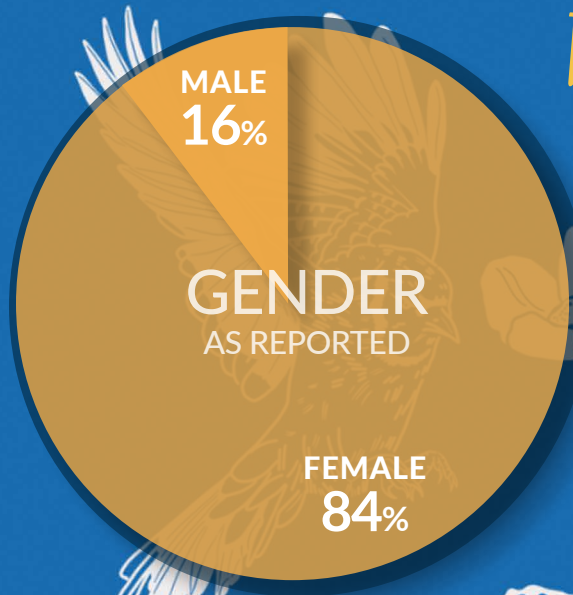


Community engagement

Planned Parenthood South Texas works with supporters and nonprofit partners to advocate for and empower our communities. Together we create a more just and equitable world.

- **Mobilized our supporters** to speak out against abortion bans and organized rallies in San Antonio, McAllen, and Brownsville.
- **Provided health care vouchers** to Center for Refugee Services and Empower House in San Antonio and Friendship of Women in Brownsville so their clients can visit Planned Parenthood South Texas for care at no cost to them.
- **Met with elected officials** at the state and federal level to advocate for reproductive rights and for increasing access to family planning in our communities.
- **Supported asylum seekers and immigrants** at the border by distributing menstrual and hygiene supplies to immigrant support organizations.
- **Engaged with 3,132 donors** from 47 states and four countries, raising more than \$5 million to support health care for our patients.
- **Provided condoms and menstrual supplies** to community partners to distribute to their clients.

Who we served in 2022



Gender and race/ethnicity are self-reported by patients based on how they identify.

Rio Grande Valley health centers

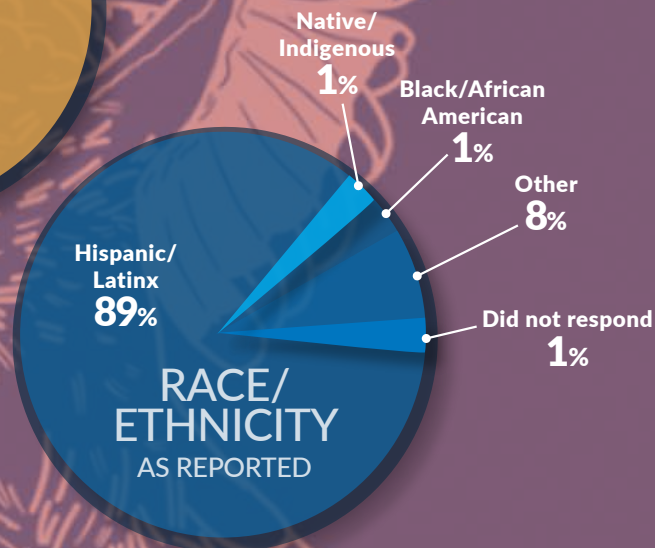
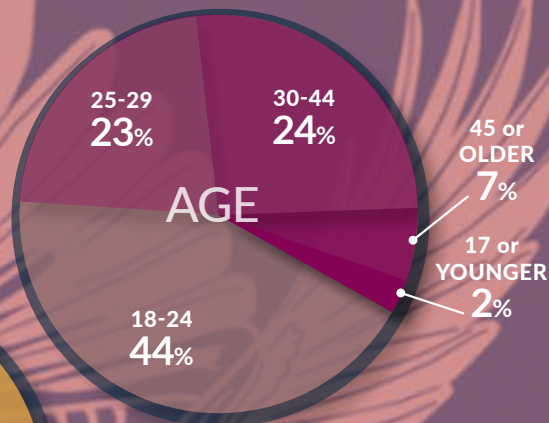
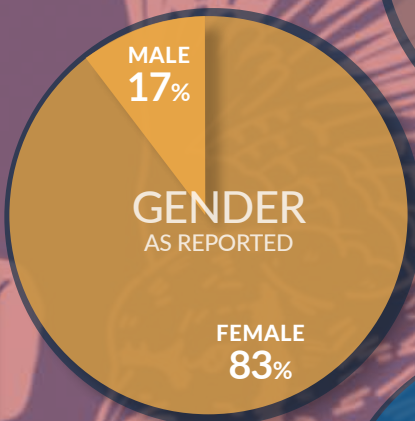
4,356 *Patients served*

4,887 *Units of contraception provided*

6,503 *Tests for sexually transmitted infections*

1,330 *Pregnancy tests*

1,025 *Stop Cervical Cancer tests and procedures*



HARLINGEN HEALTH CENTER

712 N. 77 Sunshine Strip, Suite 18

PATIENTS SERVED IN 2022

2,345

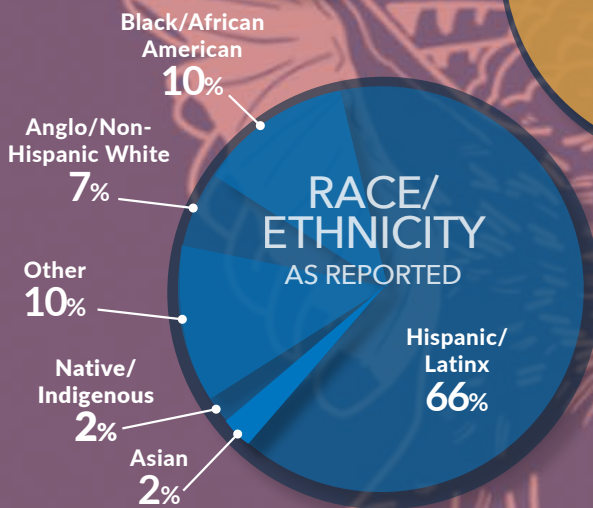
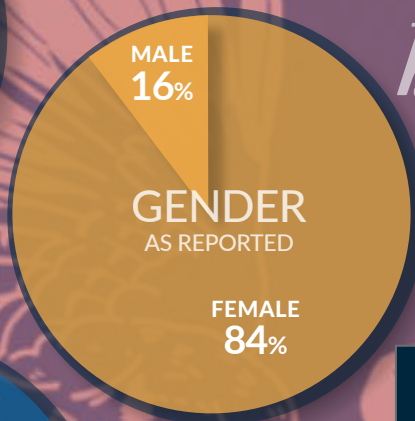
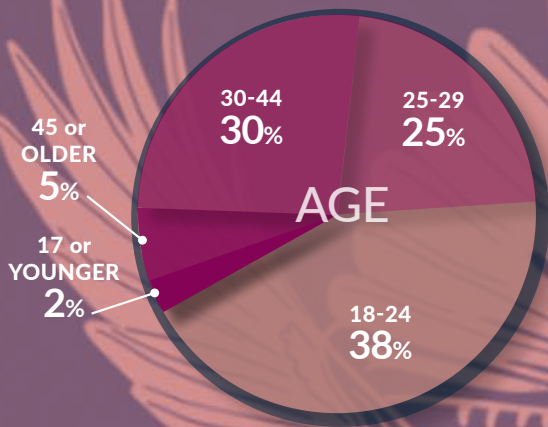
BROWNSVILLE HEALTH CENTER

870 E. Alton Gloor Blvd., Suite B

PATIENTS SERVED IN 2022

2,011

San Antonio health centers



20,296 Patients served

12,126 Units of contraception provided

34,334 Tests for sexually transmitted infections

4,440 Pregnancy tests

2,230 Stop Cervical Cancer tests and procedures

SAN ANTONIO HEALTH CENTERS	PATIENTS SERVED IN 2022
2140 Babcock Road	4,900
8725 Marbach Road*	3,823
11514 Perrin Beitel Road	3,565
920 San Pedro Ave.	4,704
7022 S. New Braunfels Ave.	3,304

*In March 2023, we relocated our Marbach health center to 235 Richland Hills Drive.

