



CONNECTIONS

A MONTHLY NEWSLETTER

HEALTHCARE: BREAST CANCER SCREENINGS

About 1 in 8 women will get breast cancer at some point in their life. Breast cancer screenings, such as breast exams or mammograms, help detect breast cancer in its earliest, most treatable stage.

Because of your support, Planned Parenthood provides clinical breast exams as part of annual wellness exams and for concerns about breast health during other appointments. In addition to clinical breast exams, Planned Parenthood provides mammogram referrals for routine screenings (at age 40 and after) or as a follow up for anything unusual that comes up during an exam.

Scan the QR code for more information.



EDUCATION: EXPANDING HEALTH EDUCATION IN TEXAS

Our education programs empower young people to make informed decisions about their sexual health, and now **our education programming expanded to cover midlife topics including menopause.**

Our new Talk NOW (Navigating Our Wellness) workshop focuses on midlife including perimenopause, menopause, managing symptoms, and maintaining overall wellness. This program provides individuals with knowledge and resources to navigate the unique health challenges that arise in midlife, helping everyone live healthier lives through empowering information and resources.

With your continued support, we can ensure that these vital programs are available in our communities. **Together, we're expanding opportunities for everyone in our communities to have the resources they need to thrive.**

Scan the QR code for more information.



A NEWS CONNECTION: STATE HEALTH DEPARTMENT BLOCKS TRANSGENDER TEXANS FROM CHANGING SEX ON BIRTH CERTIFICATES

The Department of State Health Services of Texas now prevents transgender Texans from updating the sex listed on their birth certificates.

Texans who have secured a court order to update the sex listed on their birth certificates can no longer do so at this time, a spokesperson for the Department of State Health Services confirmed. This policy change was made after statements by Texas Attorney General Ken Paxton.

"Our transness is not determined by a piece of paper and cannot be taken away by hateful policies." –The Transgender Education Network of Texas

Texas' controversial public health policies harm Texans, and **we stand with you in advocating for bodily autonomy, reproductive rights, including transgender rights, and restoring abortion access in Texas.**

Scan to read the full article here.



The Austin Pride 2024 celebration.
Credit: Olivia Anderson/The Texas Tribune



October is Breast Cancer Awareness Month

According to the American Cancer Society, **detecting breast cancer at the earliest stage can translate to a five-year survival rate of 99%**. Early detection means looking out for anything unusual, scheduling routine clinical breast exams, and getting regular mammograms when recommended. **Your support helps patients in our communities access care, helping detect breast cancer in its earliest and most treatable stages.**



21,083 Texas women are expected to be diagnosed with breast cancer in 2024. (dshs.texas.gov)

#1

Breast cancer ranks as the leading cancer diagnosis and cancer related cause of death for Hispanic women. (utexas.edu)

#2

Breast cancer is the second leading cause of cancer death among women in Texas.

41%

Black women are 41% more likely to die of breast cancer than white women. Reasons for this devastating disparity include barriers to healthcare access including affordability and health center appointments, but the main reason is inadequate health insurance. (cancer.org)

Our most common services provided are:



Birth control to help patients plan and space their pregnancies.



Testing and treatment for STIs, HIV tests, and HIV prevention medication.



Lifesaving breast and cervical cancer screenings.

TAKE ACTION: CHECK YOUR VOTER REGISTRATION STATUS

We know you know--- **a big election is coming up!!** There are so many urgent issues at stake in this election, and it is incredibly important that we all make our voices heard! Pledge to vote and urge friends and family to get to the polls this election.

- **Early Voting: October 21st through November 1st**
- **Election Day: November 5th**

[Scan here to check your voter registration status.](#)



EL PASO GIVING DAY 2024

This year Planned Parenthood of Greater Texas celebrates 6 years in El Paso, with a brand-new health center opening in El Paso this fall! **Caring for El Paso. No Matter What. Stand with Planned Parenthood.**

El Paso Giving Day is on October 17th and early giving starts October 10! Donating on October 17th? Give between 4:00 and 5:00 PM MT to help Planned Parenthood win the \$1,000 Traffic Jam Power Hour prize.

[Scan here to learn more.](#)



WAYS TO GIVE

Support high-quality healthcare and sex education programs. Please get in touch with us today at development@ppgt.org or **214-254-3017** to learn how a legacy gift to Planned Parenthood ensures high-quality healthcare for generations ahead.

If you have a question or want to learn more, please get in touch with the Development Office at (214) 254-3017 or development@ppgt.org.

