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## Combating teen pregnancy in Rochester

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Rochester, N.Y. - Rochester's teen pregnancy rate is one of the highest in the country.

But a new initiative is hoping to change that by educating those who work directly with teens about long-acting reversible contraceptives or LARCS.

LARCs are birth control the American Academy of Pediatrics now recommends for teens seeking a contraceptive. There are two types of LARCs, intrauterine devices and hormone release implants. Both offer long term pregnancy prevention.

"These methods are way, way more effective for that because you don't have to remember to do something on any given night, you don't have to make somebody else do something you can go one time to the doctor's office, it takes a few minutes to get a LARC inserted and you're protected for years after that," said Executive Director of The Hoekelman Center Andy Alinge, M.D.

The Hoekelman Center at UR Medicine's Golisano Children's Hospital was recently awarded a \$258,000 grant from the Greater Rochester Health Foundation for the LARC Initiative program.

"We're hoping to add to what's already going on there in the health education," said Alinge. "With all these other things that are already doing that they also include the information that teens can get LARC and that it's available for them, and that it's safe and recommended for them."

For the next two years this program will educate those who work closely with teens, like doctors, nurses and educators.