

Katie Bruggeman

From: Dr Tomsen <ttomsen@awcp.net>
Sent: Tuesday, February 23, 2016 10:55 AM
To: Katie Bruggeman
Subject: in support of contraceptive access

Katie,

I am more than happy to lend my support to your and Senator Gardner's efforts to improve women's access to contraception.

The bill being considered in the HESS committee tomorrow seeks to expand access for women in the year after delivery, so that they can obtain a years' worth of contraceptive pills without obstacles.

I absolutely support this bill for many reasons. Even when one excludes women for whom a pregnancy is a significant health risk, excellent reasons include:

- 1) Optimum child spacing (of 2-3 years between children) has been demonstrated to improve the health of woman and their children.
- 2) Every child raised to the age of 18 costs about the same as a mortgage; in 8/2014 the average figure for a middle-income family in the U.S. was estimated by the USDA at \$245,340.
- 3) Teenage childbearing is a significant cost to the state and to the nation, not just financially but because of the increased risk of poor or damaging parenting by young parents.
- 4) While both a man and a woman are necessary for conception, the woman disproportionately bears the responsibility for contraception and the risk of its failure.
- 5) The state stands to gain financially by supporting healthier childbearing and and more financially secure families through decreasing obstacles to contraception.
- 6) A woman who needs to see her practitioner only once a year to safely obtain a prescription for contraceptive pills should be able to fill that prescription when and in the amount she desires. This has long been necessary for women who will be away from their home or pharmacy (school, deployment, mission trips, remote living or research locations), but should not be limited to them.
- 7) If one can buy a years' worth of food, toilet paper, heating oil, or other necessities, buying a years' worth of contraceptives that are so essential to securing financial and personal health should also be possible.

Please consider expanding your efforts to EXPAND this bill to cover **all** women seeking to fill their prescriptions for contraception **and other medications** that are prescribed to them for lengthy periods. The

only reason not to do this is to support pharmaceutical and insurance company profits at the expense of the individual, the family, and even the state.

I am sorry I will not be there to testify this time.

Tina Tomsen, MD

Anchorage Women's Clinic