

***Let's talk
about***

HealthCare

Content Warning:
This zine mentions
content revolving death
by suicide, rape, incest,
and abortion

First things first...

Glossary

Consent

permission for something
to happen or agreement
to do something

yes + yes = yes

yes + no = no

no + yes = no

no + no = no

Healthcare

the provision of what is necessary
for a person's health and well being
by a doctor, nurse, or other
healthcare professional

Human Rights

rights inherent to all human
beings regardless of race, sex,
nationality, language, religion,
or any other status

these are linked together

healthcare
is a
human right

I'm not done yet



Abortion

the termination of pregnancy
by removal or expulsion
of embryo or fetus

Miscarriage

the spontaneous loss of
a fetus before the 20th
week of pregnancy

Stillbirth

a baby born without signs of
life; occurring at or after
20-28 weeks of pregnancy

Sexual Assault

any sexual activity that happens
without your consent

Incest

sexual relations between people classed
as being too closely related
to marry each other

Stats:

They overturned Roe
And the man, he was praised
They celebrated his "triumph"
While the numbers began to bleed,
hemorrhaging between state lines

In **Texas**,
a 2023 study found maternal deaths
rose by **21%** in the year after
trigger laws took effect
This is not a theory
Nor opinion
It is a tombstone state
An increase in death
written not in policy briefs
but on death certificates

In **Mississippi**,
abortion is banned.
But the state ranks last in
maternal healthcare.
Before Dobbs,
women died in
delivery rooms and emergency bays
Now that number is amplified
because their doctors are forced to choose
silence over saving

12 states with total abortion bans
Alabama, Arkansas, Idaho, Indiana,
Kentucky, Louisiana, Mississippi, Oklahoma,
South Dakota, Tennessee, Texas, West Virginia
Their names listed like a courtroom doc
Waiting on trial,
For the deaths,
the murders they have committed

The richest country in the world
And yet the highest
maternal mortality rate
birth mortality rate
and poor healthcare system

Stats:

These bans did not save lives
They ended them
And that blood sits on their
lawmakers' hands

In **Idaho**,
physicians flee the state
58 OB-GYNs left between 2022-2023
Hospitals put caution tape
around maternity wards
Opening a crime scene and closing their doors
Not because demand is gone
But because laws make healthcare a crime

80% of US pregnancy-related deaths are
preventable
Yet they push, push, push,
the blame on the women
Making legislation
as if death is a side effect
worth ignoring

Post Dobbs,
*****Black women are even more at risk than before -**
three times more likely to die
from pregnancy complications
than white women
But lawmakers continue to draft bills
with a monochrome filter

They say it is about life,
But here life is,
crying out,
screaming,
begging,
in ERs, in clinics,
in graveyards
And yet they do not listen

***** History Fact:**
Abortion bans were
originally racially motivated
as a way to ensure that
white women continued
having kids
Racism at its core



**While you live your life
watch out for:**



Anti-abortion centers that offer
pregnancy-related “info,” “counseling,”
and resources with an anti-abortion

agenda

rely on misinformation of
abortion such as:
“abortion regret
syndrome” (no
psychological basis);
“abortion reversal pill”
(not medically recognized
or possible);
“abortion causes breast
cancer” (FALSE and fear
mongering)

Crisis Pregnancy Centers (CPC)

rarely licensed
to provide
healthcare

usually religiously - affiliated,
non-profit organizations and
are connected and resourced
to a religious network with a
global mission to prevent
abortions

use similar names/logos as
abortion clinics as a
predatory tactic to confuse
pregnant people and keep
them away from health
centers that provide
abortion care
ex. Problem Pregnancy next
to Planned Parenthood and
Your Options Medical
travel van

inaccurately interpret results
of an ultrasound – how
far along you are or
misdiagnosing a dangerous
pregnancy as healthy

Do NOT have
HIPAA:
your info is often
sold/shared



**There are over 30 CPCs
in Massachusetts.
They nationally outnumber
health centers with a
3:1 ratio**

<https://www.plannedparenthood.org/blog/what-are-crisis-pregnancy-centers>

**With those numbers,
it's important to know
the signs:**



look for this
logo instead!
This is a safe
place!



ONE

listed online as
pregnancy resource center,
help center, care center,
women's resource center,
or abortion
alternatives

TWO

advertise free pregnancy
tests, abortion counseling,
pre-abortion screenings,
abortion education, and
post-abortion care

THREE

advertise
“abortion
pill reversal”

FOUR

say abortion is unsafe,
or that it can lead to
cancer, infertility, or
extreme mental health
problems

FIVE

say negative things
about abortion, birth
control, condoms,
sex

SIX

do NOT provide condoms
or other effective birth
control such as the
pill, patch, ring, shot,
IUD, or implant

SEVEN

try to talk about
religion
even if you do not
want to

EIGHT

say judgmental things
about sex before
marriage, single
parenting, LGBTQIA+,
people of color

NINE

offer items such as
clothes, diapers, bottles,
but you have to go to
lectures and workshops
from the CPC to “earn”
them

***for more information
to increase your
awareness, head to
planned parenthood's
site**

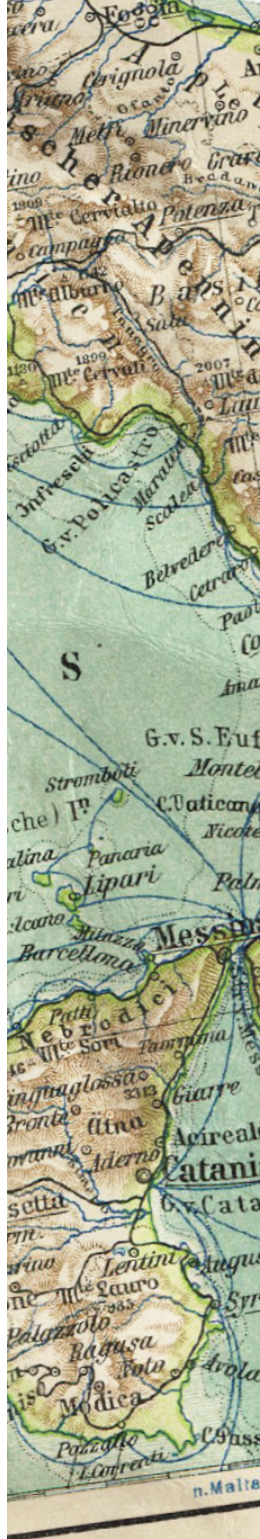
From marble halls and high court seats
They named it sacred
Not the breath, not the body -
the blood before it pulsed.
That clump of cells scientists call
the “embryo,” not the child
For there is a difference
But they refuse to see

They concealed their eyes
Before she wept in fluorescent rooms
Opinions fired from left and right
Where no one asked what she had lost
to get here.

No.
Instead they crowned the cell,
the host, the vessel, the supplier.
They drew borders around the womb
like it was some ancient colonial map -
unlabeled, untouched,
an empty lot except by the boots of men
who have never bled through their pants
at a job interview,
who have never experienced a pap smear,
childbirth, or cramps.
They saw it as a place begging for control.

No one ever asks how it feels
to have your body ruled by people,
by men, not autonomy
The people would rather save a fetus
Than feed a child
One's who scream for adoption
But refuse the process themselves.
The one's who don't know
the time, the drive, the money,
the silence in a waiting room
where time sits heavy
with the ultimate judgement.

They spew out words like
“heartbeat”
“soul”
“God”
But you won't hear rape
You refuse to speak the name of the girl
you failed in 8th grade
When she asked if condoms worked
And you laughed right in her face



You write laws
like the scripture
The same ones you use to spread
hate
Your compassion you preach
ends at the ultrasound
After that?
They're a line for your speech
about personal responsibility
They're a tool for your political
manipulation

But what of yours?
When you force a birth
and vanish like all cowards do
When you force a birth and
the death rate spikes by two
When the doctors hesitated,
measuring liability while
she goes septic.
You couldn't be the headline
So she became it.
You created an answer
of right and wrong fueled by religion
in a world of science

This has nothing to do with life
It's about the power
From the very beginning,
the first law.
It always has been
But we are not your battleground
Your endless ammunition
We are not your shame you get to
sculpt into law and
bleeding monuments.

We are coming
With human rights,
healthcare, autonomy.
We will not beg.
Our stories sharp
our rage articulate,
the best weapon.

And your sanctity?
We will set it on fire.

To prevent you being the person
who was laughed at in 8th grade,
let's talk about options

** you can find more
info about different forms
of birth control on planned
parenthood's website

Condoms

a form of contraceptive
that is a thin rubber layer
worn around a penis to
prevent pregnancy and STI
or STD's

82-98% effective
based on use

Patch

thin, beige piece of plastic
that looks like a bandage;
worn on belly, upper arm,
butt, or back

91% effective if changed
on weekly basis; prescription
needed

Pill

oral medication with
hormones that you take
consistently everyday

91% effective if taken consistently;
prescription needed

Vaginal Ring

small, flexible piece of plastic that is
inserted into the vagina to provide
birth control

91% effective; must be replaced
monthly; prescription
needed

Shot

injection of the hormone
progestin that provides
birth control for 3 months

94% effective if administered
every 3 months; prescription
needed

Implant

small rod inserted under
the skin of the upper arm
to provide birth control

over 99% effective and lasts
3-4 years; clinic visit required

IUD

a t-shaped plastic device
inserted into the uterus
to provide birth control

over 99% effective and lasts
3-6 years depending on what
type; clinic visit required



Even though it is not your business or mine... Here are some reasons that people have given for getting an abortion.

They are important to highlight and may provide you with insight you never considered. May I also add that becoming pregnant is a two person job, yet our society only ever deems one person at fault.

"I was a senior in high school. My ex-boyfriend could sense that I wanted to break up with him, so he purposely tried to get me pregnant without me realizing it.

Well, I got pregnant. It still hurts me to this day, but I would not have been able to go to college if I didn't make the choice to get an abortion."

"I was 30. I had been recently diagnosed with lupus, had a demanding career, and the father wasn't dependable. Still, everyone told me I should keep it because 'What if this is your only chance?'

With no maternal instincts or yearning to have a child, I knew termination was the only option. I have no regrets.

"I was 13. My stepfather was abusive, so my mom and I escaped to my grandparents'.

We first thought that my missing periods and nausea were from stress and maltreatment. Fortunately my grandmother was suspicious, and she got me to the doctor. We made the decisions (she didn't force or chose for me). She was very clear that there was no good or bad decision, just a complicated one... I could never make this choice for another woman, and I can't imagine why someone would want to make it for me.

"It wasn't my choice to have sex at 16, so I didn't have the choice in getting pregnant. I was scared and went to my mom with my positive pregnancy test. My parents told me all of my option and left it 100% up to me. Abortion was on the table, and I took it."

"Almost six years ago I was in an abusive relationship, and my sanity was already slipping before I found out I was pregnant. Had I not gotten an abortion, I would still be tied to that man, and I don't think I would have survived."

"I was 24. My copper IUD slipped out of place. Strings still felt normal when I checked every month, so I had no idea. I made less than \$20,000 at my job and hadn't yet finished school. There was never any doubt. I couldn't bring a child into this world who I wasn't ready or able to support when there are already so many other children waiting to find homes."

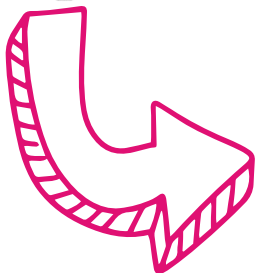
"I was told by doctors that I was infertile as a byproduct of PID and PCOS. I had never been on birth control and never had a pregnancy scare, so finding out I was pregnant was a shock. After discussing all of my options, doing an absurd amount of research, and looking into the finances of raising a baby, the only real choice was having an abortion. I wasn't financially, emotionally, or physically ready to bring a baby into this world."

"I had an abortion a few years ago. I already had three beautiful children, and I couldn't afford to have another. I didn't have enough space and couldn't imagine being able to bring another life into the picture. I'm content with my choice. I don't think anyone should be judged for a difficult decision."

"I was a 22-year-old university student. I don't have a heart-rending reason for getting an abortion, nor should I need one. I was just not ready to raise a child. It's time I shed the shame. It's my body.

Book recommendations:
provide more info and
a sense of community

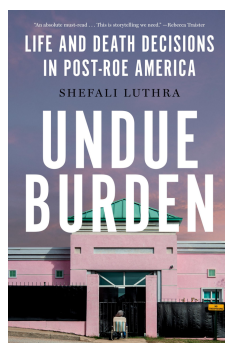
it's important to
know you are not
alone



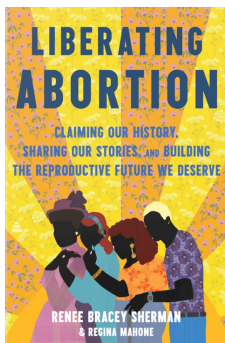
Abortion

*Our Bodies,
Their Lies,
and the Truths
We Use to Win*

Jessica Valenti



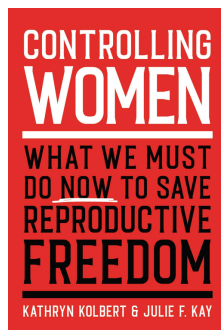
Chanel Miller, reflecting on
the leaked footage of Trump
and Bush, showing that this
President has never respected
women. They are always other
than, inferior.



novel

“Instead of apologizing, he [Trump]
dragged it from the bus to the locker room,
another place inaccessible to women.

He never said it was supposed to be
different, only said it was supposed to be
private. He intended to keep us out, we were
never meant to hear. He was not sorry for
what he said, just sorry he was caught... We
live in a time where it has become difficult
to distinguish between the President's words
and that of a nineteen-year-old assailant.”



A year of being human
A human who has the capability
of becoming pregnant
whether that be of or against
my will

I walk through this year
treading with predators
lurking close on my heels
People and organizations
waiting for my vulnerability to
seep

I dodge bullets left and right
forced opinions shoved down
my already raw throat
sinking deep in my gut
weighing down my tired body

This year my lungs are sore
relentless screaming, yelling,
standing up with rage in my bones
no one is listening
this year we are all
speaking out but no one
pays any mind
We will end this year weeping

I live this year with no hope
just fear
will I enter a maternity ward
one where the doctor cares more
about lawsuits than my own
health

My year could end
with two lives on the line
my blood staining the hands of
strangers
laws, scriptures, and religion
deciding my fate
A year in my life as a human
will end with me dead