

Senator Ingwersen, Representative Meyer, and distinguished members of the Joint Standing Committee on Health & Human Services, my name is Abigail Martin and I live in Brunswick. I am writing to urge you to support LD 143 An Act to Improve Women's Health and Economic Security by Funding Family Planning Services. Access to birth control methods & reliable testing for cervical cancer has had a serious impact on my life.

I feel self-assured with the opportunity to take tests such as cervical tests so that doctors can ensure if I did have complications such as cervical cancer, that I would have immediate care to prevent the further development of this cancer. Furthermore, as a woman with severe periods my entire life, birth control has been a blessing in quelling the immense pain I used to endure with my menstrual cycle. These services have allowed me to feel more comfortable when having a period and given me the security of knowing I do not have reproductive complications, such as endometriosis.

The loss of accessibility of these services would mean I would be unable to have birth control that helps my severe periods. Also, I would fear developing some sort of cancer that would go undetected without testing. Furthermore, if I am sexually active, lacking STI or HIV testing would put me in danger of these issues going undetected as well.

I urge you to prioritize funding for these services so that we can more easily detect health issues and prevent them before they worsen.

Thank you.

Abigail Martin

Brunswick, ME