

Starting Conversations, Ending Stigmas About Vasectomies

Though they're quick, safe and effective, only one in ten eligible U.S. men get vasectomies

UCLA Health

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NEWS PACKAGE



SUGGESTED TEASE	STILL TO COME, IT'S NOT THE TYPICAL THING FOR GUYS TO DO TOGETHER, BUT IT DOES RAISE AWARENESS ON AN IMPORTANT ISSUE.
ANCHOR LEAD	STARTING THE CONVERSATION ABOUT VASECTOMIES AND ENDING SOME OF THE STIGMAS SURROUNDING THEM, NEXT IN HEALTH NEWS.
(PACKAGE START) -----	
CG: Courtesy: UCLA Health :00 - :03	THIS HAS BECOME A POPULAR TIME OF YEAR FOR MEN TO CONSIDER GETTING VASECTOMIES.
Three guys walking down hall	THE IDEA IS THAT IF YOU GET THE PROCEDURE NOW, YOU CAN SPEND A FEW DAYS ON THE COUCH WATCHING COLLEGE BASKETBALL TOURNAMENT GAMES WHILE YOU RECOVER.
CG: Paul Diaz Father of two	THOUGH IT'S A GOOD IDEA, THE TRUTH IS, VASECTOMY RATES ARE VERY LOW IN THE U.S.
Talking in waiting room	BUT THREE LONGTIME FRIENDS DECIDED TO HAVE IT DONE TOGETHER -- AT THE URGING OF THEIR WIVES -- AND SHARED THEIR EXPERIENCES AND ADVICE WITH CLARK POWELL.
CG: Jesse Mills, MD UCLA Health	(Nats-"I can't believe this is happening right now.") :02
Shot of Paul at home with wife	JOHN, PAUL AND BASILIO (buh-SILL-ee-oh) HAVE BEEN CLOSE FRIENDS FOR YEARS. THEY HAVE A LOT IN COMMON, AND HAVE FOUND THEMSELVES AND THEIR FAMILIES AT A SIMILAR STAGE IN LIFE. :07
	<i>"We all have 2 kids. They're all about the same age. And I think we've talked many times while changing diapers on the back of cars and stuff."</i> :06
	AND LATELY, THOSE CONVERSATIONS FOCUSED ON A TOPIC MOST GUYS TEND TO AVOID. :04
	<i>"Men don't really talk about health concerns together, and let alone something as intimate as saying, 'I'm going to go get a vasectomy. Hey, you want to come along?'"</i> :07
	BUT AT THE URGING OF THEIR WIVES--WHO HAVE ALSO BECOME CLOSE FRIENDS--THAT'S JUST WHAT

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<p>CG: John Lambrecht Got a vasectomy with 2 friends</p>	<p>THESE THREE DID. :03 <i>“So, then I’m like, you know, I’m going to take one for the team, so, I decided I would do it.” :04</i></p>
<p>CG: Basilio Santagelo Got a vasectomy with 2 friends</p> <p>Walking down hallway</p>	<p><i>“You know, if we’re all going to do it, might as well do it all together. You know, make an experience out of it.” :04</i></p> <p>SO THE TRIO -- THE SO-CALLED THREE VASCA-TEERS.. :03</p>
<p>John Lambrecht (no CG)</p> <p>Wipe between shots of each</p> <p>Shot of couple talking with Mills</p>	<p><i>“The ‘vasca-teers.’” (laughs) :02</i></p> <p>MADE BACK-TO-BACK-TO-BACK APPOINTMENTS WITH DOCTOR JESSE MILLS AT UCLA HEALTH AND HAVE BROUGHT TO LIGHT AN ISSUE MANY MEN SIMPLY OVERLOOK. :08</p>
<p>Dr. Mills (CD’d earlier)</p> <p>Shot of counseling</p> <p>(Graphic) -Only one in ten eligible men get vasectomies -Half the rate of Canada & UK</p> <p>Shot of surgery (Graphic) Quicker /Safer Less Recovery Time</p>	<p><i>“We talk about women’s health, and most of it focuses around reproductive issues, but guys are a part of that equation, and they’re a part of that discussion as well. :07</i></p> <p>ALTHOUGH, VASECTOMIES HARDLY MAKE IT INTO THE DISCUSSION. ONLY ONE IN TEN ELIGIBLE MEN GET VASECTOMIES IN THE U.S. - <u>HALF</u> THE RATE OF MEN IN COUNTRIES - LIKE CANADA OR THE U.K.¹ COMPARED TO STERILIZATION SURGERIES FOR WOMEN, <u>VASECTOMIES</u> ARE QUICKER, SAFER AND REQUIRE LESS RECOVERY TIME.²</p>
<p>Shot of Paul at home</p> <p>Paul Diaz (CG’d earlier)</p> <p>Shots of Paul at home</p>	<p>ALTHOUGH, THESE THREE TOOK THE OPPORTUNITY TO GAIN SOME SYMPATHY. :20</p> <p><i>“We were also collaborating on how we could milk this as much as possible so we don’t have to do chores around the house.” :06</i></p>
<p>CG: Lisa Diaz Paul’s wife</p> <p>Trio walking down hallway</p>	<p>BUT THE TRUTH IS, MOST MEN ARE BACK TO NORMAL IN A FEW DAYS AFTER A VASECTOMY AND THESE MEN URGE MORE TO CONSIDER IT. :06</p> <p><i>“After we’ve go through so much with delivering babies, it’s just a nice gesture to have a very mini procedure and have that taken care of for us.” :08</i></p>
<p>(PACKAGE END) -----</p>	<p>AT UCLA HEALTH, THIS IS CLARK POWELL REPORTING. :03</p>
<p>ANCHOR TAG</p>	<p>DOCTOR MILLS SAYS TYPICAL RECOVERY IS 2-3 DAYS ON THE COUCH, WHICH IS WHY SOME MEN CHOOSE TO HAVE PROCEDURES DURING MARCH BASKETBALL TOURNAMENTS.</p>

SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>Meet 3 guys who went for vasectomies together and hear why doctors @UCLAHealth think more men should consider them. bit.ly/2kUMvVA</p> <hr/> <p>It's common for guys to get together to watch sports or hang out. Guys going in groups to get vasectomies, on the other hand, is pretty unusual. But three friends in Los Angeles recently did it, and their doctor at UCLA Health wishes more men would consider the procedure. See why: bit.ly/2kUMvVA</p>
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EXTRA BITES

<p>CG: Jesse Mills, MD UCLA Health</p> <p>CG: Paul Diaz Got a vasectomy with 2 friends</p>	<p>Mills talks about the 3 men who got vasectomies together: <i>"They decided to do it all on the same day so that they could recover together and so they could just go back and forth on social media about their experience and what their vasectomy was all about."</i></p> <p>Mills says the procedure can be permanent and very quick: <i>"They decided that this is how they want to have their birth control for the rest of their lives is through a very quick, ten minute, 15 minute procedure."</i></p> <p>Mills may use vasectomies to help men with overall health: <i>"A guy doesn't think of going to see a doctor for cholesterol or blood pressure. He knows it's important, but if he has anything wrong with his sexual health or his urinary health, he gets to see me, and then I get to figure out what else he needs done."</i></p> <hr/> <p>Diaz talks about his decision to get a vasectomy: <i>"We feel very blessed with the two girls we have and we're getting up there in the years. So, we're both very comfortable with having two girls and we just decided we didn't want any surprises down the road."</i></p> <p>Diaz talks about the attention he's received: <i>"Doing it all together with my friends really helped a lot. And since I've had the surgery and people found out about it there's been some posts on Facebook and other social media sites."</i></p> <p>Diaz says men should talk about vasectomies more openly: <i>"I don't think it's something to be ashamed of. On the contrary, I think it's something that you're being responsible and I don't really see an issue with having to keep it private."</i></p> <hr/>
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