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

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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. STARTING THE CONVERSATION ABOUT VASECTOMIES AND ENDING SOME OF THE STIGMAS SURROUNDING THEM, NEXT IN HEALTH NEWS.
ANCHOR LEAD	THIS HAS BECOME A POPULAR TIME OF YEAR FOR MEN TO CONSIDER GETTING VASECTOMIES. 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. THOUGH IT'S A GOOD IDEA, THE TRUTH IS, VASECTOMY RATES ARE VERY LOW IN THE U.S. 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.
(PACKAGE START)	
CG: Courtesy: UCLA Health :00 - :03 Three guys walking down hall	(Nats-"I can't believe this is happening right now.") :02 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
CG: Paul Diaz Father of two	<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
Talking in waiting room	AND LATELY, THOSE CONVERSATIONS FOCUSED ON A TOPIC MOST GUYS TEND TO AVOID. :04
CG: Jesse Mills, MD UCLA Health	<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
Shot of Paul at home with wife	BUT AT THE URGING OF THEIR WIVESWHO HAVE ALSO BECOME CLOSE FRIENDSTHAT'S JUST WHAT

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CG: John Lambrecht Got a vasectomy with 2 friends	THESE THREE DID. :03 "So, then I'm like, you know, I'm going to take one for the team, so, I decided I would do it.":04
CG: Basilio Santagelo Got a vasectomy with 2 friends	"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
Walking down hallway	SO THE TRIO THE SO-CALLED THREE VASCA-TEERS :03
John Lambrecht (no CG)	<i>"The 'vasca-teers.'"</i> (laughs) :02
Wipe between shots of each	MADE BACK-TO-BACK-TO-BACK APPOINTMENTS WITH DOCTOR JESSE MILLS AT UCLA HEALTH AND
Shot of couple talking with Mills	HAVE BROUGHT TO LIGHT AN ISSUE MANY MEN SIMPLY OVERLOOK. :08
Dr. Mills (CD'd earlier)	<i>"We talk about women's health, and most of it focuses around reproductive issues, but guys are a part of that</i>
Shot of counseling	equation, and they're a part of that discussion as well. :07
(Graphic) -Only one in ten eligible men get vasectomies -Half the rate of Canada & UK	ALTHOUGH, VASECTOMIES HARDLY MAKE IT INTO THE DISCUSSION. ONLY ONE IN TEN ELIGIBLE MEN GET
Shot of surgery (Graphic) Quicker /Safer Less Recovery Time	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
Shot of Paul at home	REQUIRE LESS RECOVERY TIME. ² ALTHOUGH, THESE THREE TOOK THE OPPORTUNITY TO GAIN SOME SYMPATHY. :20
Paul Diaz (CG'd earlier)	<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."</i> :06
CG: Lisa Diaz	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
Paul's wife	<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." :</i> 08
Trio walking down hallway (PACKAGE END)	AT UCLA HEALTH, THIS IS CLARK POWELL REPORTING. :03
ANCHOR TAG	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.

SOCIAL MEDIA

Share it! Suggested tweet:	Meet 3 guys who went for vasectomies together and hear why doctors <u>@UCLAHealth</u> think more men should consider them. <u>bit.ly/2kUMvVA</u>
Suggested post:	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 <u>UCLA Health</u> wishes more men would consider the procedure. See why: <u>bit.ly/2kUMvVA</u>

EXTRA BITES

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	Mills talks about the 3 men who got vasectomies together: "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."
CG: Jesse Mills, MD UCLA Health	Mills says the procedure can be permanent and very quick: "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."
	Mills may use vasectomies to help men with overall health: "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."
	Diaz talks about his decision to get a vasectomy: "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."
CG: Paul Diaz Got a vasectomy with 2 friends	Diaz talks about the attention he's received: "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."
	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>

CG: John Lambrechts Got a vasectomy with 2 friends	Lambrechts talks about giving advice to other men: "It's kind of funny, once I was a little bit more open in the office and I'd mentioned it to a couple of my coworkers, then they started - like, 'Oh, you know something, maybe I'll do that."" Lambrechts says his wife was surprised he got a vasectomy: "My wife was actually very surprised. She knows that I'm not good with surgeries or any type of procedures, so she's like 'I'm surprised you're getting that done."" Santangelo says getting a vasectomy with friends helped:
	"All our friends are doing it, and so I was like 'let's just go for it." Santangelo says more men should consider vasectomies:
CG: Basilio Santangelo Got a vasectomy with 2 friends	<i>"I think so. I think a lot more friends should get more involved with each other and should get things like this done."</i>

References

¹What's stopping American men from getting vasectomies?, **Brookings Institute / United Nations Department of Economic and Social Affairs, Population Division, 2015.** Online: <u>https://www.brookings.edu/blog/social-mobility-memos/2016/10/14/whats-stopping-american-men-from-getting-vasectomies/</u>

²*Male Sterilization,* **U.S. Department of Health and Human Services, August 2016.** Online: <u>https://www.hhs.gov/opa/pregnancy-prevention/sterilization/male-sterilization/index.html</u>

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