

# RESOURCES FOR PrEP in Iowa

PrEP Resources

## PrEP Resources

“PrEP” stands for Pre-Exposure Prophylaxis. The word “prophylaxis” means to prevent or control the spread of an infection or disease. The goal of PrEP is to prevent HIV infection from taking hold if you are exposed to the virus. This is done by taking one pill every day. These are some of the same medicines used to keep the virus under control in people who are already living with HIV. When taken everyday, PrEP has been found to reduce the likelihood of HIV infection by up to 92%. This effectiveness increases when combined with condoms which are also necessary for the prevention of other sexually transmitted infections.



## PrEP PROVIDERS IN IOWA

### AMES

McFarland Clinic  
Dr. Ricardo Arbulu  
1215 Duff Ave.  
Ames, IA 50010  
(515) 239-4474

### CEDAR RAPIDS

Dr. Daniel E. Mcgrail, MD  
1030 SE 5th Ave., Suite 1700  
Cedar Rapids, IA 52403  
(319) 364-7730

### DAVENPORT

Genesis Health Group  
Dr. Motwani  
1351 West Central Park, Suite 360  
Davenport, Iowa 52804  
(563) 421-4244

### DES MOINES

Franklin Family Practice Center  
Dr. Joe Freund  
4908 Franklin Ave.  
Des Moines, IA 50310  
(515) 280-4930

John Carstensen, MD  
1221 Pleasant St., Suite 200  
Des Moines, IA 50309  
(515) 241-8221

The Project of Primary Health Care  
David Yurdin, PA-C  
1200 University Ave., Suite 120  
Des Moines, IA 50314  
(515) 248-1500

### IOWA CITY

University of Iowa: Southeast Family  
Care Clinic & GLBT Clinic  
Dr. Katie Imborek and Dr. Nicole Nisely  
(319) 337-7642

North Liberty Family Medical Center  
Dr. Sara VonHarz  
(319) 626-6006

### MASON CITY

Mason City Clinic  
Sandra Crosara, MD  
250 S Crescent Dr  
Mason City, IA 50401  
(641) 494-5480

### OMAHA

Methodist Physicians Clinic  
Dr. Rudolf Kotula  
10060 Regency Circle  
Omaha, NE  
(402) 354-1530

University of Nebraska Medical Center  
Dr. Susan Swindells  
804 S 52nd St  
Omaha, NE 68106  
(402) 559-2666

### Planned Parenthood of the Heartland

Find a location near you  
<https://www.plannedparenthood.org/health-center/IA>

### SIOUX CITY

Siouxland Community Health Center  
Jill Bundy, PA-C  
LaVone Sopher, ARNP  
Shannon Stewart, ARNP  
Christopher Jacobs, ARNP  
Michael Piplani, MD  
Ann Pick, ARNP  
Staci Sterud-Blanche, ARNP  
Tonya Krueger, ARNP  
1021 Nebraska St  
Sioux City, IA 51105  
(712) 252-2477

### SOUTH SIOUX CITY, NE

Siouxland Community Health Center  
South Sioux City Office  
Mary McGowan, ARNP  
David Faldmo, PA-C  
(402) 412-7242

### SIOUX FALLS

Falls Community Health Center  
Dr. Charles Shafer  
and Karissa Zimmer PA-C  
521 N Main St  
Sioux Falls, SD 57104  
(605) 367-8022

### SPENCER

Avera Medical Group  
Dr. David S. Keith  
116 E 11th St, #101  
Spencer, IA 51301  
(712) 264-3500

## LINKS TO OTHER RESOURCES



## General PrEP Information

- Personal Blog: My Prep Experience. [myprepexperience.blogspot.com](http://myprepexperience.blogspot.com)
- PrEP Information Booklets [www.projectinform.org/orderprepbooklets](http://www.projectinform.org/orderprepbooklets)
- Ask The Doc: <http://www.greaterthan.org/askthehivdoc-all-about-prep/>
- Video: [www.projectinform.org/prep](http://www.projectinform.org/prep)
- Video: What is PrEP? [www.whatisprep.org](http://www.whatisprep.org)
- PrEP Facts: [www.prepfacts.org](http://www.prepfacts.org)
- PrEP medication adherence: <http://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-adherence.pdf>
- AIDS.gov: [www.aids.gov/hiv-aids-basics/prevention/reduce-your-risk/pre-exposure-prophylaxis](http://www.aids.gov/hiv-aids-basics/prevention/reduce-your-risk/pre-exposure-prophylaxis)
- Truvada: [www.start.truvada.com/#](http://www.start.truvada.com/#)
- Prevention Project in Des Moines: [ProjectHIM.org/PrEP](http://ProjectHIM.org/PrEP)

## Find A Provider

- PrEP Providers in the US: <http://www.greaterthan.org/get-prep/>
- AIDSvu PrEP Locator <http://aidsvu.org/locators/prep-locator/>

## Paying for PrEP

- Patient Assistance Program: <http://www.truvada.com/truvada-patient-assistance>
- Brochure: <http://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-paying-for-prep.pdf>

The listings in this directory have been compiled by an ad hoc committee of the Iowa Department of Public Health's [Community Planning Group](#). The resources are not screened, and therefore, no guarantees can be offered concerning the quality of services.



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