

Depo-Provera

PLEASE READ CAREFULLY

The UWSP Student Health Service is eager to assist you with your contraceptive needs. Our mission includes educating students of potential long-term health risks that could affect future health and quality of life. We hope the following information will be useful to you.

Basic Requirements

Depo-Provera injections cost \$41 per injection (subject to change). This cost may be billed to your school account, or you may pay by cash, your point card or a personal check. We do not accept insurance, credit or debit cards.

We ask that you wait at our clinic for 30 minutes after each injection in case you might have a rare but possible reaction. You might wish to bring along something to read or study while you wait.

If you have had Depo injections from your previous health care provider, we need a statement from your provider confirming the date of last injection. We will not give you your Depo shot without this. We also need a copy of your most recent Pap and Pelvic exam, any lab tests including the Pap report, STD screening, and cholesterol tests, (if done).

Please complete and forward a Release of Information form (available at our reception desk) to your previous clinic so we will have the above information by the time your next injection is due. If you think there may not be enough time for the mail to arrive before your Depo is due, ask the front desk staff to assist you. This information can usually be faxed the same or next day.

Benefits and Risks

Depo-Provera is, in our experience, an effective and convenient method of contraception. Many young women are not aware of potential risks associated with long-term use. Recent research continues to show that Depo-Provera is associated with significant bone loss in young women at a time in their life when young women would normally be

increasing bone density. Bones reach their peak mass around the age of 25 to 30 years. Estrogen protects bones and stimulates the density of bone growth. Estradiol (estrogen) blood levels of 40-50 pg/ml are needed to maintain bone mass. Very low blood estradiol levels below 20 pg/ml, similar to post menopausal blood levels, have occurred in some Depo users. This may increase risk of bone mass decline and potential for osteoporosis in later life despite adequate calcium intake. A recent study shows that 2 % of college-age women already have osteoporosis and 15 % have significant loss in bone density placing them at risk for developing osteoporosis.

In view of this information, UWSP Student Health Service Staff advises all Depo users to have an annual estradiol blood level test. The current cost is \$53.65.

In addition, high-density lipoprotein (HDL) "good" cholesterol levels fall significantly in women using Depo-Provera. Since heart disease is the main cause of death in women over age 35, and higher HDL cholesterol levels are thought to be protective against heart disease, we advise all Depo users to have annual lipid (cholesterol) panels, current cost is \$14.75.

Your First Visit

Prior to receiving Depo-Provera at our clinic for the first time, you will be asked to meet with a clinician by appointment to discuss these issues and review your prior history and records. Subsequent visits for Depo-Provera will be every 3 months with a staff person who will review your answers to a brief questionnaire and provide your next shot.

