

Extension office classes

Celebrate "Christmas in July" at the Extension Office. Learn to make a Light Bulb Santa Ornament on July 10 at 6:30 p.m.

On July 11, beginning at 9:00 a.m. to 1:00 p.m., make a Light Bulb Santa ornament followed by Light Bulb Ornaments, Reindeer and Penguin Ornaments. Please register by calling the Extension Office at 256-2403 for details and a supply list.

A Piewheel Ornament class will be taught by Lora Frazier-Howard, Clay Co. PCS Agent, at 10:00 a.m. on July 16 at the Extension Office, followed by Main Dish Menu, by Hazel Jackson at 11:30 a.m. Call 256-2403 for supply list.

July 18, 1:00 p.m., Scrapbooking & Greeting Card Rubber Stamping Basics, will be taught by Kim McFeyon. Call the Extension Office for details and to register.

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A Christmas Beaded Bracelet class will be held on July 24 at 6:30 p.m. at the Extension Office. There will be a cost of \$3. Call 256-2403 to register.

Learn to weave a chair bottom or footstool using men's ties on July 25, 10:00 a.m. - 2:00 p.m. at the Extension Office. Class is limited, and registration is required. Call 256-2403 for details.

A "Free Form Star Quilt" will be taught at the Extension Office on July 28, 10:00 a.m. - 2:00 p.m. Class is limited. Registration required. Call 256-2403 to register and for supply list.

On July 31, Flower Potting and 3-D Christmas Cards will be taught at the Extension Office beginning at 9:00 a.m. Call 256-2403 for details and to register.

Birth Control Shot Is Very Effective

You get a shot every three months and in pregnancy you're protected against pregnancy with absolutely no hassle. Sound great? Well, it is for many women. But there are some down sides, so read on.

An injection of Depo-Provera given in the buttock or arm every 12 weeks provides effective protection from pregnancy. That's just four shots a year.

Depo-Provera (Depo) is the brand name for medroxyprogesterone acetate. It contains the hormone progesterone that is similar to a hormone naturally made by your body. Like birth control pills, Depo plays a crafty trick on the body's hormones to prevent the release of an egg every month. No egg = no pregnancy. Depo also makes the mucus on your cervix thicker.

Depo is 99.7% effective. Protection is immediate if you get the injection during the first five days of your period. Otherwise, use an additional method of contraception for the first week. Protection lasts for 12 weeks.

In deciding whether this is the right method for you, consider the advantages and disadvantages. Women who have trouble remembering to take a pill may find it a good alternative. Depo may also be a good choice for women who cannot take estrogen, a hormone contained in most birth control pills, patch, and the ring. You get highly reliable protection without requiring surgery, and you can still plan a pregnancy after the effects wear off. You can use it while breast-feeding.

But there are some down sides. Like all medications, Depo can cause some not-so-desirable side effects. It usually causes irregular bleeding - some women stop menstruating completely after prolonged use. A few

women have heavy bleeding at first and this is a common reason for discontinuing its use. Depo can cause weight gain, increase or decrease body hair, increase depression, give you headaches or rashes, and cause other problems. These side effects can take several months to wear off. While Depo may be associated with temporary bone thinning, long-term increased risk for osteoporosis is unlikely.

If you want to get pregnant within the next 18 months, it's not a good idea to start on Depo because it can take months for it to get out of your system. Fertility will return, it just takes longer to be able to get pregnant after stopping Depo than it does after stopping most other methods of birth control.

Depo is not effective against sexually transmitted infections. Unless you are certain you and your partner are infection-free, use a latex or female condom to reduce the risk.

Most health care providers who prescribe contraceptives can give you the shot. A thorough history and an examination are usually required. Clinics like Mountain Maternal Planned Parenthood and local health departments may have free or reduced-cost services based on income. Medicaid covers all costs.

This article is brought to you by Mountain Maternal Health League Planned Parenthood, Inc. with support from the United Way of the Bluegrass and the Berea College Appalachian Fund. We provide reproductive health services for both women and men. To find out about clinic services or our free education programming, contact the Berea office at 936-2326, or e-mail carol.gilliam@ppfa.org.

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