

Sample Letter to the Editor in Response to a Negative News Article

News Article

MPs warn on Depo Provera family planning method

Women should be encouraged to use other methods of family planning than Depo Provera, due to its terrible side-effects, MPs have said.

Sharing their experiences, the female legislators said the method causes delay in conception and excessive bleeding during menstruation.

The women also said they had their menstrual cycle altered after using the contraceptive.

One women MP said she failed to conceive for seven years, a matter that brought conflict in her home. “After my first-born, I decided to use Depo Provera. I had planned to have the next baby after three years. But it took me seven years to conceive again. My husband was very angry and wondered whether I had only one egg,” she said.

She narrated that a woman in her constituency used it and failed to conceive. “When she did after eight years, she developed pressure. Unfortunately, she died.”

Excerpted from New Vision (Kampala, Uganda).

Response By Scientist

Contraception for women who want to get pregnant—later

Dear Editor,

Millions of women in countries all over the world use Depo-Provera—or DMPA—as a way to prevent pregnancy. Injectable contraceptives are one of the most popular forms of birth control, and have been available for more than 20 years. Recent news reports have put the spotlight on injectables. Women want to know is Depo-Provera safe? And if they use Depo-Provera, will they still be able to get pregnant when ready to have children?

The scientific research says yes, on both counts. Some women who have experienced problems getting pregnant after they stop getting the shots assume that their infertility was caused by DMPA. This is not the case: the scientific evidence proves that DMPA does not cause infertility. Often, problems getting pregnant are the result of infertility caused by sexually transmitted infections. Infertility is often perceived as only a woman’s problem. But in about half of the cases, men are either the single cause of or contribute to the couple’s infertility.

The Ministry of Health supports DMPA as a recommended form of family planning and is helping with a project to make it available to women who are interested. This is an important public health initiative, as many women in rural areas have limited access to clinical services. When used with condoms—which reduce the risk of getting a sexually transmitted infection—injectable contraceptives can help prevent infertility and improve the chances that women will become pregnant when they choose to do so.

Sincerely,