

Depo-Provera Perpetual Calendar

4-TIMES-A-YEAR DOSING FLEXIBILITY

[based on 3-month (13-week) dosing intervals, with the flexibility of dosing between weeks 11 and 13]

GIVEN	DUE
Jan 1	Mar 19 - Apr 2
Jan 2	Mar 20 - Apr 3
Jan 3	Mar 21 - Apr 4
Jan 4	Mar 22 - Apr 5
Jan 5	Mar 23 - Apr 6
Jan 6	Mar 24 - Apr 7
Jan 7	Mar 25 - Apr 8
Jan 8	Mar 26 - Apr 9
Jan 9	Mar 27 - Apr 10
Jan 10	Mar 28 - Apr 11
Jan 11	Mar 29 - Apr 12
Jan 12	Mar 30 - Apr 13
Jan 13	Mar 31 - Apr 14
Jan 14	Apr 1 - Apr 15
Jan 15	Apr 2 - Apr 16
Jan 16	Apr 3 - Apr 17
Jan 17	Apr 4 - Apr 18
Jan 18	Apr 5 - Apr 19
Jan 19	Apr 6 - Apr 20
Jan 20	Apr 7 - Apr 21
Jan 21	Apr 8 - Apr 22
Jan 22	Apr 9 - Apr 23
Jan 23	Apr 10 - Apr 24
Jan 24	Apr 11 - Apr 25
Jan 25	Apr 12 - Apr 26
Jan 26	Apr 13 - Apr 27
Jan 27	Apr 14 - Apr 28
Jan 28	Apr 15 - Apr 29
Jan 29	Apr 16 - Apr 30
Jan 30	Apr 17 - May 1
Jan 31	Apr 18 - May 2
Feb 1	Apr 19 - May 3
Feb 2	Apr 20 - May 4
Feb 3	Apr 21 - May 5
Feb 4	Apr 22 - May 6
Feb 5	Apr 23 - May 7
Feb 6	Apr 24 - May 8
Feb 7	Apr 25 - May 9
Feb 8	Apr 26 - May 10
Feb 9	Apr 27 - May 11
Feb 10	Apr 28 - May 12
Feb 11	Apr 29 - May 13
Feb 12	Apr 30 - May 14
Feb 13	May 1 - May 15
Feb 14	May 2 - May 16
Feb 15	May 3 - May 17

GIVEN	DUE
Feb 16	May 4 - May 18
Feb 17	May 5 - May 19
Feb 18	May 6 - May 20
Feb 19	May 7 - May 21
Feb 20	May 8 - May 22
Feb 21	May 9 - May 23
Feb 22	May 10 - May 24
Feb 23	May 11 - May 25
Feb 24	May 12 - May 26
Feb 25	May 13 - May 27
Feb 26	May 14 - May 28
Feb 27	May 15 - May 29
Feb 28	May 16 - May 30
Mar 1	May 17 - May 31
Mar 2	May 18 - Jun 1
Mar 3	May 19 - Jun 2
Mar 4	May 20 - Jun 3
Mar 5	May 21 - Jun 4
Mar 6	May 22 - Jun 5
Mar 7	May 23 - Jun 6
Mar 8	May 24 - Jun 7
Mar 9	May 25 - Jun 8
Mar 10	May 26 - Jun 9
Mar 11	May 27 - Jun 10
Mar 12	May 28 - Jun 11
Mar 13	May 29 - Jun 12
Mar 14	May 30 - Jun 13
Mar 15	May 31 - Jun 14
Mar 16	Jun 1 - Jun 15
Mar 17	Jun 2 - Jun 16
Mar 18	Jun 3 - Jun 17
Mar 19	Jun 4 - Jun 18
Mar 20	Jun 5 - Jun 19
Mar 21	Jun 6 - Jun 20
Mar 22	Jun 7 - Jun 21
Mar 23	Jun 8 - Jun 22
Mar 24	Jun 9 - Jun 23
Mar 25	Jun 10 - Jun 24
Mar 26	Jun 11 - Jun 25
Mar 27	Jun 12 - Jun 26
Mar 28	Jun 13 - Jun 27
Mar 29	Jun 14 - Jun 28
Mar 30	Jun 15 - Jun 29
Mar 31	Jun 16 - Jun 30
Apr 1	Jun 17 - Jul 1
Apr 2	Jun 18 - Jul 2

GIVEN	DUE
Apr 3	Jun 19 - Jul 3
Apr 4	Jun 20 - Jul 4
Apr 5	Jun 21 - Jul 5
Apr 6	Jun 22 - Jul 6
Apr 7	Jun 23 - Jul 7
Apr 8	Jun 24 - Jul 8
Apr 9	Jun 25 - Jul 9
Apr 10	Jun 26 - Jul 10
Apr 11	Jun 27 - Jul 11
Apr 12	Jun 28 - Jul 12
Apr 13	Jun 29 - Jul 13
Apr 14	Jun 30 - Jul 14
Apr 15	Jul 1 - Jul 15
Apr 16	Jul 2 - Jul 16
Apr 17	Jul 3 - Jul 17
Apr 18	Jul 4 - Jul 18
Apr 19	Jul 5 - Jul 19
Apr 20	Jul 6 - Jul 20
Apr 21	Jul 7 - Jul 21
Apr 22	Jul 8 - Jul 22
Apr 23	Jul 9 - Jul 23
Apr 24	Jul 10 - Jul 24
Apr 25	Jul 11 - Jul 25
Apr 26	Jul 12 - Jul 26
Apr 27	Jul 13 - Jul 27
Apr 28	Jul 14 - Jul 28
Apr 29	Jul 15 - Jul 29
Apr 30	Jul 16 - Jul 30
May 1	Jul 17 - Jul 31
May 2	Jul 18 - Aug 1
May 3	Jul 19 - Aug 2
May 4	Jul 20 - Aug 3
May 5	Jul 21 - Aug 4
May 6	Jul 22 - Aug 5
May 7	Jul 23 - Aug 6
May 8	Jul 24 - Aug 7
May 9	Jul 25 - Aug 8
May 10	Jul 26 - Aug 9
May 11	Jul 27 - Aug 10
May 12	Jul 28 - Aug 11
May 13	Jul 29 - Aug 12
May 14	Jul 30 - Aug 13
May 15	Jul 31 - Aug 14
May 16	Aug 1 - Aug 15
May 17	Aug 2 - Aug 16
May 18	Aug 3 - Aug 17

GIVEN	DUE
May 19	Aug 4 - Aug 18
May 20	Aug 5 - Aug 19
May 21	Aug 6 - Aug 20
May 22	Aug 7 - Aug 21
May 23	Aug 8 - Aug 22
May 24	Aug 9 - Aug 23
May 25	Aug 10 - Aug 24
May 26	Aug 11 - Aug 25
May 27	Aug 12 - Aug 26
May 28	Aug 13 - Aug 27
May 29	Aug 14 - Aug 28
May 30	Aug 15 - Aug 29
May 31	Aug 16 - Aug 30
Jun 1	Aug 17 - Aug 31
Jun 2	Aug 18 - Sept 1
Jun 3	Aug 19 - Sept 2
Jun 4	Aug 20 - Sept 3
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Jun 20	Sept 5 - Sept 19
Jun 21	Sept 6 - Sept 20
Jun 22	Sept 7 - Sept 21
Jun 23	Sept 8 - Sept 22
Jun 24	Sept 9 - Sept 23
Jun 25	Sept 10 - Sept 24
Jun 26	Sept 11 - Sept 25
Jun 27	Sept 12 - Sept 26
Jun 28	Sept 13 - Sept 27
Jun 29	Sept 14 - Sept 28
Jun 30	Sept 15 - Sept 29
Jul 1	Sept 16 - Sept 30
Jul 2	Sept 17 - Oct 1
Jul 3	Sept 18 - Oct 2

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4 Times a Year

Depo Provera Shot Schedule

**Suzanne Wymelenberg, Beverly
Winikoff**



Depo Provera Shot Schedule:

Choices, 2011 **The Hormone Link** Margarita Ochoa-Maya MD, 2016-12-21 I wrote this book because I came to a crossroad in my life when I felt that what I had set out to do when I decided to become a doctor was no longer in agreement with the current medical practice and the health care institution Modern health care in the United States is not winning against disease Health care is extremely expensive and seemingly hard to attain but there is a reason Guidelines for Nurse Practitioners in Gynecologic Settings Joellen W. Hawkins, Diane M. Roberto-Nichols, J. Lynn Stanley-Haney, 2015-10-28 A one stop comprehensive guide to women's health updated with new evidence based guidelines and timely topics The 11th edition of this classic guide for management of common gynecological conditions by advanced practice nurses is updated with cutting edge topics new evidence based guidelines and current patient teaching materials to enhance excellence in clinical practice It features a completely updated chapter on the well woman annual exam including issues about the care of older women and extensive revisions throughout the new edition regarding contraceptive methods CAMs medical abortion HIV AIDs HPV screening and vaccine recommendations and much more Appendices containing abundant clinical resources and valuable patient teaching information and comprehensive bibliographies are also extensively revised and rewritten Concise and well organized this authoritative resource features an outline format that provides speedy access to critical information across women's age span Guidelines reflect best practice standards of care that are culled from literature on evidence based practice and help to ensure improved patient outcomes Expert contributors include prominent specialists from all arenas of gynecological health Complete guidelines are presented in a template that includes definition etiology history physical exam lab exam differential diagnosis treatment complications consultation referral and follow up The guide addresses common gynecologic concerns including infections and sexually transmitted diseases navigating life transitions and menopause and incontinence It encompasses issues of weight management osteoporosis smoking cessation stress management changes in sexuality and health risks New to the 11th Edition Enhanced mental health chapter detailing the discontinuation of SSRI SNRIs A bibliography for each guideline including additional websites Revisions to guidelines for STDs vaginitis and vaginosis Guidelines for management of cytological abnormalities and cervical intraepithelial neoplasia New information on hormone therapy menopause and osteoporosis Updated information on contraception based on patients individual profiles and clinical data Revised information on natural family planning from an expert NFP educator New data on long term effects of HRT New data on HPV HIV treatment and survival Expanded section on screening for updating of laboratory tests Additional data based evidence on over the counter remedies and non prescription supplements New data on screenings for breast cancer New Pap smear guidelines across the lifespan Physical assessment of pelvic floor integrity and dysfunction Helpful techniques for difficult examinations Updated information on vulvar dermatology Information on lesbian bisexual and transgender health concerns Key Features Reflects best practice standards of care empirically demonstrated to

improve patient outcomes Updated to include cutting edge topics and new evidence based guidelines Presents guidelines in concise consistent outline format to ensure quick and easy access to clinical information Written by a highly respected and experienced team of authors Provides valuable patient teaching information **The Yale Guide to Women's**

Reproductive Health Mary Jane Minkin, Carol V. Wright, 2008-10-01 This book is for every woman who has wished for an unhurried personal conversation with a sympathetic doctor who will answer her questions about reproductive health Dr Mary Jane Minkin a gynecologist practicing for more than 25 years presents a complete and up to date guide to a healthy reproductive system for women in their teens through middle age With warmth and understanding Dr Minkin and coauthor Carol V Wright respond to questions about the gynecological issues that concern women today including sexual activity contraception and family planning Readers of The Yale Guide to Women's Reproductive Health will learn how the female body works what problems may arise and what solutions are available in short they will become better prepared to participate in their own health care and to make healthy decisions **Ebony**, 1997-11 EBONY is the flagship magazine of

Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine **Guidelines for Nurse Practitioners in Gynecologic Settings, Tenth Edition** Joellen W.

Hawkins, Diane M. Roberto-Nichols, J. Lynn Stanley-Haney, 2011-09-23 Print CourseSmart **Depo-provera** Dori Stehlin, 1993 *The New Harvard Guide to Women's Health* Karen J. Carlson M.D., Stephanie A. Eisenstat M.D., Terra Ziporyn Ph.D., 2004-04-06 This exhaustive resource offers information on everything from adolescent acne to menopause in the belief that better informed women can have better partnerships with their physicians **Stay On Your Birth Control**

Jennifer Smith, 2021-08-23 Stay On Your Birth Control The Things You Don't Know About Single Parenthood is based on Jennifer's personal experience and added testimonies of single and divorced parents who candidly and unapologetically share the struggles and challenges they encounter daily while raising their kids This book is a straightforward tell it like it is dose of reality to make you fully aware of the difficulties you may encounter if you too become a single parent The stories bring awareness for childless men and women to really consider their goals values choices and dreams before kids and to remind them that it is also OKAY to not have kids if they are not ready for that level of responsibility It's also fitting that this book outlines different types of birth control to help you weigh your options and make informed decisions about life *Women*

and Drinking: Preventing Alcohol-Exposed Pregnancies Mary Marden Velasquez, Karen S. Ingersoll, Mark B. Sobell, Linda Carter Sobell, 2016-12-19 An essential resource for anyone providing help or services to women at risk for alcohol exposed pregnancies Drinking during pregnancy can cause a range of disabilities that have lifelong effects yet are 100% preventable A variety of brief motivational behavioral interventions developed for nonpregnant women of childbearing age can effectively prevent alcohol exposed pregnancies AEP This book outlines clinical definitions and the history of Fetal Alcohol Spectrum Disorders FASD epidemiology and effects across the lifespan evidence based prevention practices such as CHOICES and

CHOICES like interventions and opportunities for dissemination Based on decades of scientific research and clinical refinement this volume is packed with helpful illustrative case vignettes therapist patient dialogues sample forms and handouts The information and resources presented will help a wide variety of practitioners in diverse settings ranging from high risk settings such as mental health and substance abuse treatment centers to primary care clinics and universities deliver interventions targeting behavior change

Handbook of Sexuality-Related Measures Terri D. Fisher, Clive M. Davis, William L. Yarber, 2013-09-13 This classic and invaluable reference Handbook written for sex researchers and their students has now been completely revised in a new edition complete with its own companion website It remains the only easy and efficient way for researchers to learn about evaluate and compare instruments that have previously been used in sex research In this third edition of the Handbook 218 scales complete with full descriptions and psychometric data are made available with additional information provided at the companion website for this volume

A Woman's Guide to Sexual Health Mary Jane Minkin, Carol V. Wright, 2005-01-01 A prominent gynecologist explains how to make the best choices for female reproductive health in this authoritative easy to read guide This book is for every woman who has wished for an unhurried personal conversation with a sympathetic doctor who will answer her questions about reproductive health Dr Mary Jane Minkin a gynecologist practicing for more than 25 years presents a complete and up to date guide to a healthy reproductive system for women in their teens through middle age With warmth and understanding Dr Minkin and coauthor Carol V Wright respond to questions about the gynecological issues that concern women today including sexual activity contraception and family planning Readers of *The Yale Guide to Women's Reproductive Health* will learn how the female body works what problems may arise and what solutions are available in short they will become better prepared to participate in their own health care and to make healthy decisions

The Whole Truth About Contraception Suzanne Wymelenberg, Beverly Winikoff, 1997-08-27 What birth control method is most reliable Can contraceptives protect me from AIDS How can I choose the method that's best for me Finding the answers to these and other questions about birth control can be tough On the one hand today's sexually active person has many contraceptive options On the other hand each option has pluses and minuses that must be weighed For teenagers especially asking questions about birth control can be awkward and difficult Yet teenagers may be in greatest need of the facts While there is no right method for everyone *The Whole Truth About Contraception* is the right book for anyone making decisions about contraception men and women from teenagers to middle agers It illustrates male and female anatomy and explains how conception occurs The book carefully describes the birth control methods available today barrier such as condoms and diaphragms hormonal the Pill and Norplant intrauterine devices surgical sterilization and other approaches such as the rhythm method and breastfeeding as a contraceptive For each method the authors discuss how well it prevents pregnancy its potential effects on the user's health and common problems Illustrated how to sections are provided and the authors comment on how each method typically affects sexual experience

The book also discusses how birth control products can be obtained and their cost. Precautions, tips on usage and other features throughout the book will help each reader decide what type of contraception is best for his or her age, personal preferences and situation in life. *The Whole Truth About Contraception* gives up to date information on new products such as the female condom and the nonlatex male condom. The book provides details about contraception and sexually transmitted diseases with an emphasis on AIDS. Also offered is an expanded discussion of emergency contraception designed for use after unprotected sex. The book includes a full and factual discussion of abortion. Contraception may be the most important and deeply personal choice anyone has to make. This book provides the straight facts that will make the decision easier and the results better for everyone.

Periods Cristina R. Giambalvo, 2024-12-12. Periods are a fact of life for roughly half the population yet discussions of the menstrual cycle are often shrouded in confusion and embarrassment. Part of the Q: why it exists and how it changes over time, what's normal when you may want to see a doctor and which products, medications and activities can make that time of the month a more pleasant experience. *Periods: Your Questions Answered* addresses more than 30 menstruation related topics in a way that is engaging and accessible to young readers. Biology and physiology are explained in easy to understand language and blended seamlessly with scientifically backed recommendations readers can use in their own lives. Augmenting the main text, a collection of 5 case studies illustrate key concepts and issues through relatable stories and insightful recommendations. The common misconceptions section at the beginning of the volume dispels 5 long standing myths about the menstrual cycle directing readers to additional information in the text. The glossary defines terms that may be unfamiliar to readers while the directory of resources curates a list of the most useful books, websites and other materials. Finally, whether they're looking for more information about this subject or any other health related topic, readers can turn to the Guide to Health Literacy section for practical tools and strategies for finding, evaluating and using credible sources of health information both on and off the Internet.

Swanson's Family Medicine Review E-Book Alfred F. Tallia, Joseph E. Scherger, Nancy W. Dickey, 2021-03-03. Ideal for practicing physicians and residents who are preparing to take the American Board of Family Medicine (ABFM) initial or continuing exam. *Swanson's Family Medicine Review: A Problem Oriented Approach* 9th Edition provides more than 2,500 questions in a practical case study format. This bestselling review tool reflects the clinical disciplines as tested by the ABFM and also serves as an excellent resource for residents' case-based RISE exams. Fully updated and easy to use, it covers recent developments and current information in family medicine, providing the assistance you need to ensure success on the ABFM exam. Uses realistic case problems as a basis for questions on diagnosis and management with detailed answers that explain both correct and incorrect responses. Prepares you for the ABFM's Certificates of Added Qualifications (CAQs) in adolescent medicine, geriatric medicine, hospice and palliative medicine, pain medicine, sleep medicine and sports medicine as well as the upcoming CAQ in hospital medicine. Reflects meticulous updating for accuracy and complete coverage including more questions in key areas for newer CAQs. Includes tips and tricks.

for passing the board exam clinical algorithms throughout summaries at the end of each case and case management problems that suggest the ideal diagnostic work up Allows you to earn up to 75 CME Credits online through Rutgers Robert Wood Johnson Medical School

Exploring the Dimensions of Human Sexuality Jerrold Greenberg, Clint Bruess, Sarah Conklin, 2010-03-10 Exploring the Dimensions of Human Sexuality Fourth Edition addresses all aspects of sexuality biological spiritual psychological and sociocultural and presents the information both factually and impartially Throughout the text students will find an emphasis on health and well being based on the assumption that we are all sexual beings and that sexuality should be viewed in its totality Students are encouraged to explore the varied dimensions of human sexuality and see how each affects their own personal sexuality sexual health and sexual responsibility

The PDR Pocket Guide to Prescription Drugs, 8th Edition (EAN) Thompson PDR, 2007-12-26 This completely revised edition of the renowned guide doctors depend on features all new important sections about side effects drug and food interactions and much more Includes A Z listings of more than 1 000 brand name and generic drugs Original

Ebony, 1996-02 EBONY is the flagship magazine of Johnson Publishing Founded in 1945 by John H Johnson it still maintains the highest global circulation of any African American focused magazine

Choices, A Program for Women about Choosing Healthy Behaviors, Client Workbook, August 2011, 2012

Telephone Triage for Obstetrics & Gynecology Vicki Long, Patricia McMullen, 2018-03-05 Provide top level obstetrics and gynecology telephone triage that is safe efficient and effective with Telephone Triage for Obstetrics Gynecology 3rd Edition This at your fingertips guide offers a wide range of current evidence based protocols backed by proven patient questioning techniques quick reference charts and real life patient scenarios Adaptable to private practice hospital clinic or call center this invaluable guide will help ensure that your telephone triage standards stay high while your practice serves individual patient situations with empathy and accuracy right from the start Be expertly guided through the telephone triage rigors of data gathering protocols and patient education with these vital features NEW chapter on incorporating internet research into advice on specific protoc NEW and expanded protocols that offer updated content on preconceptual screening infectious disease impacts on pregnancy infertility management and emergency contraception Quick reference sections that arrange protocols alphabetically for fast locating Easy to follow data gathering flowchart format that helps you quickly determine the nature and urgency of the caller s problem and choose the appropriate intervention Easy to explain patient education sections after each protocol Basic Triage Assessment Forms that address specific problems and require vital patient data Guidance on developing telephone charisma and the power of sympathetic listening Effective patient questioning techniques pertinent questions to ask types of questions time management getting clarification Real life call scenarios that point out problems with not listening fully to the patient skipping relevant questions or exerting judgments Covers telephone triage basics including logistical and legal considerations assessments telephone communication basics and challenges and more Offers obstetric protocols including overviews of preconceptual and

infertility early management of unintended pregnancy fetal prenatal screening early pregnancy evaluation and surveillance and more Offers gynecologic protocols including overviews of abnormal bleeding and spotting amenorrhea barrier contraceptives breast complaints emergency contraception injectable contraceptives intrauterine contraception menopausal concerns and more Vital guidance for all gynecologic nurses obstetric nurses certified nurse midwives OB GYN nurse practitioners all triage nurses and health professionals at call centers

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