



THE STORY OF:  
BERNICE BEGAY,  
HER PREGNANCY  
&  
"The Shot"  
(DEPO-PROVERA)

IT'S SUNDAY AFTERNOON AND BERNICE BEGAY IS DOING LAUNDRY FOR HER WHOLE FAMILY. ALL SHE CAN THINK ABOUT ARE THE LAST WORDS HER DOCTOR SAID TO HER - *WELL YOUNG LADY LOOKS LIKE YOU'RE PREGNANT AGAIN*

Hey Bernice you look down...what's the matter?

Oh Loretta, I just found out that I'm pregnant again! We're excited, but it's so soon after Billy...

You've got three already!

I know. We were hoping to wait at least 2 years. We can't afford it and I'm still fat from last time. I'll never lose this weight.

LIFE AT THE REZ LANDROMAT ...

IN WALKS LUCY... HOW WILL BERNICE TELL HER? LUCY IS SO PERFECT!

Hey you two. You look **so** serious!

Bernice is pregnant again!

Oh wow. Aren't you using something so you don't get pregnant? You know, I've been getting the shot for 2 years and it's working great. I love it-I only have to come in every three months.

I've heard that it makes you fat and makes you bleed all the time.

They told me about that when I started.. They told me you can gain 6 pounds in a year!

BERNICE THINKS TO HERSELF - I'LL BE GAINING A LOT MORE THAN 6lbs WITH THIS PREGNANCY!

LUCY AND HER 2 YEAR OLD - MILLER - GO EVERYWHERE TOGETHER ...

No way, you don't look like you've gained 6 pounds.

I haven't. That's because I walk 4 times a week and I'm pretty careful about what I eat-well, most of the time.

How about the bleeding?

That was hard. I never knew when it would start or stop the first 6 months that I took it. But now, I don't have a period at all and I really like that.

I don't know about that. Don't you worry you're pregnant if you don't have a period?

BERNICE THINKS TO HERSELF - I WON'T BE HAVING A PERIOD FOR A VERY LOOONG TIME!

DEPO-PROVERA, THE SHOT, CAN BE GIVEN IN THE ARM OR THE BUTTOCK

No, because that's just the way it works.

It must be nice not to have to remember to take a pill every single day.

I've got to get back to the kids. And I've got my first appointment with my doctor. I guess it doesn't really matter about birth control for me...

BERNICE THINKS TO HERSELF - I WON'T BE HAVING A PERIOD FOR A VERY LOOONG TIME!

... TWO WEEKS LATER - LUCY AND LORETTA MEET AGAIN AT THE LAUNDRMAT

I wonder how Bernice is doing? She looked so down.

I haven't seen her.. She should really use something after this baby so she doesn't get pregnant so soon.

Eve Espy, MD

A FEW MINUTES LATER BERNICE ARRIVES - EXCITED TO SEE LUCY AND LORETTA

I feel better. Charley is working again and it's going to be okay to have the baby. And maybe it will be a girl! I was thinking about what you said about exercise, and Charley and I started walking together three times a week while mom watches the kids. The walking makes me feel good.

That's great, Bernice.

After I have the baby, I might just do a walking race!

What are you going to use after the baby?

I'm going to try that shot. Four times a year sounds good and if I keep on eating good and walking, I won't worry so much about gaining weight.

9 MONTHS LATER - BERNICE IS IN THE LAUNDRMAT WITH HER NEW BABY

Here's Melissa, she's just 1 month old

Oh she's so cute!

And here's my sore arm where I got that shot!

LIFE AT THE REZ LANDROMAT ... GOES ON