

OVULATING?

- Remember to call Maureen at 612 508 3007 or 612 624 4959 when you get a positive with the ovulation kit.
- Testing with the ovulation kit is best done in the afternoon at the same time each day.
- Read the test between 3-5 minutes to see if you got a positive.

KEEPING
TRACK

Clinic Visits

Start of
period (Day 1)

End of period

Ovulation
testing

Positive
ovulation

Signs and
symptoms

Exercise
schedule

Holiday Travel- Plan Ahead for the WISER Study

The WISER Study has been going on for 20 months. At this point we have 100 participants who have completed the study and currently there are 85 active women in the study. If you are one of those 85 women, who is currently in the study, we want to talk to you about your holiday plans. For some of you, travel over the December and January months will not cause any sort of conflict with the study participation.

Bring Information With You!

We encourage you to bring your handbook with you when you travel. At the very least Maureen's phone num-

ber programmed in your phone and the WISER email address in your email account.

Are you an Exerciser?

If you are an exerciser, try to plan ahead for how you will be able to have access to a machine while you are traveling-- hotel, parent's gym. Ask the questions about how you will for sure have access to use the equipment. Talk to your trainer about keeping your logs with you and your heart rate monitor.

As a study, we can be fairly flexible about some areas of the study participation. However, the blood draws and urine collections are essential to answering our study question. We are going to rely on your willingness to compro-

mise to help us get the best possible data for the study.

What Should You Do?

The best thing to do is to **contact the study coordinator** or one of the staff members as soon as you know your travel plans. This will help you and us plan for your next month with our study.

Stay in touch with us as you get back into town. We asked you at orientation to help us by giving a response to an email or voicemail within 48 hours.

Let us know ahead of time if phone or email will work when you are out of town.

Remember to check your messages and find a time to call back. Leave us a message with details of your name, the date and the additional information (Day 1 or positive ovulation). If we work as a team, this holiday season will be smooth!

Protect Yourself from Unplanned Pregnancy

We have had 5 of our participants have unintended pregnancies occur and have to leave our study.

There are non-hormonal ways to prevent pregnancy if you are sexually active. The copper IUD, condoms or diaphragms are several ways to

prevent pregnancy. It takes some planning on your part, but the following places are ready to help you do that:

Boynton Women's Health Clinic (612-624 -4600)<http://www.bhs.umn.edu/services/womensclinic.htm>

Planned Parenthood
651-698-2401

<http://www.plannedparenthood.org/birth-control-pregnancy/birth-control.htm>

They offer non-hormonal methods of birth control and sliding fee scale birth control counseling appointments.