

Re: HB 1478

Erin Lee, 6207 17th St N, Fargo, ND 58102

Human Services Committee Members:

Hi, my name is Erin Lee. I live in Fargo and work as a nurse practitioner at Sanford Health in the OB/GYN clinic. I'd like to convey my support for HB 1478—protection for contraception. I see girls and women of many ages. Contraception or “hormonal regulation” as it also could be called, should be a basic service that every woman has a right to.

First of all, contraception prevents pregnancy. If your stance is that abortion shouldn't be an option, then do you know the single handed most effective way to lower the unintended pregnancy rate? It is to provide contraception access. Numerous studies have found this-that when contraception access is available, abortion rates are lower in those areas.

Secondly, there are a lot of medical reasons why hormones are used outside of contraception:

Regulation of PCOS, endometriosis pain, peri-menopausal symptom regulation, suppression of ovarian cysts, suppression of menstrual migraine, PMS, PMDD, acne, hirsutism, prevention of anemia, to decrease heavy menstrual flow or heavy menstrual cramps, reduce frequency of periods, prevent ovarian & uterine cancer, and regulation of irregular periods (to name a few).

Luckily, we have a lot of different options for types of hormones: doses, methods of administration (pills, patches, gels, rings, IUDs, arm implants, injections). This is because all women react differently to different methods and sometimes if there are a lot of side effects we need to try another type. As health care providers we can discuss and go over risks and benefits with the patient to figure out what might be the best fit for their needs.

I have 2 daughters ages 15 and 16. They are currently not in need to use hormonal methods but may be in the future. If they don't have access in our state, do you think they will stay here? Probably not; they'd probably consider moving to another state that is more women-friendly and where they have more options. Also, if somehow access to contraception is affected by any of the other bills that are attempted to be passed this year, once my youngest is graduated in 3 years, I would definitely consider leaving our state and practicing health care somewhere else. We need to keep trained health care professionals in our state.

I really can't think of any reason why you would not support this bill. It is basic health care that should be allowed. Some of the restrictive bills trying to be passed could affect contraception so please consider supporting HB 1478. I would also be happy to answer questions you have. You can email me at erinlee79@outlook.com or erin.lee@sanfordhealth.org.

Thank you for your time!