



WOMEN'S HEALTH

New Study Shows Birth Control Pill May Help PMS TM

(NAPSA)—Are you one of the millions of women who suffer from premenstrual syndrome (PMS) every month? If so, good news! Researchers at UCLA have shown that a specific birth control pill may offer relief from these symptoms and improve your general well-being.

“Up to 80 percent of women suffer from premenstrual and menstrual symptoms that disrupt their quality of life in numerous ways,” says Andrea J. Rapkin, M.D., study author and UCLA professor of obstetrics and gynecology. “We conducted this study to determine whether use of an oral contraceptive is an effective way to treat these premenstrual symptoms, and how the reduction of menstrual symptoms can actually impact women’s lives.”

There are more than 100 physical, behavioral and emotional symptoms associated with PMS. These symptoms can include bloating, weight gain, headaches, backache, fatigue, poor concentration, clumsiness, moodiness, irritability, tension, anxiousness and hostility. The impact of these symptoms on a woman can significantly influence her social rela-

tionships, health-related quality of life and work productivity.

The study results, published recently in the *Journal of Reproductive Medicine*, showed that women who took the birth control pill Yasmin[®] (drospirenone and ethinyl estradiol) experienced significantly reduced physical and emotional symptoms related to their menstrual cycle, which led to a marked improvement in their quality of life and overall sense of well-being.

Specifically, study participants using Yasmin reported being better able to perform daily activities, and their general sense of well-being significantly improved during their menstrual cycle compared to before they began using Yasmin. The number of women reporting that premenstrual symptoms affected their daily activities was cut nearly in half and the number of study participants reporting that premenstrual symptoms affected their general well-being dropped 42 percent following therapy.

Women suffering from PMS symptoms should talk to their doctors to find out what treatment may be right for them.