

Let Romance Ring With Spontaneity

(NAPSA)—For many couples, busy schedules and daily distractions tend to push romance to the bottom of the to-do list, instead of making it a priority.

A new survey reveals that a significant number of women are not getting the romance they crave, and face numerous romantic obstacles:

- A third of respondents had not received a romantic gesture from their partner within the last month.

- Nearly 10 percent of women reported that their partners have never initiated romantic gestures.

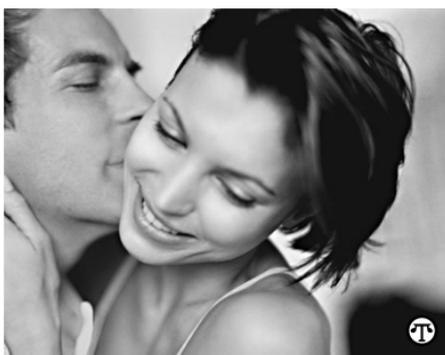
- Tellingly, money doesn't necessarily make the heart grow fonder. Ninety percent of respondents did not find the cost of a romantic act to be very important. A love letter or camping out under the stars are among the thoughts that really count.

The survey identified stress, lack of time and interruptions as the biggest roadblocks to romance. Fortunately, while these obstacles can be daunting at times, they are not impossible to get around.

“Don't become overwhelmed by daily distractions,” advises Gregory Godek, author of *1001 Ways to Be Romantic*. “Taking steps to minimize stress and interruptions, like turning off the computer or taking the phone off the hook, can do wonders for your relationship.”

With today's rushed pace, women need time-saving, spontaneity-building options that reduce interruptions and stress so romance and intimacy can flourish. Contraception is one issue that can significantly affect romance.

Planning contraception is a responsible and personal decision, but worrying about birth



Science has found a new way to help foster the spontaneity of romance and intimacy.

control every day isn't convenient nor romantic. Women want to be protected without suppressing spontaneity.

“Women are always searching for more convenient contraceptive options,” says Dr. Carolyn Westhoff, professor of obstetrics and gynecology and public health at Columbia University. “Many birth control products have been recently introduced, and I am particularly excited about a convenient new monthly product: a vaginal ring called NuvaRing®. Month-long protection really offers women more freedom and fits perfectly with their busy lives.”

NuvaRing is the world's first monthly vaginal ring for birth control. A small, flexible, transparent ring, it is administered discreetly by a woman in the privacy of her home. It works by releasing a continuous low dose of estrogen and progestin over a 21-day period of use. Easily inserted and removed, NuvaRing is not a barrier contraceptive and therefore cannot be incorrectly inserted. It is available by prescription only.

For more information, visit www.nuvaring.com or call 1-877-NUVARING.

Note to Editors: NuvaRing does not protect against HIV infection and other sexually transmitted diseases. The use of combination hormonal contraceptives is associated with increased risk of several serious side effects, including blood clots, which may lead to stroke or heart attack. Cigarette smoking increases the risk of high blood pressure and heart disease; women who use combination hormonal contraceptives are strongly advised not to smoke.