

# Wear White With Confidence

(NAPSA)—White may be the “in” color this year, but is it really the “new black?” The fashion crowd says yes, yet many women are reluctant to wear white. In fact, a recent survey found that more than half of young women said they are not very comfortable wearing white.

What’s behind the fear of white? Style maven Bobbie Thomas points to body-confidence issues as well as unexpected “time of the month issues” as two main factors that cause anxiety about wearing white. The good news, Thomas adds, is with a little help, virtually every woman can wear white with confidence.

“White is here to stay, not just for this season, but as classic staple in every wardrobe,” said Thomas. “If you understand how to wear white, it can work for any woman, regardless of your body type.”

Body image issues aside, many women also might steer clear of white because of concerns about irregular or breakthrough bleeding, a common side effect of taking the Pill, said women’s health expert Dr. Valerie Schulz. Among the women surveyed, 60 percent said that breakthrough bleeding was a concern when deciding to wear white or other light-colored clothing.

“For many women, one of the benefits of taking the Pill, in addition to pregnancy prevention, is better cycle control,” explained Dr. Schulz. “So, unexpected or unpre-

## The LO-DOWN On Wearing White From Bobbie Thomas

- Think white makes you look heavier? If fitted right, an all-white outfit can be just as slimming as black.
- Feeling pale or washed out? Find out what shade of white goes best with your skin tone.
- Concerned about see-through? Make sure you have the right undergarment and that it matches your skin tone. 

dictable bleeding between periods can come as a messy, unpleasant surprise to many women, as well as being inconvenient, stressful and embarrassing.”

Data recently presented showed that ORTHO TRI-CYCLEN® LO (norgestimate/ethinyl estradiol) resulted in significantly lower rates of breakthrough bleeding and spotting—across a broad range of women compared to another low-dose combination birth control pill. The data showed that there was an overall reduction in breakthrough bleeding in all age groups.

“Different pills have different profiles of breakthrough bleeding, and this should be part of the discussion a woman has with her health care professional when considering which pill is right for her,” said Dr. Schulz. “For women interested in low-dose pills, ORTHO TRI-CYCLEN® LO, for example, offers excellent cycle control

and a low incidence of breakthrough bleeding, backed up by a six-year track record of clinical use.”

Serious as well as minor side effects have been reported with the use of oral contraceptives. Serious risks, which can be life threatening, include blood clots, stroke and heart attacks, and are increased if you smoke cigarettes. *Cigarette smoking increases the risk of serious cardiovascular side effects, especially in women over 35. Women who use oral contraceptives are strongly advised not to smoke.* Some women should not use the Pill, including women who have blood clots, certain cancers, a history of heart attack or stroke, as well as those who are or may be pregnant. The Pill does not protect against HIV or sexually transmitted diseases.

For more information on The LO-DOWN on Wearing White from Bobbie Thomas, a chance to win designer white outfits personally selected for you and a friend and to learn more about the Pill and breakthrough bleeding, visit [www.thepill.com](http://www.thepill.com).

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You can see full prescribing information at [www.thepill.com](http://www.thepill.com).