



spotlight on health

What Modern Girls Should Know About The Pill

(NAPSA)—Just when you thought you knew everything there was to know about the birth control pill, think again!

Since its development more than 45 years ago, “the Pill” has become the single most-widely used birth control method. In fact, a recent survey reported that more than 80 percent of American women have taken the Pill at some time in their lives.¹

Over its history, the Pill has changed. Even though most women are aware of the Pill, many myths about the Pill persist. Plus, as there are so many options to choose from, selecting the right pill can be confusing.

To help young women navigate the basics of the birth control pill, author and television host of “The Modern Girl’s Guide to Life,” Jane Buckingham, has teamed up with women’s health expert Valerie Schulz, MD and Ortho Women’s Health & Urology to launch “The Modern Girl’s Guide to the Pill.” A new feature you can find on www.thepill.com, “The Modern Girl’s Guide to the Pill” includes educational information and advice to help women understand how the Pill works and how to use it safely.

Myths and Facts about the Pill

Myth #1: The Pill makes you gain weight.

Fact: Research shows the Pill may not cause weight gain.

Myth #2: You don’t have to take the Pill at the same time each day.

Fact: In order for the Pill to be 99.9% effective, it should be taken the same time, every day.

Myth #3: All Pills are the same.

Fact: No, not all pills contain the same type of hormones and dosages.

Myth #4: A woman needs to wait a few months after stopping the Pill before trying to get pregnant.

Fact: There is no clinical evidence that you need to “flush out” any hormones before you conceive.

Myth #5: You need to take a break after taking the Pill for a long time.

Fact: Research shows that women don’t need a break from the Pill.



“Today, many women want a Pill that prevents pregnancy, and offers predictable periods and a

low rate of breakthrough bleeding,” said Dr. Schulz. “But, not all birth control pills are the same. That is why it’s important for women to understand the facts about birth control pills, and how to talk with their healthcare professional about their options.”

Divided into five sections, the Guide includes: basic facts and virtual tools to show how the Pill works; details about available options; potential benefits from the Pill; step-by-step instruction on how to read the patient label for risk information; and tips on what to expect from a visit with a healthcare professional.

“Today’s Modern Girls strive to be the best they can be and crave information, particularly about how they can take more control of their health,” said Ms. Buckingham. “‘The Modern Girl’s Guide to the Pill’ is a great starting point for a deeper understanding and a better dialogue with a healthcare professional about the Pill.”

The Guide as well as a podcast with Jane Buckingham and Dr. Schulz discussing the top-five myths about the Pill are available exclusively on www.thepill.com.

¹ 2005 Female Attitudes and Contraceptive Study (FACTS) conducted among 3,002 15-50-year-old women. This study was sponsored by Ortho Women’s Health & Urology.