

# WOMEN'S HEALTH

## What's Inside The Pill Women Take Every Day?

(NAPSA)—Ask a woman about what's inside the food she eats and the clothes she wears and you'd probably get a quick answer. Ask one of the nearly 18 million women who take birth control pills what's inside her pill and it's a different story.

A new survey of women ages 18 to 35, conducted by International Communications Research (ICR), shows 74 percent of women know what's inside their food and 60 percent know what's inside their clothing, but only 15 percent of women know what's inside their birth control pills. This survey uncovers that women know very little about what's inside their birth control pills and that this lack of knowledge may be affecting the way they feel.

The survey reveals that 65 percent of the women surveyed have switched two or more times between different types of birth control pills, with just over one-third switching because of side effects. Of the women who switched birth control pills, more than 71 percent are satisfied with their switch. This clearly indicates that while all pills may be equally effective, women can have different experiences with different pills.

When a woman switches birth control pills, she may discontinue



**Knowing more about what's inside birth control pills may help you find the pill that's right for you.**

one brand before filling the new prescription. Left unprotected for even one day, she is vulnerable to an unintended pregnancy. Approximately 20 percent of the 3.5 million annual unintended pregnancies in the U.S. are due to pill discontinuation and compliance difficulties, according to the Alan Guttmacher Institute.

"The adage 'it's what's inside that counts' can and should be applied to birth control pills," said Gloria Bachmann, M.D., Associate Dean for Women's Health, Professor of Obstetrics and Gynecology, and Professor of Medicine at the University of Medicine and Dentistry of New Jersey (UMDNJ-Robert Wood Johnson Medical

School). "There are differences between birth control pills based on the types and amounts of hormones they contain. One example of this is the progestin drospirenone, which has unique properties."

Education about birth control pills had a positive impact on the life of Erin Callahan, a 31-year-old medical student in New York City. "I tried different birth control pills, but never found the one that was quite right for me," said Erin. "I was feeling frustrated, so I talked to my doctor about the differences between birth control pills. My physician recommended Yasmin®, so I decided to try it. It's made a big difference for me."

Yasmin contains drospirenone, which has unique antiandrogenic and antimineralocorticoid properties.

"It's possible that drospirenone made the difference for Erin," noted Dr. Bachmann. "My advice to women about birth control pills is talk to your doctor about what he or she prescribes. Together, you can determine which one is best suited for you."

For more information about Yasmin, visit [www.YASMIN-US.com](http://www.YASMIN-US.com) or call the toll-free number 866-YASMIN1 (927-6461) to receive a complimentary, informational product brochure by mail.

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### **Note to Editors:** Important Information about Yasmin® and All Oral Contraceptives

Yasmin contains 3 mg of the progestin drospirenone (drsp) that has antimineralocorticoid activity, including the potential for hyperkalemia in high-risk patients, comparable to a 25 mg dose of spironolactone. Yasmin should not be used by patients with conditions that predispose to hyperkalemia (i.e., renal insufficiency, hepatic dysfunction or adrenal insufficiency). Women receiving daily, long-term treatment for chronic conditions or diseases with medications that may increase serum potassium should have their serum potassium levels checked during the first treatment cycle.

Oral contraceptives (OCs) do not protect against HIV infection and other sexually transmitted diseases. The use of OCs is associated with increased risks of several serious side effects. Cigarette smoking increases the risk of serious cardiovascular side effects; women who take OCs are strongly advised not to smoke.