

# Women Want To Know

## Make This Year Your Year

(NAPSA)—Being a “jane of all trades” means taking charge on all fronts.

If you have it all under control, but would like to make some positive changes, here is how to make it happen:

- Develop your daily “Life” list and take an objective look. Reevaluate your priorities so the urgent doesn’t drive out the important;

- Carve out time for exercise: Making this positive change will give you a boost of energy, in addition to physical and mental health benefits;

- Make what you eat count. Healthy eating will help you get the right balance of vitamins, minerals, and other nutrients to help you feel your best and have plenty of energy;

- Establish a regular “play-date” for you and your partner. Don’t forget, grownups need to play, too;

- Don’t let your period be a hassle. Why not think about fewer periods? There is no medical reason to have a monthly period when you are on the Pill.

“For many women, a monthly period is an annoyance, and some women experience painful cramps and menstrual migraines,” said Shari Brasner, M.D., professor, obstetrics and gynecology, Mount Sinai School of Medicine.

Women who are seeking contraception and the benefit of fewer periods should speak to their health care professional. Seasonique® (levonorgestrel/ethinyl estradiol and ethinyl estradiol tablets) is a birth control pill specifically designed to let women have four short, light periods a year.

Just like other birth control pills, Seasonique® is 99 percent effective when taken as directed and you take one pill every day. Seasonique® tablets are indicated



**Making a plan for the New Year can help you maintain your health and feel happier.**

for the prevention of pregnancy. While you get four periods a year, you’re more likely to have bleeding or spotting between periods. This can be slight to a flow like a regular period and should decrease over time.

For more information and to save on your Seasonique® prescription, visit [www.seasonique.com](http://www.seasonique.com).

**Important Safety Information:** Like other birth control pills, prescription Seasonique® has serious risks including blood clots, stroke and heart attack. Smoking increases these risks, especially if you’re over 35. If you’ve ever had any of these conditions, certain cancers, or if you could be pregnant, you should not take the Pill. **The Pill does not protect against HIV or STDs.** You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088. For hard copy releases, see full product information and for electronic releases, see [www.seasonique.com/docs/prescribing-information.pdf](http://www.seasonique.com/docs/prescribing-information.pdf).

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