

Women's Health **UPDATE**

Get The Facts When Planning A Family

(NAPSA)—When planning a family, it's important to get all the facts before making any decisions.

In addition to deciding how many children you want to have and how you will space your family, you may also want to explore different methods of birth control to find the method that is best for your lifestyle. It's important to research all methods thoroughly, since there are many methods available and you may not be aware of the one that is the best option for you.

For example, here are some facts and misperceptions about a form of family planning known as the intrauterine contraceptive (IUC):

Misperception: The IUC is not as effective as other methods of contraception, such as the birth control pill or patch. A survey conducted recently by International Communications Research found that about half of the women surveyed did not think the IUC was as effective.

Fact: The IUC is more effective than the pill. The IUC has a failure rate of less than 1 percent, which is similar to that of sterilization.

Misconception: It takes a long time to become pregnant after the IUC is removed and it could make you sterile. Thirty-four percent of women surveyed were unsure how long it took to become fertile again. In addition, 55.8 percent thought an IUC might cause a woman to become sterile.

Fact: Once the IUC, such as Mirena® (levonorgestrel-releasing intrauterine system), is removed, a woman can



Research shows that OB/GYNs are more likely to choose an IUC to plan their families.

try to become pregnant right away. A woman's chances of getting pregnant after using an IUC are similar to those of women who have not been using any method of birth control.

Misconception: An IUC causes heavy menstrual bleeding. More than 64 percent thought IUCs might cause heavy menstrual bleeding.

Fact: The Mirena IUC may also provide a shorter, lighter period. Twenty percent of Mirena users experience no period at all after one year.

Misconception: An IUC costs a lot.

Fact: It's the most cost-effective form of birth control when used for one year or more. It also provides lower and steadier hormone levels than the pill. Research shows that female OB/GYNs in the U.S. are nine times more likely to choose an IUC for themselves compared to other women.

For more information, please visit www.mirena-us.com.



Important Safety Information About Mirena

Candidates for Mirena® have had a child, are in a stable relationship, and have no risk or history of ectopic pregnancy or pelvic inflammatory disease. Mirena® does not protect against HIV or STDs. Ovarian cysts may occur and typically disappear. Complications may occur from placement. Missing periods or irregular bleeding is common in the first few months, followed by shorter, lighter periods.