



WOMEN'S HEALTH

Simplify Your Life

(NAPSA)—A little forethought can help you have a lot more time for your family and yourself.

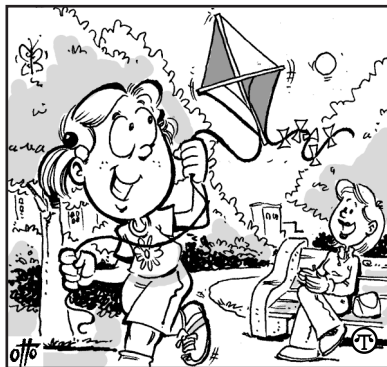
Around 30 percent of waking hours are spent performing mundane, daily activities, a study by Parentsplace.com reports. Cutting out some of these tasks, such as calling in and picking up birth control prescriptions and remembering to take a pill at the same time every day can make a surprising difference.

In fact, results from a national survey of women, administered by the American Medical Women's Association (AMWA), revealed that the majority of respondents desire new contraceptive options that are "easy to use" and that could help "simplify their lives." The survey also found that 75 percent of women would like a contraceptive alternative that is more adaptable to their lives.

Women seeking to simplify their birth control regimen without sacrificing effectiveness may be glad to learn of the options. Good news for many of these women is the intrauterine device (IUD). Used by more than 100 million women around the world, the IUD is the most popular form of reversible contraception.

Once one is in place, there are no prescription reorders, monthly patches or daily pills to remember. If a woman decides to become pregnant her IUD can be removed during a regular doctor's office visit. IUDs offer women the ability to control family planning and the freedom to be spontaneous.

Other time-saving tips to help busy women simplify their lives include:



Taking one fewer pill a day may make more difference in many women's lives than they realize.

- **Cut Clutter**—Look around your home. Do you really need all that stuff gathering dust? If you no longer love it, can't wear it or don't remember how to use it, give it away or sell it at a yard sale. What's left will be easier to find and enjoy.

- **Yes, you can say "no."** You don't have to volunteer for every good cause that comes along. Kindness can begin at home. Besides, letting others take charge of the bake sale or coach the soccer team can help others develop leadership abilities, too.

- **List wisely.** Learn the layout of the stores where you regularly shop and write your lists accordingly so you spend less time searching for what you need.

Keep these tips in mind and you may find you have more time on your hands. If you'd like to use a little of that time to learn more about IUDs, ask your doctor and see the Association of Reproductive Health Professionals (ARHP) Web site, www.arhp.org.