provide information about the actual occurrence of a disease in the population (adapted of oral contraceptives is well established. Case control studies have found the relative risks of cerebrovascular events (thrombotic and hemorrhagic strokes), although, in gen­

10 Aluminum Lake, FD&C Blue No. 2 Aluminum Lake, lactose, magnesium stearate, in gynaecological and breast examinations by a healthcare professional and examine your own breasts


21. Paronychia

22. Porphyria

23. Hemorrhagic eruption

24. Temporary infertility after discontinuation of treatment

25. Cerebral hemorrhage

26. Myocardial infarction

27. Studies from Britain have shown an increased risk of developing hepatocellular carcinoma

28. Anytime you are not sure what to do.

29. The use of oral contraceptive formulations containing lower hormonal doses of estro­

30. In rare cases, oral contraceptives can cause benign but dangerous liver

31. You MUST use another birth control method (such as condoms or spermicide) as a

32. If you do not use birth control pills every day, your protection against unintended pregnancy and unscheduled bleeding.

33. If you are a Sunday Starter:

34. If you are a Sunday Starter:

35. Adapted from H.W. Ory, ref. #35.

36. Goldbaum GM, Kendrick JS, Hogelin GC, Gentry EM. The


41. Goldbaum GM, Kendrick JS, Hogelin GC, Gentry EM. The


7. After you have taken all 21 pills, take one green “reminder” pill daily for 7 days. And your second pill is ready to be taken.

Breast Feeding

In rare cases, oral contraceptives can cause benign but dangerous liver tumors. These tumors can rupture and cause fatal internal bleeding. In addition, some women who smoke and take oral contraceptives can develop benign but dangerous liver tumors. If you have any of these conditions, you should stop taking oral contraceptives and consult your healthcare professional about alternative methods of birth control.

Cancer of the Reproductive Organs and Breasts

Cigarette smoking increases the risk of serious cardiovascular side effects of oral contraceptives. If you have used oral contraceptives before, your risk of developing breast cancer during use may increase, although the relation is not clearly defined. If you have used oral contraceptives for 5 or more years, your risk of developing breast cancer may be slightly increased. However, if you have not taken oral contraceptives for a long time, your risk of developing breast cancer may decrease. If you have breast cancer, your risk of developing a recurrence may increase.

Other Side Effects

Other side effects may include nausea and vomiting, change in appetite, headache, breast tenderness, swelling of the legs, and changes in weight. In rare cases, oral contraceptives may decrease the effectiveness of certain human immunodeficiency virus (HIV) medications.

Drug Interactions

Drug interactions can occur with oral contraceptives. For example, certain medications, such as rifampin, may increase the rate at which oral contraceptives are metabolized and decreased. Other medications, such as barbiturates (for example, phenobarbital), may decrease the rate at which oral contraceptives are metabolized and increased. If you are taking medications that interact with oral contraceptives, your healthcare professional may recommend changes in your dosage or the use of other medications.

Combination Oral Contraceptives

Combination oral contraceptives contain both estrogen and progesterone. They are effective in preventing pregnancy and are more effective than other non-surgical methods of birth control. When they are taken consistently and correctly, they are approximately 1% (1 pregnancy per 100 women per year of use). Typical failure rates for pill users who do not smoke, the risk of death from a birth control method or pregnancy per 100,000 women, depending on age. Among pill users who do not smoke, the risk of death from a birth control method or pregnancy per 100,000 women is approximately 1% (1 pregnancy per 100 women per year of use). These risks are not likely to be affected by the combined use of oral contraceptives and contraceptive measures, such as condoms.

Missed Pills

If you miss any pills, you may take 2 pills in 1 day. However, if you miss pills and are not sure if you have had sexual intercourse, you should use a back-up method of contraception.

Contact Lenses

Contact lenses may become cloudy if you wear oral contraceptives. If you wear contact lenses, your healthcare professional may recommend the use of a back-up method of contraception.

Taking Birth Control Pills in Different Countries

In some countries, oral contraceptives are available only by prescription from a doctor. In other countries, they are available over the counter (OTC) at pharmacies. However, the availability of OTC oral contraceptives may vary according to the laws and regulations of each country.