

Use of oral contraceptive (OC) and low dose estrogen-progestin (LEP)



OC or LEP?

Oral contraceptives (OC) are known as birth control pills taken practically by women and have improved their quality of life after the drugs came up on market in 1999. In addition to its birth control effect, OC has positive effect on painful menses, menstrual blood loss, premenstrual syndrome/ premenstrual dysphoric disorder, and hyperandrogenism (acne/hirsutism), as well as reduction in risk of ovary cancer.

Under this circumstance, new agents for menstrual cramps or dysmenorrhea turned up in 2008 and 2010. The drugs contain some active ingredient same as that of OC, but, in Japan, are called low dose estrogen progestin (LEP) to set apart from the birth control agent OC.

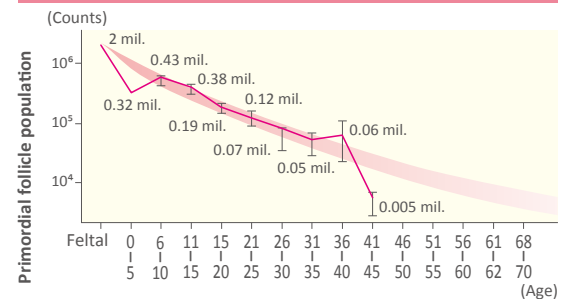
Life planning and birth control using OC

Modern women have diverse styles of living. How to deal with key life events such as education, employment, marriage and childbirth is a personal choice today for women to make. Childbirth above all, a major life event especially for women, could be a big life-changer.

It is very important to think carefully, still early in your life, about whether and when to have a baby. If you wish neither to be pregnant nor give birth for now, it is essential to think about birth control to prevent an unexpected pregnancy.

OC is a highly effective method of birth control that gives women the choice. How about consulting with a gynecology specialist about birth control using OC as an option for your life plan?

Dynamics of ovarian reserve related to increasing age

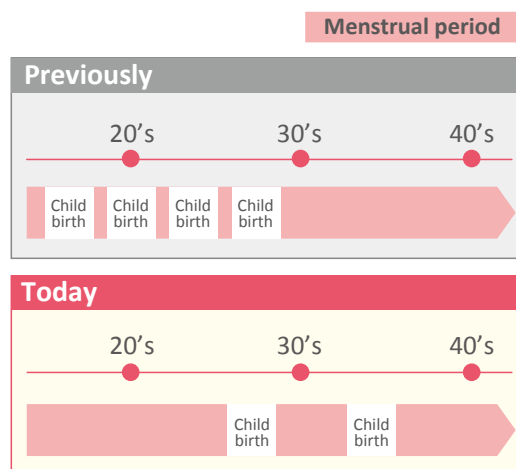


Block E. Acta Anat (Basel) 1952; 14(1-2):108-123

LEP for controlling pain

Today, women are likely to have problem with menstruation as they have reduced birth experience than before, thus have increased frequency of menstrual cycle. A menstrual cycle is the result of a hormonal activity between the brain and the ovaries, and hormones play a major role in women's health and mental conditions but they can become imbalanced. Hormonal imbalance is very common and often complicated, but in some cases it is involved with underlying disease and causes cycle-related pain.

Painful menses can be treated with LEP, so when you have such trouble, you would be better off consulting with medical specialist and taking care of it.



Physical conditions

- Headaches
- Stiff shoulder
- Breast swelling
- Abdominal pain/distention
- Back pain
- Constipation
- Diarrhea
- Edema
- Skin problems
- Hypersomnolence/insomnia
- Nausea
- Fever
- Hot flash
- Fatigue

Mental conditions

- Irritation
- Appetite increase
- Poor concentration
- Lethargy
- Depression

Use of OC and LEP

When women use OC•LEP appropriately, the drug helps well for maintaining their health and lifestyle. For birth control and menstruation problem, it is prescribed by a doctor. If you want to use OC•LEP, then ask your doctor for advice, and the best thing is to keep good communication with your healthcare specialist to find the right fit for you.

Before you want to take OC • LEP



You may need to avoid OC • LEP if you meet any of the following conditions.

For further details, please consult with obstetrics and gynecology specialists.

- Irregular bleeding
- Confirmed or suspected pregnancy
- Giving the breast
- Current smoker
- Severe or migraine headaches with/without visual aura (glitter or flicker)
- Calf muscle pains, edema, shortness of breath, chest pains, severe headaches, fainting, blurred vision, or tangled tongue
- Ongoing therapy by a medical specialist
- Any history of hospitalization or surgery
- A past diagnosis of any of the following diseases:
 - Deep-vein thrombosis - Pulmonary embolism - Antiphospholipid antibody syndrome
 - Cerebrovascular disorder - Coronary arterial disease - Valvular disease of the heart
 - Hypertension - Diabetes - Disorder of lipid metabolism/Hyperlipidemia
 - Gallbladder disorder - Cervical cancer - Uterine cancer - Breast cancer - Otosclerosis
 - Porphyria - Epilepsia - Tetany - Crohn's disease - Ulcerative colitis
- Experience of more than one miscarriage or stillbirth
- A past diagnosis of hypertension or toxemia during pregnancy
- Taking any medication or supplement
- Experience of any allergy symptom like hives or something caused by medication
- Any kind of surgery within 2 weeks before or planned surgery in 4 weeks
- Any family member who has suffered with a thrombotic disease
- Any family member who has suffered with breast cancer

Source: Adapted from Oral Contraceptive and Low-dose Estrogen-progestogen Guideline by Japan Society of Obstetrics and Gynecology, 2015
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