

*In love and in
birth control pills...*

*Good chemistry
makes all the difference.*



*You've already made the
connection with your guy.*

*Ready to do the same
with your pill?*

Whether you've reached that time in your life where you're ready to start birth control pills or you're unhappy with the pill you're currently using, you should check out Yasmin®. The Yasmin birth control pill presents you with an option. Yasmin is a different kind of birth control pill, one that may work with your body chemistry. But we'll get into that a little bit later in the brochure. So read on, and talk to your healthcare provider to find out if Yasmin may be right for you.



YASMIN®

(drospirenone 3.0 mg and ethinyl estradiol 0.020 mg) tablets

All birth control pills are not created equal.

Combination birth control pills contain 2 types of synthetic hormones that imitate the natural hormones produced by a woman's ovaries: an estrogen and a progestin. Part of what makes pills differ from one another is the doses of these hormones, which can vary from pill to pill. A combination pill is the type of pill most often prescribed by doctors. Yasmin[®] is a combination pill.

Yasmin is a monophasic birth control pill. This means that each of the first 21 pills contains the same amount of hormones.

How is Yasmin different from other birth control pills?

There are over 40 brands of birth control pills available today, but they're all variations of each other because they all contain the same kind of hormones. Yasmin does not. Yasmin is the only pill that contains a different kind of progestin (or hormone), which makes it a different kind of pill. One that may work with your body chemistry because it affects the excess sodium and water in your body while also maintaining or in some cases increasing your potassium. Hey, that's the difference a little chemistry can make. Which means Yasmin could be a pill you'll end up feeling good about.



Please read the important patient information provided within this brochure.

YASMIN[®]
(drospirenone 3.0 mg and ethinyl estradiol 0.020 mg) tablets

The difference a
little chemistry can make.

What makes Yasmin[®] different from other birth control pills? It contains a different type of progestin, which may increase potassium. For healthy women this is not a problem. *How can you be sure Yasmin is safe for you?* Consult your doctor. You should not take Yasmin if you have kidney, liver or adrenal disease because this could cause serious heart and health problems. *What drugs could interfere with Yasmin?* Potassium-increasing drugs. Tell your doctor if you are on daily, long-term treatment for a chronic condition with any of the following: NSAIDs-ibuprofen (Motrin[®], Advil[®]), naproxen (Naprosyn[®], Aleve[®], and others) when taken long-term and daily for arthritis or other diseases or conditions, Potassium-sparing diuretics (spironolactone and others), Potassium supplementation, ACE inhibitors (Capoten[®], Vasotec[®], Zestril[®], and others), Angiotensin-II receptor antagonists (Cozaar[®], Diovan[®], Avapro[®], and others), and Heparin. Women who take any of the preceding drugs every day should have their potassium level checked in the first month of taking Yasmin.

What are the risks involved with taking any oral contraceptive (OC)? OCs can be associated with increased risks of several serious side effects, and do not protect against HIV infection or other STDs. Women, particularly those 35 and over, are strongly advised not to smoke due to the risk of serious cardiovascular side effects.

Is Yasmin® as effective in preventing pregnancy as other birth control pills?

Yes. In clinical trials, Yasmin has been shown to be 99.4% effective in preventing pregnancy—just as effective as other pills when taken as directed.

How will Yasmin affect my period?

We all know what a drag having your period can be. But the good news is that using combination pills like Yasmin can help. Yasmin helps with irregular periods.

Pills like Yasmin also help when it comes to your monthly cycle. You can have shorter, lighter periods, regulate your cycle and even reduce cramps. Not bad, eh?

And since using a combination pill generally decreases the amount of blood you lose during your period, you are also less likely to develop iron deficiency anemia.

Will Yasmin protect me from sexually transmitted diseases (STDs)?

No. Birth control pills do not provide protection against STDs, including HIV and AIDS. Only latex condoms help to protect you from STDs.

What about side effects?

All birth control pills can cause side effects, but these side effects are usually mild and disappear after the first few months of use. Serious side effects do not occur very often. In clinical studies, women taking Yasmin experienced side effects that were similar in amount and severity to those experienced by women taking other pills.





Will I experience irregular bleeding with Yasmin®?

You may. As with all birth control pills, you may experience 1 or 2 types of irregular bleeding when you first start using Yasmin:

Breakthrough bleeding is bleeding between periods, and it can seem like a real period.

Spotting is a small, light bloodstain on your underwear.

In a clinical trial, breakthrough bleeding and spotting were uncommon after the first 3 cycles of use with Yasmin.

I've heard the Pill keeps me from releasing eggs (ovulating). Besides protection against pregnancy, are there any other benefits to this?

Yes. When you are not ovulating, you are less likely to develop cysts on your ovaries.

Using a combination pill also makes you less likely to have an ectopic pregnancy (pregnancy outside the uterus or "tubal pregnancy") than women who are not using the Pill. An ectopic pregnancy can be a life-threatening condition, so this is an important protective effect.

Are there other long-term health benefits when I use the Pill?

Yes, there are.

Using a combination pill makes you less likely to develop benign cysts or lumps in the breast, and the risk decreases the longer you use the Pill.



Pelvic inflammatory disease (PID) is a serious infection in the female reproductive organs that is often associated with gonorrhea and chlamydia (common sexually transmitted diseases). Using a combination pill may make you less likely to develop PID than a woman who is not using the Pill.

Using a combination pill for more than a year makes you less likely to develop endometrial cancer or ovarian cancer than a woman who has never used the Pill. In fact, you are 40% less likely to develop endometrial cancer and 30% less likely to develop ovarian cancer after 1 to 2 years of use. The longer you use combination pills, the more protected you are. Plus, this protection lasts for many years after you stop taking them.



Talk to your healthcare provider if you have any other questions about Yasmin®.

You may also visit our Web site at www.yasmin.com to learn more about the many benefits of Yasmin, or call 1-866-YASMIN 1.

[Click here for patient prescribing information.](#)

Now that you know about...



Ask your healthcare provider if Yasmin® is right for you.

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22-140-1206

Printed in USA

June 2002