

No oestrogen thank you.
I get side effects¹



For some women,
oestrogen should not
be part of the equation.

Symptoms of oestrogen intolerance
include bloating, breast tenderness,
nausea and headache.¹

Cerazette Abridged Prescribing Information

CERAZETTE

Progestogen-only contraceptive.

Presentation: Cerazette. Film coated tablets containing Desogestrel 75 micrograms. 3 Blister strips of 28 tablets.

Indication: Oral contraception.

Dosage: One tablet is taken at the same time each day.

Contraindications: Hypersensitivity to the active substance or to any of the excipients, known or suspected pregnancy, active venous thromboembolic disorder, presence or history of severe hepatic disease as long as liver function values have not returned to normal, progestagen-dependent tumours, undiagnosed vaginal bleeding

Precautions/Warnings: Conduct a complete medical examination including gynaecological examination before commencement of treatment. Discontinuation of treatment should be considered if any of the following conditions occur: breast cancer, liver cancer, chronic or acute disturbances of liver function, sustained hypertension, thrombosis, long-term immobilisation due to surgery or illness. Other conditions which have been reported to occur or be exacerbated during use of steroid sex hormones include (jaundice and/or pruritus related to cholestasis; gallstone formation; porphyria; systemic lupus erythematosus; haemolytic uraemic syndrome; Sydenham's chorea; herpes gestationis; otosclerosis-related hearing loss; (hereditary) angioedema, chloasma. Observation may be required for diabetic patients. Enlarged follicles may develop which are usually asymptomatic. Consider potential for an ectopic pregnancy in the differential diagnosis if women get amenorrhoea or abdominal pain. Do not give to patients with rare hereditary problems of galactose intolerance, the Lapp lactase deficiency, or glucose-galactose malabsorption. Does not protect against HIV or STDs. Do not use during pregnancy.

Interactions: Concomitant medications that induce hepatic drug metabolising enzymes, which can increase the clearance of sex hormones may lead to breakthrough bleeding and/or contraceptive failure. Such drugs include hydantoin (e.g. phenytoin), barbiturates (e.g. phenobarbital), primidone, carbamazepine, rifampicin; and possibly also oxcarbazepine, rifabutin, topiramate, felbamate, ritonavir, nelfinavir, griseofulvin and products containing St John's wort ((Hypericum perforatum)). Hormonal contraceptives may interfere with the metabolism of other medicines so plasma and tissue concentrations may be affected (e.g. cyclosporin).

Adverse Reactions: The use of oral contraceptives has been associated with serious adverse reactions including venous thromboembolic disorders, arterial thromboembolic disorders, hormone-dependent tumours (e.g. liver tumours, breast cancer) and chloasma. The most common adverse reactions reported in the clinical trials with Cerazette were irregular menstruation, acne, mood alterations, breast pain, nausea and weight increase. Other adverse reactions with a possible relationship to treatment include: vaginal infection, mood altered, libido decreased, headache, contact lens intolerance, nausea, vomiting, acne, alopecia, rash, urticaria, erythema nodosum, breast pain, menstruation irregular, amenorrhoea, dysmenorrhoea, ovarian cyst, fatigue and weight increase.

PRESCRIPTION MEDICINE. Cerazette (desogestrel) 0.075 mg tablets. Cerazette is an unfunded medicine – a pharmacy charge applies. Consult full Data Sheet before prescribing. Data Sheet available on request from Schering-Plough Auckland, 1010, New Zealand or from the Medsafe website at www.medsafe.govt.nz.

References

1. Ahrendt HJ et al. The effects of an oestrogen-free, desogestrel-containing oral contraceptive in women with cyclical symptoms: results from two studies on oestrogen-related symptoms and dysmenorrhoea. *Eur J Contracept Reprod Health Care* 2007; 12: 354-61.
2. Rice CF et al. A comparison of the inhibition of ovulation achieved by desogestrel 75µg and levonorgestrel 30µg daily. *Hum Reprod* 1999; 14: 982-5.
3. Korver T et al. Maintenance of ovulation inhibition with the 75µg desogestrel-only contraceptive pill (Cerazette) after scheduled 12-h delays in tablet intake. *Contraception*. 2005; 71: 8-13.
4. WHO Guidelines. Medical Eligibility Criteria for contraceptive use 2008 update. View at www.who.int

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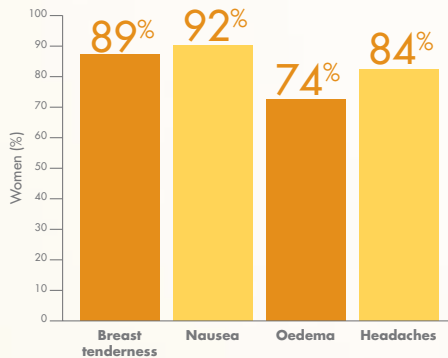
Cerazette®

When oestrogen is not right.

For women who can't tolerate combined oral contraceptives, Cerazette offers 99% reliability and a once-a-day routine with a 12-hour missed pill window.^{2,3}

Switching to Cerazette improved or resolved oestrogen-related side effects¹

Percentage of women who experienced improvement or resolution in oestrogen-related side effects¹



An observational study with 403 women who experienced oestrogen-related symptoms during previous combined oral contraceptive (COC) use found that treatment with Cerazette resulted in either an improvement or a complete resolution in oestrogen-related adverse effects.¹



World Health Organisation Guidelines

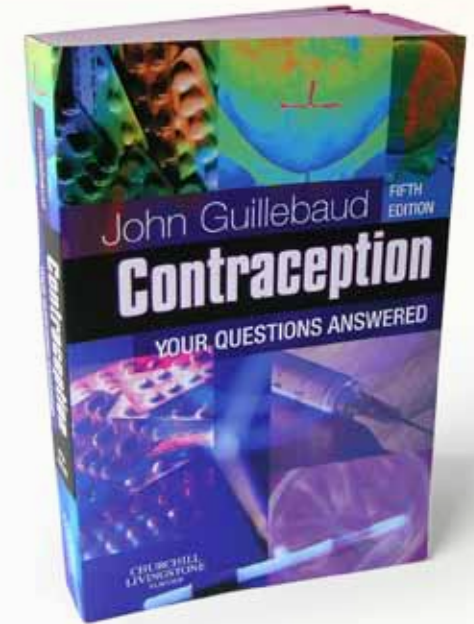
WHO guidelines classify POPs more favorably than COCs for many different women⁴

- Breast feeding women (> 6 weeks post-partum)
- Women (≥ 40 years old)
- Smokers (≥ 35 years old)
- Migraine sufferers
- Women with hypertension
- Women with multiple risk factors for arterial cardiovascular disease
- Women with valvular heart disease (complicated)

POPs=progestogen-only pills; COCs=combined oral contraceptives.

WIN!

The Ultimate Contraception book
(value \$100.00)



We have **FIVE** copies of this exceptional book to give away.

Simply fill in the reply paid card, seal and return to be in the draw.