

# BENEFICIAL EFFECTS OF THE PILL

It is true...

- ...that the pill can alleviate menstrual pain and reduce the amount of the bleeding.
- ...that certain products can have a beneficial effect on the condition of the skin and hair.
- ...that the latest-generation Pills do not increase body weight
- ...that pregnancy can occur immediately after coming off the pill, even after many years of taking it.
- ...that the pill ensures reliable contraception even in the first cycle, if you start taking it on the first day of the period and continue to take it regularly after that.
- ...that the combination of taking the pill and smoking might be risky, as the side-effects of contraceptives occur more frequently in smokers.



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Version ID: XXXX/XXXXXX Date of closing: 2017.03.00.

IF YOU HAVE QUESTIONS ABOUT BEING A WOMAN,  
YOU CAN TALK WITH US FREELY

let's talk  
about ...

PILL

[letstalkabout.eu](http://letstalkabout.eu)





Contraception is like any of our civilisation's achievements, e. g. the TV or a smartphone. A smart girl needs to know how do they work.

So we present you the contraception method that fits the lifestyle of the modern, intelligent woman.

## HAVE YOU HEARD?

### Some products meet all these requirements:

- firstly successfully treat spots,
- and secondly help to overcome unpleasant symptoms of premenstrual syndrome (irritability, bloating, increased appetite)
- do not increase body weight, and sometimes a woman can lose weight when she starts using these pills

## WHY PILL?



High contraceptive reliability

A small dose of hormones, which would have no major impact

A good cosmetic effect on spots

Good tolerability

Minimal effect on body weight

Affordability



## MYTHS AND LEGENDS RELATED TO PILL



There are numerous myths and legends about it, now we'd like to clear up these.

- Contraceptives will make me put on weight. This is not true. You can't gain weight by taking the pill.
- It is not true that the pill only protects against unwanted pregnancy from the second cycle onwards. If you start taking the pill on the first day of the period and keep taking it regularly from then on, the contraceptive effect is also assured in the first cycle.
- It's a misconception that the protection is not effective during the one-week break from taking the pill. If the pill is taken regularly, then there is no need to worry about getting pregnant even during the one-week break.
- It is a misconception that the pill protects against sexually transmitted infections. The only reliable form of protection against these diseases is the condom.
- If I forget to take the pill once, it's still no problem. Unfortunately this isn't true. Even one missed pill can reduce the effectiveness of the contraceptive, so in these cases extra precautions (use condom until the beginning of the next blister pills or avoid sexual intercourse, abstinence).