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Patient information: long-term cycle contraceptive method

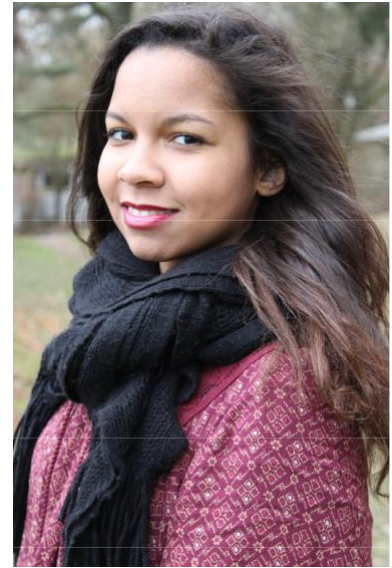


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**The application of the
Anti-baby pill in the
Long-term cycle scheme is
suitable for avoiding
artificial monthly bleeding.**

This statement may unsettle you, although you would probably like to avoid the monthly bleeding.

Taking the contraceptive pill is unbroken, i.e. with a one-week break only every 6 or 12 months, deviates from the old-fashioned. That's why it may seem unnatural to you, even though only advantages and no drawbacks are known.



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Long-term cycle -prevention - how does this work?

After the 21-day - if possible in the evening - intake, you do not take the 7-day break. After the last tablet of a pack, start the next pack the following day without a break. Bleeding should only occur again during a break in taking. You should gradually extend the long-term cycle, i.e. take two packs continuously at the beginning, then three packs after a one-week break. If this works without problems, the long-term cycle should also make your life pleasant and bleeding-free for 6 or 12 months.

Is this unnatural or harmful?

No, because the monthly bleeding when taking an anti-baby pill is not real monthly bleeding, but "artificial" hormone withdrawal bleeding. Forty years ago, when the pill was introduced, women wanted to be given a sense of naturalness. However, the breaks in take were never necessary for the safety and tolerability of the pill. The safety of the pill increases through the long-term cycle. Harmful side effects are not known through the long-term cycle; later fertility does not suffer either – rather the opposite is likely.

Are there any other benefits?

In addition to the higher safety and the more pleasant lifestyle, there are no regular problems such as abdominal, head and back pain. Anaemia is less likely to occur and thus to an increase in performance. The pill protects against malignant diseases of the ovaries and uterus. In the long-term cycle, the monthly breast tension is eliminated, so - especially with mastopathy (very dense and knotty glandular tissue) - a protective effect can also be assumed for the breast.

What else you should think about?

To a healthy lifestyle, preferably the renunciation of nicotine and the intake of additional B vitamins!