



Freedom for the
Many Stages of
Your Life

 **Mirena**[®]
(levonorgestrel-releasing intrauterine system)
Keep life simple.

Whether you're pregnant,
already a parent, or have decided
your family is just the right size,
Mirena[®] means freedom from
thinking about birth control.

Finally, family planning that's flexible. *Mirena* is an advancement in intrauterine contraception that keeps up with your life as it changes. It gives you hassle-free, 99.9% effective, long-term birth control without the permanence of surgery.

That's freedom.
That's innovation.
That's *Mirena*.

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Intrauterine contraception— one of the most popular choices worldwide

Intrauterine contraception is the second most widely used form of birth control in the world (after sterilization). Almost 160 million women across the globe (15% of all women of childbearing age) have used an intrauterine contraceptive, which:

- Is a tiny, soft, flexible T-shaped device placed in your uterus by your healthcare provider
- May block sperm from reaching or fertilizing an egg, thin the lining of the uterus so an egg cannot become implanted or, rarely, stop the release of your egg from your ovary

“I want to explore my options.”



Pregnancy is an exciting time of change and anticipation, especially if it's your first. It's also a time to start planning for the future.

“I want birth control that fits my lifestyle.”



Raising a family can be full of surprises and full of demands on your time and energy. Now is the time to take birth control off your “to-do” list.

“I want confidence without permanence.”



Your family is just the right size. **Mirena**[®] provides a reliable option for long-term birth control without the permanence of surgery.

Advancement in intrauterine contraception

Mirena[®] works unlike any other long-term birth control option—designed specifically for women at different stages of their lives. It is recommended for women who:

- Have had at least 1 child
- Are in a relationship in which both partners are not having sex with other people
- Have no history of pelvic inflammatory disease (PID)

Get it and forget it for up to 5 years.

Mirena releases small doses of hormones over time. Unlike the Pill, **Mirena** delivers these hormones directly to the uterus.

Mirena is placed in the uterus in minutes during a routine doctor visit. **Mirena** begins protecting you from pregnancy for up to 5 years (or less if you choose to have it removed).



Mirena is made of soft, flexible, ultralight plastic.



Advancement in intrauterine contraception

Mirena[®] maximizes convenience,
renews spontaneity.

Compared to other types of birth control, *Mirena* lets you think about the moment, not the method.

- No Pill to take every day or worry about forgetting
- No fumbling with diaphragms, condoms, or creams
- No peeling patches
- So small, you won't even know it's there

Mirena may also make your periods shorter and lighter. After 1 year of use, there is a 90% reduction in menstrual bleeding. About 20% of users have no bleeding at all.



Explore the freedom of *Mirena*.

Whatever stage of life you're in, whatever your contraceptive needs—*Mirena* offers freedom and protection against pregnancy.

Ask your healthcare provider about *Mirena* today. Together, you can determine whether *Mirena* is right for you.

For more information about the benefits of *Mirena*, call 1-888-84-BAYER or visit the Web site at www.simplymirena.com.

Are You Looking for Birth Control That Gives You Freedom?

Check the boxes below and bring this checklist to your next doctor's visit.

- | YES | NO | NOT SURE
(discuss with
my healthcare
provider) | |
|--------------------------|--------------------------|---|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I want highly effective, long-term birth control that is easily reversible.* |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | My partner and I have a monogamous relationship. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I may have trouble remembering to take a birth control pill every day. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Family planning is important to me. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I want birth control that may also reduce cramps, reduce monthly bleeding, and give me shorter, lighter periods. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I have certain health problems that may limit my birth control choices. |

- | YES | NO | NOT SURE
(discuss with
my healthcare
provider) | |
|--------------------------|--------------------------|---|--|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I would feel more comfortable using birth control that doesn't contain estrogen. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I want hassle-free birth control that won't interfere with my love life. |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | I'm uncomfortable using condoms and/or a diaphragm or cervical cap. |

For more information about **Mirena**[®], visit the Web site at www.simplymirena.com.



*Studies show your chances of getting pregnant after **Mirena** is removed are the same as for women who had not been using any form of birth control.



You may have some questions about *Mirena*. For instance, “Is intrauterine contraception right for me?” Only you and your doctor can determine that, but women with a history of or at risk for pelvic inflammatory disease or ectopic pregnancy should not use *Mirena*. Otherwise, most women who have had a child are typically good candidates for *Mirena*. “What about side effects?” They’re uncommon and may include missed menstrual periods, irregular bleeding or spotting for the first 3-6 months, and most women will experience lighter, shorter periods thereafter. Rarely, some women experience a cyst on their ovaries. *Mirena does not protect against HIV (AIDS) and other sexually transmitted diseases.*

Please see important *Mirena* information for patients provided with this piece.



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