

Ever considered life without a monthly period? It's **possible!**



Menstrual Suppression for Service Women: **Fast Facts**

- Menstrual suppression involves using hormonal contraception to alter a women's menstrual cycle. It can ease bothersome symptoms and help decrease or stop your cycle. This may include bleeding for fewer days, lighter bleeding, fewer side effects of menstruation, or not having a period at all!
- It is safe to use medication to suppress your period for years. **When a period is suppressed with medication, there is no risk to not having it.** However, each hormonal method has its own risk profile and should be discussed with your health care provider.

Did you know the following forms of contraception can be used to **prevent or lighten** your period?

- Oral Contraception (birth control pills)
- Intrauterine Devices (IUDs)
- The implant (such as NEXPLANON®)
- Injections (such as DepoProvera®)
- Vaginal Rings (such as NuvaRing®)

Interested in learning more? **Check out the full brochure** for information about menstrual suppression methods, and tips for talking to your health care provider about practicing menstrual suppression.

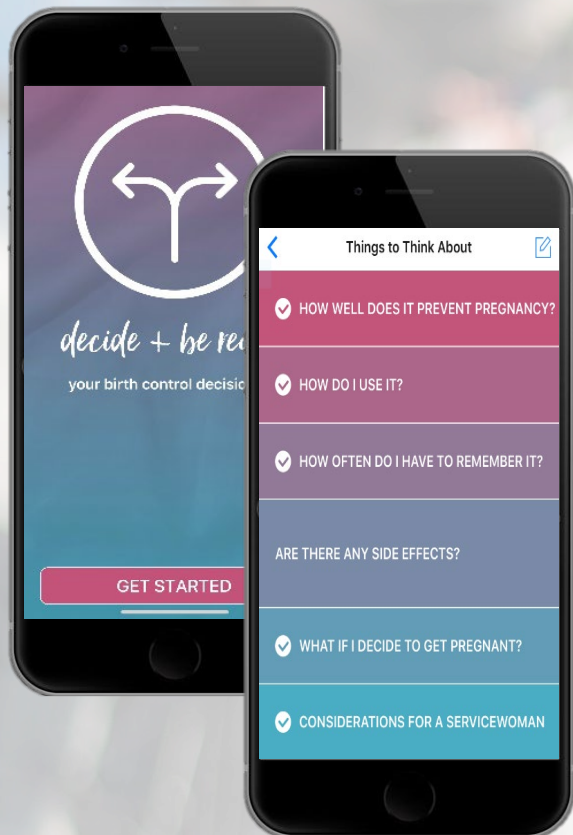
Scan this QR Code on your mobile device to access the brochure!





Decide + Be Ready Mobile App

What birth control option is right for you?



Decide + Be Ready is designed to help service women make decisions regarding the best contraceptive method for their lifestyle. This app helps women understand the different contraceptive options available, while keeping in mind their unique needs associated with service, such as the desire to use birth control to **manage or skip menstrual periods** while deployed or serving in challenging environments.

Downloading the app is easy!
Search “*Decide + Be Ready*” in the App Store (iOS) or on Google Play (Android)
OR scan the QR Code here to download
Decide + Be Ready from the App Store

