

## **FACT SHEET**

A recent survey by the Association of Reproductive Health Professionals examined women's and clinicians' opinions of the monthly period and menstrual suppression. Complete survey results can be found at [www.arhp.org/menstruation/](http://www.arhp.org/menstruation/).

### **A WOMAN'S POINT OF VIEW**

- 71% of women do not enjoy getting their period each month
- 75% believe men have a real advantage by not having the monthly interruption of a period
- 75% think that monthly periods are something they have to deal with
- 67% wouldn't miss their period if it disappeared
- 62% of women are interested in stopping their period if it were safe and free

### **THE PROFESSIONAL OPINION**

- 59% think men have a real advantage in not having the monthly interruption of a period
- 53% think menstruation is a significant cause of absence from work or school
- 36% think the monthly period is something that women have to deal with

### **ORAL CONTRACEPTIVE USE**

#### **Women**

- 75% of women are interested in learning more about using oral contraceptives to reduce menstruation
- 53% of women who knew of menstrual suppression had learned from a health care provider
- 38% of women are using birth control for reasons other than pregnancy prevention

#### **Health care professional**

- 91% have prescribed a birth control method for a reason other than pregnancy prevention
- 68% of those who have prescribed a birth control method for other than pregnancy prevention have prescribed oral contraceptives to delay or stop a patient's period
- 72% say patient request affects decision to prescribe an extended contraceptive regimen

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