

SUMMARY AND CONCLUSIONS

Norethynodrel with mestranol 5 mg. was taken by 11,711 patients in 38 Planned Parenthood centers for a combined use experience of 29,124 years.

All patients had completed two years on the medication prior to enrollment in the study program.

No unplanned pregnancies have occurred.

New side effects have not appeared with extended use up to 42 months.

Pre-existing dysmenorrhea was relieved in three out of four women.

Pre-medication menstrual irregularity occurring in 22% of women was eliminated while on norethynodrel with mestranol; approximately 5% of women experienced some amenorrheic periods, 4% some breakthrough bleeding, and 15% some spotting.

Libido was reported to be unchanged or improved in 94% to 98% of reporting women. Similarly, "well-being" was unchanged or improved in 93% to 95% of women receiving medication.

The incidence of abnormal Pap smears was low in those women examined, and was not observed to increase with continued use of norethynodrel with mestranol.

Menstrually-related depression, reported by 11% of women before medication, was reduced to 6% during the period of the study.

Nausea and edema were reported to have occurred at least once during the study by approximately 5% of the women.

The crude reported incidence of thrombophlebitis appears to approximate that in an untreated population.

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Ovulation suppression by physiological means—the simple act of taking a progestogen-estrogen tablet daily during most of the non-bleeding days of a menstrual cycle—is an epoch-making breakthrough in conception control. This study has re-affirmed that this method is 100% effective and is associated with diminishing side-effects in continued use.

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