

Do I Need a Period Every Month?

Sometimes, your period can come at the worst times, like before a sporting event, party, or night out with your boyfriend/girlfriend. For years, women have used birth control pills to stop their periods for important events and vacations.

Most forms of hormonal birth control (the pill, patch or ring) can be used to stop a women's period, but it is **VERY IMPORTANT** that you talk with your healthcare provider before making any changes in the way you use your birth control. There are even brands of birth control pills packaged to take for 3 months or even a year without having a period. For more information about stopping your periods, talk to your health care provider.

What are the Benefits of Skipping your Period?

- ✓ Less pain with monthly bleeding
- ✓ Less heavy bleeding
- ✓ Fewer PMS symptoms
- ✓ Reduced menstrual migraines and acne
- ✓ An increased feeling of well-being

Do I have to Bleed every month?

There is no evidence that shows women need to bleed monthly. Studies have found that using the pill for two or more cycles in a row without taking the sugar pills is safe and effective. It prevents pregnancy just as well as taking the pill in the usual way.

What are the side effects or Disadvantages of skipping your Period?

Some women have breakthrough bleeding or spotting in the first few months. This is less common once your body has gotten used to the new routine. Blood from spotting may be dark brown from being in the uterus longer.



Just like when you take Pills in the usual way, you should Contact a health Care Provider if you experience ACHES— ABDominal Pain, Chest Pain, Heavy Bleeding, Eyesight or vision Changes, or Severe leg Pain.

Adapted with permission from ARHP Health Matters Fact Sheet: Understanding Menstrual Suppression