



## Health Facts with Dr. Max

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### Is EC Becoming EZ?

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The "Morning-After Pill", now called "Emergency Contraception" (EC) because it can be used up to five days after exposure to pregnancy, is being sold behind the counter to women 18 and older in Massachusetts. Interestingly, sales of "Plan B" have not increased as dramatically as originally thought once the need for a prescription (and a possible exam) was eliminated. Perhaps marketing has been too subtle. Possibly requiring a prescription for most teenagers, the population that needs it the most, is a factor. Finally, some might be confusing it with RU-486 which is a medication abortion pill. It is **NOT** anything like RU-486 and cannot affect an existing pregnancy, but not everyone knows this.

We are fortunate to have more choices than ever to prevent unintended pregnancy. We now have a backup method (literally a "Plan B" which is the name of the product) for a broken condom or other emergency situation. If you would like to benefit from our approach of individualizing contraception (or any treatment) to your situation, call

**THE COUNSELING & GYNECOLOGY GROUP** at **413-525-4546** for an appointment. We are located at 281 Maple Street, East Longmeadow.

BTW, The morning after is still the best time to take Plan B. Effectiveness drops down to 89% after 3 days. In some studies the product was still effective after 5 days.