

Nuva Ring

The Nuva Ring is a thin, transparent, flexible ring that you insert into the vagina. It is left in for three weeks, during which time it slowly releases estrogen and progestin hormones into the body. The ring is worn for three weeks, and is then removed for one week. Then a new ring must be inserted. If certain medications including antibiotics are taken, the effectiveness of the ring decreases.

Nuva Ring has three ways of working:

1. It can prevent ovulation (the release of an egg from the ovary);
2. It can cause the mucus in the cervix to change so that if sperm reach the cervix, it is more difficult for them to enter; and
3. It can thin the lining of the uterus so that if the first two actions fail, and the woman does become pregnant, the tiny baby boy or girl will die before he or she can actually attach to the lining of the uterus. In other words, if the third action occurs, the woman's body rejects the tiny baby and he or she will die. This is called a "chemical abortion."

WARNING: You may be told that Nuva Ring cannot cause abortion, but that statement is based on the incorrect notion that pregnancy begins when the baby implants in the lining of the womb This is dishonest and scientifically false. Don't be misled.

The Nuva Ring is NOT safe! Possible side effects may include:

- vaginal discharge or irritation
- weight gain
- nausea
- breast tenderness
- mood changes
- irregular bleeding
- severe abdominal pain
- increased risk of breast cancer
- increased risk of cervical cancer
- chest pain or shortness of breath
- severe headaches
- eye problems such as blurred vision
- severe leg or arm pain or numbness

Nuva Ring also offers no protection against sexually transmitted diseases including AIDS.