Birth Control Pill Pluses Go Beyond Curtailing Baby-making

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Besides blocking pregnancy, hormonal contraceptives treat menstrual disorders and other health conditions, according to a new Practice Bulletin from the American College of Obstetricians and Gynecologists, HealthDay News reported.

The bulletin said hormonal contraceptives relieve women's menstrual pain and heavy menstrual bleeding. Additionally, the alert indicated that contraceptives containing estrogen and progesterone reduce the risk of endometrial, ovarian and colorectal cancer.

But wait there's more. Scientists also said the pill ends menstrual migraines, relieves pelvic pain caused by endometriosis and alleviates bleeding caused by uterine fibroids.

"We've known for many years that hormonal contraceptives have health advantages beyond preventing pregnancy," said Robert L. Reid, MD, lead developer of the bulletin. "These recommendations examine the scientific data supporting the non-contraceptive uses of hormonal contraceptives to treat specific conditions."

In addition, despite having little data about newer hormonal contraceptives, Reid said, "experts suggest that they may be as effective as the more studied ones in treating the same conditions."

If you use the pill, *RH* suggests you check with your doctor to see what this might mean for you.

Check out birth control options for older women here.

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http://beta.docker.realhealthmag.com/article/thepill-noncontraceptiveuses-17764-4513