

# Campus Notice Board

## UPEI Political Studies Society Contest

The UPEI Political Studies Society invites you to design a logo for the society.

All submissions are due Friday October 9th by 10 am. Please include your name and E-mail address on the back of your logo. Submissions can be dropped off at the Political Studies Lounge, 4th floor Main. There will be a prize for the winner of the Logo contest

## UPEI Student Union Notice

The deadline for nominations for student council elections has been extended to Friday, October 9th, 4P.M.

**WE NEED U!**

The CADRE & CIMN  
needs a Student At Large

to sit on BOD  
(Board of Directors)  
once a month.

For more info. contact  
Pauline @ 566-0648  
or ptran@upei.ca



### Answers to your contraceptive health questions

*Q. Allie, my friends tell me that I'll gain a lot of weight if I go on the Pill. Is this true and is there anything I can do about it?*

A. Many of us are concerned with what we hear about the side-effects of birth control pills. The older oral contraceptives often caused many uncomfortable side-effects, including headache, breast tenderness, nausea, mood swings, acne and weight gain. These were linked mostly to the high amounts of hormones in the Pill at that time.

Fortunately, researchers were able to reduce the frequency of side-effects by lowering the amount of sex hormones in the Pill. When discussing a woman's birth control pill options, doctors now recognize the need to choose a Pill with the lowest possible dose of these hormones.

Recently, Alesse, a new oral contraceptive was introduced to Canadian women that responds to their needs

and your specific concerns. Alesse is the lowest-dose levonorgestrel combination birth control pill available. Don't worry, it's still 99 per cent effective, just like the older, higher-dose pills, providing you take it as your doctor tells you.

Studies using Alesse found that fewer than one per cent of women gained weight or experienced other side-effects common with some birth control pills. So that means good news for women like you who are concerned about side-effects such as weight gain.

Remember that every woman has different health care needs, so it's important to speak to your doctor before starting birth control. Together, you can determine what's best for you.

And don't forget, although birth control pills are effective at preventing pregnancy, you still need to take precautions to protect yourself against HIV/AIDS and other sexually transmitted diseases.

### Who can take birth control pills?

If you have had your first period but have not yet reached menopause, you can take oral contraceptives.

However, if you have a history of any of the following conditions, you should not take birth control pills:

- heart attack or heart disease;
- liver disease;
- cerebrovascular disorders;
- breast cancer; and
- abnormal vaginal bleeding.