“The No Period Study”
Induction of Amenorrhea with Continuous Use of the Oral Contraceptive.

About Birth Control Pills:
Most birth control pills contain both estrogen and progesterone-like hormones. These hormones prevent pregnancy by reducing ovulation (releasing an egg) and making the cervical mucous too thick for sperm to enter the uterus. The hormones also regulate when you get your period. The traditional pill package contains 21 “active” (hormone) pills followed by 7 pills with no active ingredients (“sugar” or “spacer” pills), or a week of no pills. During those 7 days your body withdraws from the birth control hormones and period bleeding happens.

Using Medicine to Reduce or Eliminate Periods is Not a New Idea:
Ever since there have been birth control pills, doctors have given some women pills every day so they have either no periods or reduced periods. Usually this was done for a woman with painful periods or when bleeding could harm a woman's health. A common type of birth control today, Depo-Provera, takes away the period after one year of use in most women. The new hormone intrauterine device, Mirena, also reduces period bleeding by 90% after one year of use.

Do Women Need to Have Periods on the Pill?
Periods are important when a woman is trying to get pregnant. During a period the uterus sheds the blood lining, made by the natural cycle of hormones, to prepare to make a new blood lining so you can get pregnant. When you use birth control pills this uterine lining becomes thin and you are not trying to get ready for pregnancy. For most women, seeing their monthly period blood tells them they are not pregnant. When you are on birth control pills you should not need a period to reassure you, because if you rarely miss a birth control pill, your chance of getting pregnant is small. Birth control pills have been around since the 1960’s and the type of pills we are using have not been shown to cause birth defects. Any pregnancy would be found early because during the study you will have a pregnancy test at each visit or any time you ask for one.

Purpose of the “No Period” Study:
For over forty years birth control pills have been sold in 28-day cycle packages with 21 hormone pills and 7 placebo pills for a period week. This period week is not needed for the birth control pill to prevent pregnancy. We are studying what pill dose, when taken every day, will work the quickest to stop all period bleeding and which dose will also keep the bleeding away for up to one year with daily use. We would also like to see if, by measuring the blood hormones and the changes in the uterus and ovaries, we can learn more about why different doses might work better for different women.

What will happen if I enroll in the study?
You will be randomly assigned to take either a low-dose or traditional-dose birth control pill daily for 1 year. All of the study medication will be in identical capsules, so neither you nor the study staff will know which pill you have been assigned to take. At each visit, we will check your weight and blood pressure, and perform a urine pregnancy test. You will have 3 blood draws, 3 pelvic ultrasounds, and 3 endometrial biopsies (sample of the uterus lining) as part of the study. We will closely follow your bleeding patterns and ask you questions about any symptoms you experience while you are in the study. You will have 6 study visits over 1 year. If you complete all study visits you will be compensated up to 350 dollars and have free birth control pills and study visits.

How Do I Find Out More About the Study?
Call 206-520-4218 and ask for more information about the “No Period” Study. We will ask you some questions to see if you might qualify to join the study, and answer any of your questions.