



October 13, 2008

Update from OCs OTC Working Group

Dear members of the OCs OTC Working Group,

We wanted to remind everyone about the panel presentation entitled “Moving oral contraceptives over the counter” at the APHA annual meeting in San Diego on Monday, October 27, at 2:30 pm. Here’s a link to the panel description: <http://apha.confex.com/apha/136am/webprogram/Session23358.html>

We also wanted to share two recent publications that we thought might be of interest to you. One is a debate piece about whether OCs should be available OTC that appeared in Contemporary Ob/Gyn. Although not a peer-reviewed journal, this magazine is a good way to reach out to practitioners and make them more aware of the issue. Please let us know what you think about both sides of the argument, since we hope to do more of this sort of outreach to clinicians in the future. Here’s a link to the article:

<http://contemporaryobgyn.modernmedicine.com/obgyn/Specialty/Viewpoints-Should-oral-contraceptives-be-sold-over/ArticleStandard/Article/detail/549155?contextCategoryId=44069>.

The other article, which is attached, was published in the Green Journal this month and analyzed prescription refill data to assess real-world continuation of hormonal contraception. As you might imagine, continuation was found to be lower than that in clinical trials—only 30%-50% at six months. This is another study that highlights the many barriers to contraceptive use—some of which might be reduced or eliminated in an OTC environment.

**Nelson AL, Westhoff C, Schnare SM.** Real-world patterns of prescription refills for branded hormonal contraceptives: a reflection of contraceptive discontinuation. *Obstet Gynecol* 2008 Oct;**112**(4):782-7.

As always, we look forward to your comments on these updates (including whether you’d like to be removed from the list), and we hope to see some of you in San Diego later this month.

Thanks,

Dan

Daniel Grossman, MD

Senior Associate

Ibis Reproductive Health

San Francisco, California

[www.ibisreproductivehealth.org](http://www.ibisreproductivehealth.org)