

With a consistent growth in medical advancements and technological breakthroughs, we live in a time where products, medicines and treatments are being introduced all the time. The safety and protection of consumers and patients must be the focal point of modern medicine.

Too often than not, drugs are approved for national use, only to be recalled weeks or months later due to adverse side effects and symptoms that went unnoticed or repressed from public knowledge. By providing FDA alerts, drug interactions and up to date information about prescription and over the counter medications, we can ensure an environment where patients have the best knowledge on their medical treatment and health.

### **YAZ**

Drospirenone, known as “Yaz,” was approved by the [Federal Drug Administration](#) (FDA) on March 16, 2006 as an oral contraceptive to prevent against pregnancy, treat acne and treat the symptoms associated with premenstrual dysphoric disorder (PMDD). The medication contains the hormone estrogen and a type of progestin called drospirenone to prevent ovulation.

Yaz was formulated to avoid pregnancy by preventing ovulation, the process that occurs in women when a mature egg is released from the ovary. The drug also may treat moderate acne in women 14 years of age or older, who have already experienced their first menstrual cycle and elected to use birth control as a contraceptive. PMDD symptoms may also be treated by Yaz. Symptoms associated with PMDD include: depression, anxiety, irritability, breast tenderness, joint or muscle pain, headache, weight gain and lethargy. There are many different methods to treat PMDD and elected birth control.

In 2008, television commercials lead to the FDA to cite Bayer for overstating the approved uses of Yaz while failing to address the risks of the drug. Bayer was then required to admit to the inaccurate information in those advertisements and created new ones that clarified its uses. Hundreds of people who developed serious side effects from Yaz went on to file lawsuits, claiming insufficient warnings and information and failure to properly research the medication.

### **YAZ Recall and Side Effects**

Certain serious side effects have been linked to Yaz. If you experience any of the following side effects, seek immediate medical attention. Women over the age of 35 and those who smoke are at an increased risk for experiencing severe side effects. Serious side effects include: Nausea, Vomiting, Weight gain, Breakthrough bleeding between menstrual periods, Breast tenderness, breast pain.

Other more serious side effects include increased chance of developing certain types of cancers long term: Liver cancer, liver tumors, severe liver bleeding, High blood pressure, Breast cancer, Stroke, Heart Attack, Blood clots in the legs or lungs

A Black Box warning currently exists for Yaz consumers of the risk of cardiovascular side effects that may occur in patients who smoke while taking the medication.

[Yaz Side Effects](#) are increased with age and the amount of time the drug is taken. Women over the age of 35 who smoke 15 or more cigarettes daily have their chances of developing the following side effects: stroke, blood clot and heart attack. Seek immediate medical attention following an overdose.

### **Healthy Advice**

The body cannot effectively fight cancer without the right balance of nutrients. In addition, malnutrition causes the body to be vulnerable to infection. Many cancer patients do not pass away from the cancer itself, but rather a medical condition stemming from the body's

weakened condition.

By consulting your physician(s) and doing individual research, you can obtain the best method of treatment that is right for you personally. Sometimes, prescription of over the counter medications can provide the best treatment, other times they may not.

Eating a well balanced diet is vital in preventing cancers and other health problems. Medical experts suggest eating simple organic foods; avoid junk foods; fried foods and make sure to eat the recommended servings of fruits and vegetables every day. If you've been diagnosed with cancer, obviously your health and well-being is your first priority.