

Facts About DES

If You Were Born Between 1938 and 1971 or Pregnant Then, You Could Be Exposed to the Drug DES.

DES

Di-ethyl-stil-bes-trol

DES (di-ethyl-stil-bes-trol) is a drug that was given to millions of pregnant women primarily from 1938-1971. Women who took the drug and the children they carried were exposed to DES. If you were exposed, you may need special health care.

DES DAUGHTERS

Women exposed to DES before birth

POSSIBLE PROBLEMS

- Pregnancy problems (ectopic pregnancy, premature labor) and infertility.
- Rare cancer of the vagina or cervix.

WHAT TO DO

- Find out if you are DES exposed and tell your doctor.
- Get the recommended pelvic exam every year.
- Learn what is included in the recommended pelvic exam for DES daughters. The exam includes special screening procedures for vaginal cancer.
- Visit your doctor as soon as you suspect you are pregnant. You need a blood test and exam in the first weeks of pregnancy to be sure your pregnancy is in the uterus. This simple step could save your life.
- Get high risk obstetric care to detect possible premature labor.
- Get a second opinion from a doctor experienced in DES care whenever surgery on reproductive organs is recommended.
- Stay informed about new research findings.

WHY DO IT

- Early detection and treatment of cancer saves lives. With proper care most DES daughters have successful pregnancies.

WOMEN WHO TOOK DES

Women who took DES during pregnancy

POSSIBLE PROBLEMS

- Small increase in breast cancer risk.

WHAT TO DO

- Get mammograms every 1-2 years after age 50, and yearly breast exams by your doctor. Examine your breasts for lumps monthly.
- Tell DES-exposed children that they may need special medical care even if they have no health problems.
- Stay informed about new research findings.

WHY DO IT

- Early detection and treatment of breast cancer saves lives and may reduce the extent of surgery needed.

DES SONS

Men exposed to DES before birth

POSSIBLE PROBLEMS

- Undescended testicles.
- Non-cancerous lumps on the back of the testicles (epididymal cysts).
- Possible fertility problems with high dose exposure.

WHAT TO DO

- Find out if you are DES exposed and tell your doctor.
- Examine your testicles for lumps and report suspicious findings to your doctor.
- Discuss any fertility concerns with your doctor.
- Stay informed about new research findings.

WHY DO IT

- New research findings may apply to you; you may need special health care.
- If found early, testicular cancer can be successfully treated.

**Find out if you were exposed to DES.
Ask your mother (when possible), and get your medical records.**