Your sex life has deteriorated since starting oral contraceptives

You are dissatisfied with your level of confidence and assertiveness in social, occupational, athletic and romantic interactions

You are experiencing mood swings, anxiety, and depression around the time of your cycle

You are experiencing unpredictable mood swings, irregular periods, hot flashes, sexual problems & fatigue

You are plagued with migraines and/or mood swings that occur monthly around the time of your cycle

You are experiencing deterioration in the health of your skin, hair and nails

You have lack of motivation, a decreased enjoyment in life, and have noticed lack of focus and concentration

You are fatigued, losing muscle tone, gaining central fat, even though your diet and exercise have been maintained