

**To:** [E-OHPSCA2713.EBSA](mailto:E-OHPSCA2713.EBSA)  
**Subject:** Thank you for supporting birth control access for all women  
**Date:** Tuesday, August 02, 2011 6:37:06 PM

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Dear Kathleen Sebelius, Secretary of Health & Human Services,

I commend the Department of Health & Human Services' landmark decision requiring health insurers to cover the full cost of contraception, with no co-pay, beginning in August 2012.

On a personal note, I would like to tell you how much this decision means to me. I have severe dysmenorrhea and have been taking birth control pills for treatment since I was 14 years old. Before this, I would miss school (sometimes up to three days in a row) and become anemic each month. My dysmenorrhea was so severe that I would lay in bed and scream for hours.

My parents are Catholic, but they knew that birth control pills could treat many health issues like dysmenorrhea and polycystic ovary syndrome. It's been 10 years since I started my treatment, and my quality of life has greatly improved. Contrary to the belief of anti-birth control groups, I take birth control pills primarily to treat my dysmenorrhea. Without my prescription, I literally would not be able to function for days at a time each month.

I am so happy that I will be able to get my prescription without a co-pay. I've paid as much as \$70 per month (\$840 a year!), which was difficult for me when I was in college. I cannot express how grateful I am. Thank you.

Sincerely,

K. Barrett