

This handout can be shared with your health care provider, family, or friends.

Centers for Disease Control and Prevention's
DES UPDATE

DES in Brief: Known Health Risks and New Resources

Research published 1971-2001 associates DES exposure with increased health risks for:

WOMEN PRESCRIBED DES WHILE PREGNANT are at a modestly increased risk for

- Breast cancer

WOMEN EXPOSED TO DES BEFORE BIRTH (in the womb), known as **DES Daughters**, are at an increased risk for

- Clear cell adenocarcinoma (CCA) of the vagina and cervix
- Reproductive tract structural differences
- Pregnancy complications
- Infertility

MEN EXPOSED TO DES BEFORE BIRTH (in the womb), known as **DES Sons**, are at an increased risk for

- Non-cancerous epididymal cysts



CDC's DES Update offers several free educational resources for health care providers and patients/consumers. To order a CD-ROM with the resources for health care providers or to order the printed resources for patients and consumers, visit the web site at www.cdc.gov/DES or call toll-free 1-888-232-6789.

RESOURCES FOR HEALTH CARE PROVIDERS

- DES Grand Rounds Presentations
- DES Case Studies for medical, nursing, physician assistant and nurse practitioner students
- DES Review Essays
- CME & CEU self-study modules
- DES Web Site

RESOURCES FOR PATIENTS AND CONSUMERS

- DES Fact Sheets
- DES Self-Assessment
- Personal Health Information Record
- DES Web Site

An estimated 5-10 million people were exposed to diethylstilbestrol (DES) in the United States during 1938-1971. DES was thought to be a safe and effective way to prevent miscarriages or premature deliveries. However, later studies revealed that DES had harmful side effects. Many people are still unaware of their exposure to DES and the potential health effects.