

# TAB 3: WHAT YOU CAN DO ABOUT DES

## Overview

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You can take steps to protect your health and the health of your family. Whether you were prescribed DES while pregnant or exposed to DES before birth (in the womb), the information and resources in this section will help you

- work with your health care provider;
- protect your health and the health of your family; and
- keep a DES health information record.