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## Tab 1: What We Know About DES

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- **DES: Yesterday, Today, Tomorrow** – A history of DES and what to look for about DES in the future.
- **CDC's DES Update** – An overview of CDC's DES health education program including a timeline of the history of DES and a list of partner organizations.
- **Known DES Health Effects** – In-depth information about the health effects experienced by women who were prescribed DES while pregnant and both women and men exposed to DES in the womb (DES Daughters and Sons).
- **Understanding DES Research** – Information on DES research, including how to decide whether a source of information is reliable, what can be learned about human health risks from laboratory animal studies, and the role of cohort studies in DES research.

## Tab 2: What We Are Learning About DES

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- **Recent DES Research** – A review of current DES research.
- **Related Concerns** – A discussion of potential but unconfirmed health risks and other related health issues.
- **DES Teleconferences** – A series of conversations with DES researchers and clinical experts.

## Tab 3: What You Can Do About DES

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- **Working with Your Health Care Provider** – Tips to help you talk with your health care provider about DES.
- **CDC's DES Update in Brief** – A summary card to help start a discussion about DES. Take this card to your health care provider or share it with family and friends.
- **Protecting Your Health and the Health of Your Family** – Steps you can take to protect your health and the health of your family.
- **DES Health Information Record** – A form to help you keep track of your DES health information.

## Tab 4: Additional DES Resources

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- **Partner and Government Organizations** – A list of the names and contact information for organizations that provide useful DES resources.
- **DES Glossary** – A list of terms and definitions relevant to the topic of DES.
- **DES Bibliography** – A list of published research and other sources of DES information grouped by main topic.
- **Notes** – A section for your notes.

## Binder Pocket

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- **DES SELF-ASSESSMENT: A Guide to Understanding Your Risk for DES Exposure** – A guide to help you determine if you might have been exposed to DES.