



# CDC'S DES UPDATE

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Diethylstilbestrol (DES) is a synthetic estrogen that was developed in 1938 to supplement a woman's natural estrogen production. Prescribed by physicians during 1938–1971 for women who experienced miscarriages or premature deliveries, DES was originally considered effective and safe for both the pregnant woman and the developing baby.

In the United States, an estimated 5–10 million persons were exposed to DES during 1938–1971, including women who were prescribed DES while pregnant and the female and male children born of these pregnancies.

The Centers for Disease Control and Prevention (CDC) has developed CDC's DES Update so the public and health care providers have the latest, most comprehensive, and accurate information about DES. CDC is working with consumer organizations and health care provider partners around the country to distribute information about DES.

## *CDC's DES Update includes:*

- **Fact Sheets** – Information on the history of DES, known health effects, recent and on-going research, tips for working with your health care provider, and steps to take for protecting your health and the health of your family.
- **DES Self-Assessment** – A guide to help you determine if you might have been exposed to DES.
- **DES Health Information Record** – A form to help you keep track of your DES health information.

CDC's DES Update also includes a Web site ([www.cdc.gov/DES](http://www.cdc.gov/DES)) from which you can print and download information and a toll-free number (1-888-232-6789) that you can call for free printed materials. The DES Update is a resource for you, your family, and your health care provider, and is designed to help persons who think they may have been exposed to DES stay up-to-date.

— *Centers for Disease Control and Prevention*

