

Caya® diaphragm: High rate of acceptance – anatomic design – no fitting!

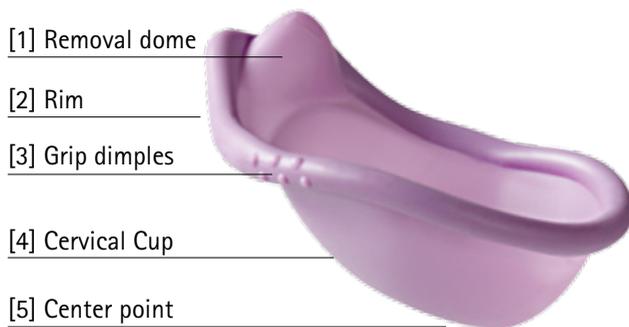
Surprising results were revealed in the second post market survey two years after market launch of the new barrier contraceptive: The number of younger women who have decided on Caya® has significantly increased. In addition, users report a positive influence on their libido*.

*For results, see page 3.

Design

The Caya® contoured diaphragm is a newly developed barrier contraceptive. It is anatomically and ergonomically shaped and thus fits most women.¹

The oval shape, adapted to the upper part of the vagina, means that diaphragm fitting is no longer necessary.



[1] Removal dome

[2] Rim

[3] Grip dimples

[4] Cervical Cup

[5] Center point

Legend

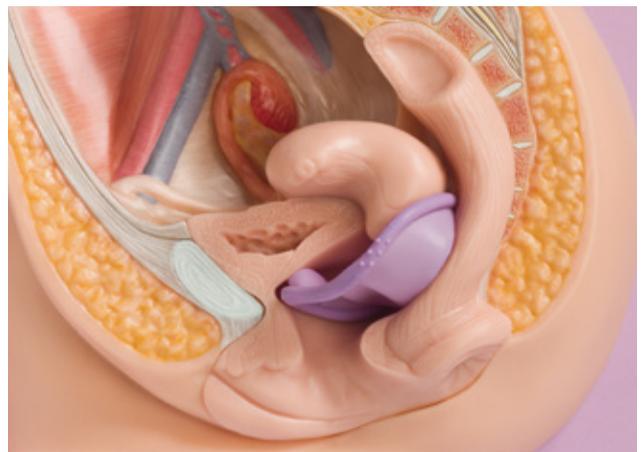
- [1] *The **removal dome** makes it easier to remove the diaphragm from the vagina.*
- [2] *The **rim** is flexible, gives the diaphragm stability and helps insert the diaphragm into the vagina. The rim helps hold the diaphragm in place and ensures that it is correctly positioned.*
- [3] *The **grip dimples** provide guidance for insertion. The diaphragm is folded at the grip dimples using gentle finger pressure.*
- [4] *The **cervical cup** is extremely thin, covers the cervix completely. It cannot be felt during sexual intercourse.*
- [5] *A **center point** that can be felt for better positioning of the diaphragm.*

Triple security in combination with a contraceptive gel (e.g. Caya® Gel)!

1. The silicone membrane acts as a mechanical barrier.
2. The contraceptive gel contains cellulose which acts as an additional mechanical barrier at the cervix.
3. The acid pH and viscosity of the gel help inhibit motility of the sperm.

Application

Caya® is inserted into the vagina like a tampon and it sits between the back of the upper vagina and the recess on the pubic bone. It fully covers the cervix and acts as a mechanical barrier against the migration of sperm into the uterus. Caya® should always be used in combination with a contraceptive gel (for example, Caya® Gel).



Indications

- When your patient wants a "natural" and safe form of contraception
- When hormonal contraception is contraindicated, for example, when there is an increased risk of thrombosis
- If the patient refuses hormonal contraception
- If an IUD is not wanted or is contraindicated
- During breastfeeding
- In the case of a latex allergy

Contraindications

- Within the first 6 weeks after delivery/birth
- In the case of severe uterine prolapse
- If a traditional diaphragm size 60 mm or smaller or size 85 mm or larger was previously used for contraception
- if the recess on the pubic bone is not pronounced or is missing

Survey results in detail.

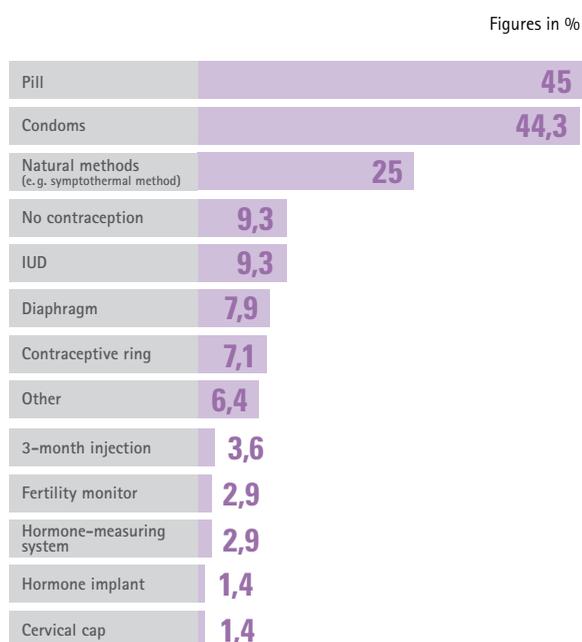
Results of the second Caya® survey, 140 users (March – June 2015).

More than 31,000 women worldwide successfully use the Caya® diaphragm for contraception. It is available in more than 20 countries in Europe, Australia, Canada and also in the USA. The first survey was conducted in spring 2014.

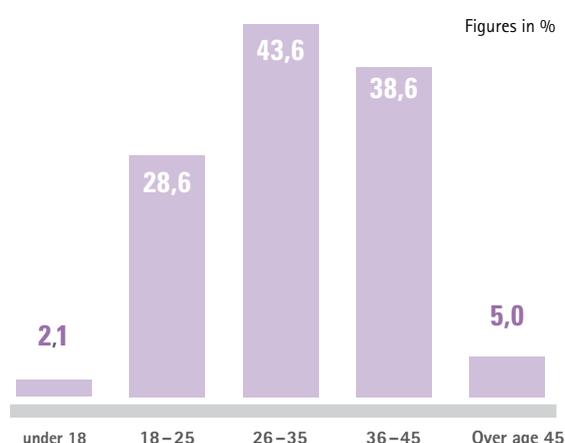
45% of users previously used the pill!

The current survey showed that more and more women want hormone-free contraception. Of the 140 users surveyed, 45% indicated that they had previously used the "pill" for contraception. Overall, the percentage of women who had previously used hormonal contraceptives (pill, contraceptive ring, etc.) was 66.4%. Interestingly, it was noted that the percentage of women who already had experience with the "diaphragm" method of contraception decreased. In the previous year, it was 18.2% but the percentage this year was only 8%. Thus even for "diaphragm beginners", Caya® represents a good contraceptive alternative.

Alternative contraceptive methods

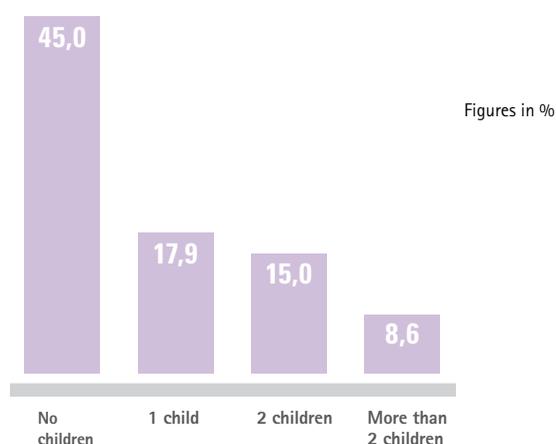


Increasing numbers of young women use Caya®!



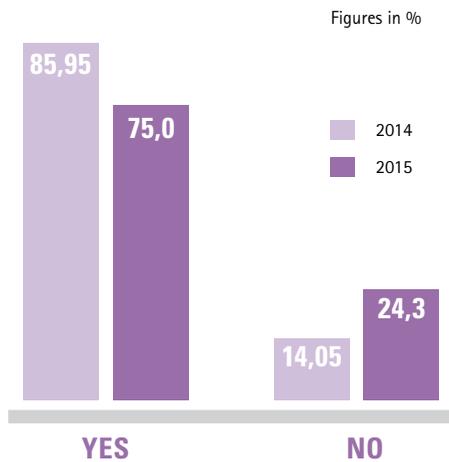
Surprisingly: Last year, the age of the Caya® user was between 25 – 45 years. This year there was a significant increase in women between ages 18 – 25. This confirms that the Caya® diaphragm is appropriate for any age group.

Most Caya® users are childless!



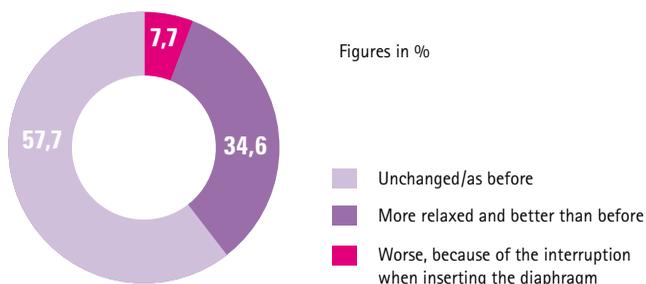
The users live in stable relationships!

Just as in the first online survey, approximately half of those taking the survey (45%) indicated that they did not have children. 75% of users live in a stable relationship. In comparison to the previous year, more women (25%) who indicate not being in a stable relationship use the Caya® Diaphragm for contraception. Caya® is a contraceptive for women of different ages and in various life situations.



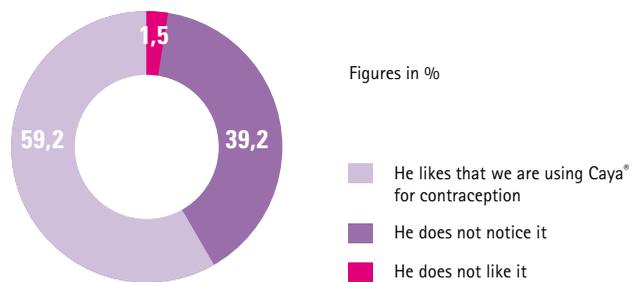
Caya® has a positive influence on sex and libido!

In addition, the survey shows that Caya® has no influence or a rather positive influence on sex and libido. Thirty-five percent of Caya® users indicated that sex has even become better for them than before. This statement correlates with data from studies which showed that the "pill" in correspondingly inclined women can have a negative effect on libido, even if taken for only a short time.



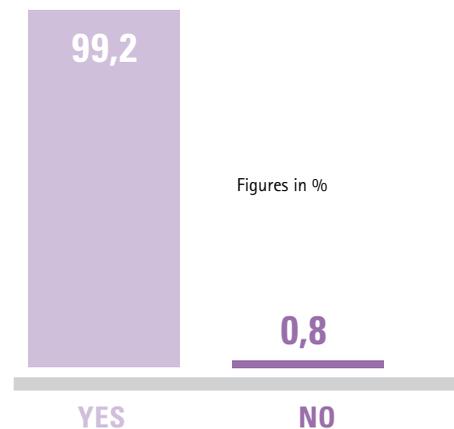
What does the partner think about Caya®?

We asked this question for the first time in the 2015 survey: Sixty percent of users indicated their partner likes that they are using the Caya® diaphragm for contraception. Only 1.5% indicated that the partner does not like it. This shows that the Caya® diaphragm is also readily accepted by the partner and, contrary to all preconceptions, that Caya® cannot be felt or disrupts sex. It is also interesting to note that 40% of those surveyed indicate that the partner did not notice at all that the woman was using the diaphragm as a contraceptive method.



Would you recommend Caya®?

Of those surveyed, 99.2% answered that they would recommend Caya® to a friend. This supports these women's confidence in Caya®.

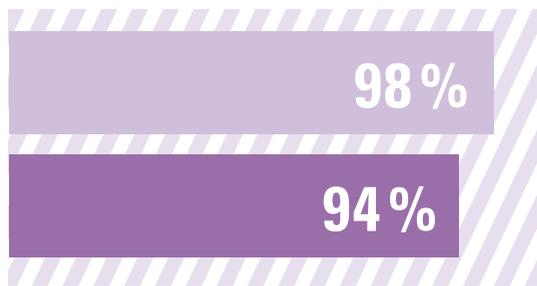


The survey showed that the Caya® diaphragm is very well received and is a very good and safe alternative to hormonal contraceptives. The results of the survey confirm that Caya® is appropriate for women of all ages and various life situations who wish to use a natural, safe and hormone-free form of contraception.

Caya® – Safety, ease of use and comfort were proven in clinical studies.

Studies have shown that security and compliance increase the longer and more frequently women use a diaphragm for contraception.⁵

The novel shape and function of Caya® were determined and tested in several independent studies¹⁻⁴ in the USA. In a clinical multi-center study⁴ from CONRAD (www.conrad.org), the probability of pregnancy, safety, acceptance of the contraceptive method, and accuracy of fit were investigated at ten centers in the USA with 450 couples.



- Most women (98%) could be fitted with the single-size diaphragm.
- After an additional coaching by a clinician 94% (421 of 450) could insert, correctly position, and remove the diaphragm.

Result:

The Caya® diaphragm is as safe and effective as a classical diaphragm. The Kaplan-Meier cumulative 6-month typical use pregnancy probability for the single-size diaphragm was 10.4 per 100 women.⁴ This value cannot be compared to the Pearl Index, which defines a degree of method reliability determined over the long term (for more information, see: http://de.wikipedia.org/wiki/Pearl_Index). The Pearl index of the "diaphragm" method is comparable to that of natural rubber latex condoms for men.

References

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- 2 Yang CC, Maravilla K, Kilbourne-Brook M, Austin G, et al. Magnetic resonance imaging of SILCS diaphragm: anatomical consideration and corroboration with clinical fit. Contraception 2007; 76: 238-244.
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- 4 Schwartz JL, Weiner D, Lai JJ, et al. Contraceptive efficacy, safety, fit, and acceptability of a single-size diaphragm developed with end-user input. Obst Gynecol. 2015. Apr; 125(4):895-903.
- 5 Vessey M, Wiggins P. Use effectiveness of the diaphragm in a selected family planning clinic population in the United Kingdom. Contraception 9 (1974) 15-22.

Two and a half years after the introduction of the Caya® diaphragm, more than 31,000 women in more than 20 countries use it daily as a contraceptive method. Most users live in Germany and the USA. Women for whom the Caya® diaphragm is not suitable can also still obtain the traditional Milex Wide Seal diaphragm in sizes from 60 to 90 mm in the pharmacy.

Do you have any questions?

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