

BIRTH CONTROL

What is birth control?

Birth control is the method used to prevent pregnancy. There are several types of birth control, and each one differs concerning effectiveness. Some even have additional benefits aside from preventing pregnancy, such as reducing menstrual pain or protecting against sexually transmitted diseases.

What are the different types of birth control?

Your doctor will consider and discuss multiple birth control options with you.

Intrauterine device (IUD)

IUD's are small, t-shaped devices that a doctor can place in your uterus during an office appointment. This form of contraception releases hormones that ultimately prevent sperm from ever reaching an egg. They are typically used as a longer-term birth control method, but can be removed at any time. While no birth control is guaranteed to be 100% effective, IUD's prevent pregnancy over 99% of the time. Doctor can discuss any risks and benefits of each IUD option with you before you make your decision.

- **Kyleena:** A hormone-releasing IUD that protects against pregnancy for up to five years. It is primarily designed for younger women.
- **Mirena:** It is a hormone-releasing IUD that can prevent pregnancy for up to five years. It also treats heavy menstruation.
- **Dalcept:** It is a hormone-free IUD that contains copper. It can prevent pregnancy for up to ten years.

Depot Provera

Depot-Provera is a contraceptive hormone-containing injection given once every three months.

Implanon

It is a hormone-releasing contraceptive. It is a tiny, thin flexible implant that goes just under the skin of your arm. It works for up to three years.

Barrier contraception

Female and male options are available as gender-specific condoms. It is used during intercourse and acts as a barrier to block the sperm. It's most effective if you use it with spermicide.

Birth control pill

The birth control pill is one of the most common forms of contraception that uses progestin and estrogen hormones. Furthermore, there are also birth control patches, sponges, male and female condoms, and numerous other implants.



What are the benefits of birth control?

Birth control has several benefits beyond preventing pregnancy.

Certain types have other advantages and are used for different purposes, including:

- Treating acne
- Reducing menstrual pain
- Protecting against sexually transmitted diseases

Birth control can be used in some circumstances to treat medical conditions, including:

- Anaemia
- Endometriosis
- Pelvic inflammatory disease
- Polycystic ovarian syndrome

Your doctor will discuss all options with you and allow for a mutually safe and effective option to be selected for yourself.