

BIRTH CONTROL SUPPLIES

<u>METHOD</u>	<u>EFFECTIVENESS</u>	<u>BENEFITS</u>	<u>RISKS</u>	<u>SIDE EFFECTS</u>
Para Guard IUD	99.20%	* No hormones * Convenient * Can last up to 10 years	* Perforation of uterus * Increased chance of infection in tubes and uterus if infected with STD * Allergy to copper	* Increased menstrual bleeding and cramping * Possible anemia due to increased menstrual flow
Mirena IUD	99.90%	* Convenient * can last up to 5 years	* Perforation of uterus * Increased chance of infection in tubes and uterus if infected with STD	* Mood changes * Acne * Headache * Breast tenderness * Nausea * Changes in menstrual bleeding
Diaphragm with contraceptive jelly	80-95% Depending on use	* No hormones * Rare side effects * No risks	none	* Rare allergy to rubber * Rare allergic reaction to contraceptive jelly
Condoms and/or Foam	60-95% Depending on use	* No prescription needed * STD infection decreased	none	* Rare allergy to rubber * Rare allergic reaction to foam
Fertility Awareness methods	75-98% Depending on how well instructions were followed	* Safe medically * Helpful in planning or preventing pregnancy * Increase body awareness	Unplanned pregnancy	Disadvantages * Needs in-depth instructions * Must keep record for several cycles before use * May restrict sexual spontaneity * Women with irregular cycles may have difficulty using this method
Oral Contraceptives (pill)	99.6% if taken correctly; 97% prgestin only if taken correctly	* Less bleeding * Less cramping * Improves acne * Monthly period	* Increased risk of heart attack and stroke (smoking doubles risk factors) * Blood clots in legs/lungs * Gall bladder disease (especially with long use) * Decreased protection from pregnancy when taken with certain drugs	* Spotting between periods * Headaches * Visual problems * Breast tenderness * Mood changes/depression
EVRA (patch)	99% when used correctly	* Convenient * Monthly period	* Increased risk of heart attack and stroke (smoking doubles risk factors) * Blood clots in legs/lungs * Gall bladder disease (especially with long use) * Decreased protection from pregnancy when taken with certain drugs * May not be effective women more than 198 lbs.	* Breast tenderness * Headache * Application site reaction * Nausea * Abdominal pain
Depo Provera (injectable)	99% if injections are every 12 weeks	* Convenient * Less bleeding	* Possible drug interactions * Long term use contributes to bone loss	* Weight gain * Possibly no periods after 6-9 weeks * Headaches * Depression
Nuva Ring	99% when used correctly	* Convenient * Less bleeding * Less cramping * Improves acne * Monthly period	* Increased risk of heart attack and stroke (smoking doubles risk factors) * Blood clots in legs/lungs * Liver tumors	* Headache * Increased vaginal discharge * Vaginal irritation or infection * Nausea