

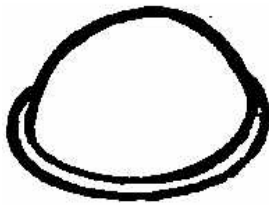
BIRTH CONTROL METHODS

THE PILL

The pill works by keeping your body from releasing eggs. You may like the pill because you do not have to “get ready” just before having sex. The pill may not be best for women who tend to forget to take medicine or who have certain medical problems. The pill must be taken every day at the same time by mouth to be effective.

DEPO-PROVERA

Depo-Provera is given as an injection (a shot) in the buttocks or upper arm once every three months. Depo-Provera works by keeping your body from releasing eggs. The effectiveness of Depo-Provera depends on you returning every three months for your next shot. This may be a good method for you if you have trouble remembering to take the pill daily.

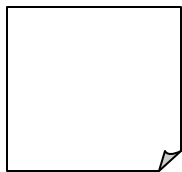
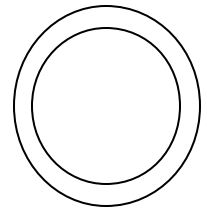


DIAPHRAGM AND JELLY

The diaphragm is a dome-shaped rubber cup which you fill with spermicidal cream or jelly. You put the diaphragm in the vagina so that it covers the cervix and keeps the man's sperm from getting into the uterus. The diaphragm is placed in the vagina before sex and must be left in for at least eight hours after sex (long enough for sperm to die).

NUVARING®

NUVARING® is a soft, flexible ring about two inches across that is inserted into the vagina once a month. The muscles in the vagina keep NuvaRing® in place for three weeks. During that time, it will slowly release a low dose of the hormones needed to prevent pregnancy. When 21 days are completed, NuvaRing® can be easily removed to allow your period to begin. After a seven-day break, a new ring is inserted to provide continued protection from pregnancy.

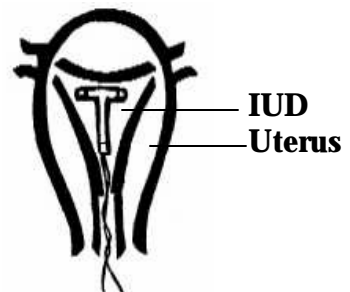


“THE PATCH”

The ORTHO EVRA birth control patch is a weekly birth control patch that is worn on the skin to prevent pregnancy. The patch is worn for one week and replaced on the same day of the week for three weeks in a row, with no patch on the fourth week to allow your period to begin. After a seven-day break, a new patch is put on the skin.

IUD (PARAGARD T380A)

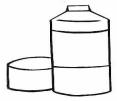
The IUD is a contraceptive device which is inserted into the uterus (womb) to prevent pregnancy. The Paragard T380A must be replaced every **twelve** years to maintain its effectiveness. A doctor must insert and remove an IUD. How the IUD prevents pregnancy is not completely understood. Theories suggest interference with sperm transport, fertilization and implantation. It is important that you return



to the clinic once a year for an annual exam.

SPERMICIDES (FOAM, CREAMS, JELLIES, VAGINAL FILM)

The four types of spermicide described must be inserted into a woman's vagina before sex. Spermicides prevent pregnancy by killing sperm on contact. When using spermicides as protection, you must remember to avoid douching, tub baths and swimming for at least eight (8) hours after sex, or your protection will be washed away.



FOAM is easy and quick to use. It comes in a can with a plastic applicator. Before sex, you use the applicator tube to place foam into the vagina. Foam will provide protection for 20 to 30 minutes.

CREAMS AND JELLIES come in a tube with a plastic applicator. Before having sex, you squeeze the cream or jelly into a plastic applicator and place it into your vagina. You then have 20 to 30 minutes of protection.



VAGINAL FILM is inserted 15 minutes before having sex. It is a very small, thin square piece of film that is folded and placed high in the vagina, against the cervix. It dissolves in a matter of minutes providing protection for 45 minutes to one hour. Vaginal film requires no applicator. It is simple, easy and comfortable to use.

CONDOMS Commonly called "rubbers," the condom is a strong, thin rubber cover which the man rolls onto his penis before sex. The condom catches the sperm and keeps them from getting into the vagina. A condom is most effective when used with a spermicide. This method offers some protection against sexually transmitted diseases (STDs).



NATURAL FAMILY PLANNING

Sometimes Natural Family Planning is called Sympto-Thermal or Billings Method. Through careful, daily observations of body signs and symptoms, this method helps a couple determine when the woman is most fertile. This information is then used to avoid or achieve pregnancy-whichever is their choice. A couple can be taught how to use this method by talking to a doctor or physician extender.

PERMANENT METHODS (STERILIZATION)

Sometimes men and women decide they have all the children they want. If they are sure of this, they may choose sterilization. Sterilization is an operation which may be performed on either the man or woman to keep him or her from having more children. For a woman, this operation is usually called a tubal ligation or tubal occlusion. Some people refer to it as "getting your tubes tied." In this operation, a woman's fallopian tubes are blocked. It is most easily done a day or two after she has had a baby, but it can be done at other times as well. The operation does not take away a woman's desire or her ability to have sex. The operation on a man is called a vasectomy. A vasectomy can be done in a doctor's office. The man is still able to enjoy sex as much as before the surgery. He will still be able to have erections, and ejaculate, but will not release sperm. Both male and female sterilization are **permanent** methods of birth control.

REMEMBER

Condoms are effective in preventing pregnancy and the spread of sexually transmitted diseases (STDs). However, no method of birth control is 100 percent effective. Abstinence (not having sex

at all) is the only foolproof method of pregnancy prevention. Information on emergency contraception is also available upon request.