

## Birth Control Methods

<u>Method</u>	<u>Advantages</u>	<u>Disadvantages</u>	<u>*Effectiveness</u>
<b>Abstinence (In preparation for marriage)</b>	No STDs No chance of pregnancy Less emotional hurt Greater trust in marriage		100%
<b>Birth Control Pills</b>	Continuous protection when taken correctly; reversible; some noncontraceptive health benefits	Must be remembered daily; increases risk of blood clots, heart attack, stroke, esp. in smokers over 35; nausea; vomiting; weight gain; <b>no protection against STDs</b>	99%
<b>Injections</b>	<b>Depo-Provera-</b> Continuous protection for 3 months; <b>Lunelle-</b> Continuous protection for 1 month; no need to remember	<b>Depo-Provera-</b> Physician visit for quarterly injection; risk for osteoporosis <b>Lunelle-</b> Physician visit for monthly injection; delayed return to Fertility (4-5 mo); menstrual bleeding irregularities; weight gain; PMS-like symptoms; <b>no protection against STDs</b>	99%
<b>Patches/Vaginal Rings</b>	Continuous protection until replacement time	Must be replaced periodically; <b>no protection against STDs</b>	99%
<b>Subdermal Implants</b>	Continuous protection up to 5 yrs; reversible (?); no need to remember daily or weekly	Minor surgical procedure; menstrual bleeding irregularities; headache; nervousness; nausea; dizziness; removal difficulties; <b>no protection against STDs</b>	99%
<b>Tubal Ligation</b>	Continuous protection; no need to remember	Surgical procedure; often permanent; <b>no protection against STDs</b>	99%
<b>Vasectomy</b>	Continuous protection; no need to remember	Surgical procedure; often permanent; <b>no protection against STDs</b>	99%
<b>Condom (alone)</b>	Easily obtained; better results with spermicide	Decreased sensation; less sexual spontaneity; breakage possible; <b>STD's possible, no protection from herpes or warts</b>	84-94%

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<b>Diaphragm (with spermicide)</b>	Insertion up to 6 hrs before	Reapplication of spermicide necessary for repeated intercourse; comfort level with insertion; increased risk of urinary tract, bladder infections; <b>no protection against STDs</b>	82-94%
<b>Periodic Abstinence (“rhythm” or natural family planning)</b>	Requires no product	Requires careful planning; motivation; prohibits intercourse for ½ of month; not for women with irregular cycles; <b>no protection against STDs</b>	80-99%
<b>Spermicide (alone)</b>	Easily obtained; good results when used with barrier methods	Insertion necessary at least ½ hour before intercourse; reapplication necessary for repeat intercourse; messy; <b>no protection against STDs</b>	79-97%
<b>Withdrawal</b>	Requires no product	Provided by male partner; even with a great deal of control leakage of sperm occurs before ejaculation; very ineffective; <b>no protection against STDs</b>	72-76%
<b>IUD</b>	Continuous protection, no need to remember	Cramps; bleeding; infertility; perforation of uterus; possible abortifacient; high risk of fetal death if pregnancy occurs; <b>no protection from STDs and pelvic inflammatory disease</b>	99%