

Your Guide to Birth Control



Long Acting

IUD

- Intrauterine device
- >99% effective
- 3-5 years
- Hormonal method



Copper IUD

- Intrauterine device
- >99% effective
- Up to 10 years
- Spermicidal method



The Implant

- Implanted in the arm
- >99% effective
- Up to 3 years
- Hormonal method



Vasectomy/Tubal Ligation

- Surgery to cut male tubes or the female tubes
- Almost 100% effective
- Permanent



Regular Routine

The Pill

- Taken daily
- 99% effective
- Hormonal method



The Patch

- Placed on the skin
- 99% effective
- Change every 4 weeks
- Hormonal method



Vaginal Ring

- 99% effective
- Change after 3 weeks
- Hormonal method



Injection

- Shot every 12 weeks
- >94% effective
- Not recommended for 2+ years
- Hormonal method



Single Use

Condom

- 80% - 98% effective
- 8% protection
- Barrier method



Internal Condom

- 79% effective
- 21% protection
- Barrier method



Spermicide

- Kills sperm
- 72% effective
- Use up to 1 hour before sex
- Spermicidal method



Emergency Contraceptive

- 80% effective (if taken within 24 hours)
- Must be taken within 3 days
- Hormonal method



Need help choosing? Find a health center near you.

Which Guide To Birth Control

Daniela Niemeyer



Which Guide To Birth Control:

Birth Control Beth L. Sundstrom, Cara Delay, 2020-06-02 Birth control offers women the opportunity to prevent pregnancy plan and space their births or have no births at all And yet in the United States half of all pregnancies remain unintended and access to birth control is beset by inequities in education access and coverage Research indicates that women are familiar with the range of contraceptive methods available today But the persistently high rates of unintended pregnancy combined with common dissatisfaction and discontinuation suggest that women s contraceptive needs continue to be unmet Birth Control What Everyone Needs to Know will offer more than a user s guide to available means of contraception it will examine how supported family planning infrastructure impacts society as a whole Through reviews of policy scientific literature and supplemental interviews with women it will uncover women s concerns and apprehensions about contraception as well as the ways birth control empowers women and increases access to educational and professional opportunities It will provide an overview the history of birth control the risks and benefits of contraception the role of menstruation and the future of birth control The goal of this book is to provide accurate unbiased scientific information about contraception in the context of women s lived experiences and the realities of how individuals make decisions about birth control

List of References on Birth Control Theodore Schroeder, 1918 [The Which? Guide to Birth Control](#) Penny Kane, 1983-01 **American Journal of Urology and Sexology** Henry G. Spooner, 1917 **The Birth Control Review** Margaret Sanger, 1917 **Birth Control Review** Margaret Sanger, 1927 *Family Practice Guidelines, Fourth Edition* Jill C. Cash, Cheryl A. Glass, 2017-01-20 Print version of the book includes free access to the app web iOS and Android which offers interactive Q A review plus the entire text of the print book Please note the app is included with print purchase only This bible of family practice for primary care students and clinicians provides current national practice guidelines for professional standards of care across the life span Concise and clearly organized the resource features detailed step by step instructions for physical examinations and diagnostic testing in the outpatient setting information on health promotion care guidelines dietary information information on culturally responsive care patient resources and abundant patient education handouts This fourth edition is updated to include new evidence based guidelines for rheumatology public health featuring updated information on substance abuse violence obesity homelessness and lesbian health the sports physical exam and interventions endocrinology the 2015 Beers Criteria new Centers for Disease Control and Prevention CDC recommendations for health maintenance posttraumatic stress disorder PTSD assessment and management restless legs syndrome sexual dysfunction treatment and psychiatric disorders Several new and updated Patient Teaching Guides with printable education points add to the book s outstanding utility as a thorough and reliable clinical resource Each of the 268 diagnoses includes definition incidence pathogenesis predisposing factors common complaints signs symptoms subjective data physical exam and diagnostic tests differential diagnosis and a care plan New to the Fourth Edition New and updated guidelines for

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Race, Maternity, and the Politics of Birth Control in South Africa, 1910-39 S. Klausen, 2004-11-12 Using original primary sources this book uncovers and analyzes for the first time the politics of fertility and the battle over birth control in South Africa from 1910 the year the country was formed to 1945 It examines the nature and achievements of the South African birth control movement in pre apartheid South Africa including the establishment of voluntary birth control organizations in urban centres the national birth control coalition and the clinic practices of the country's first birth control clinics The book spotlights important actors such as the birth controllers themselves the women of all races who utilized the clinics services and the Department of Public Health placing these within an international as well as national context

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