



Pregnancy Prevention

Abstinence and
Contraceptive Methods

Pregnancy Risk

- If a woman has intercourse without contraception on a regular basis. Within one year her risk of becoming pregnant is 85%.



Unintended Pregnancy

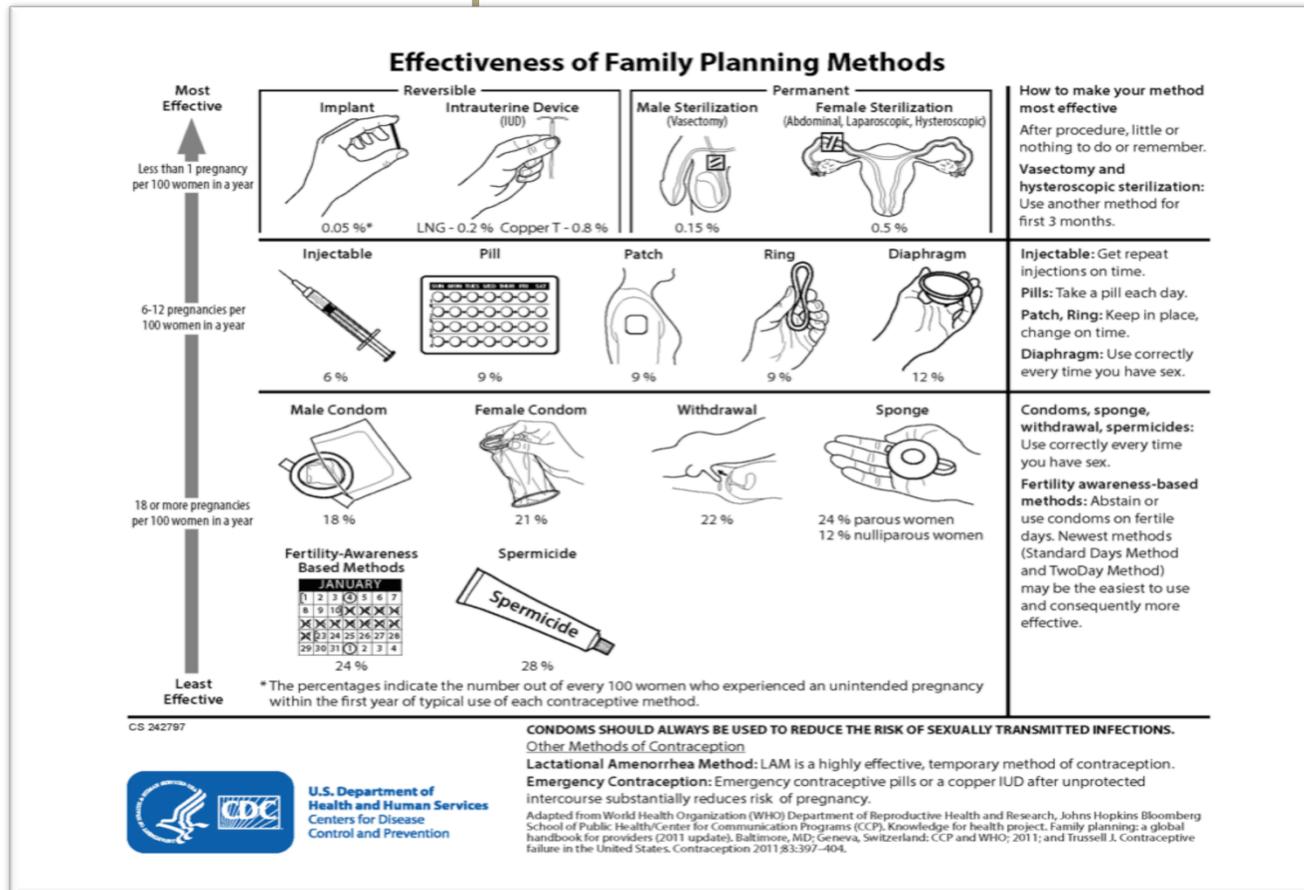
- Approximately 45% of pregnancies are unintended (the pregnancy occurred when no children, or no more children, were desired).
- Among women aged 19 years and younger, more than 4 out of 5 pregnancies were unintended.
- Large increases in unintended pregnancy rates were found among women with lower education and low income.



Abstinence is the only birth control option that is 100% effective.



Contraceptive Methods



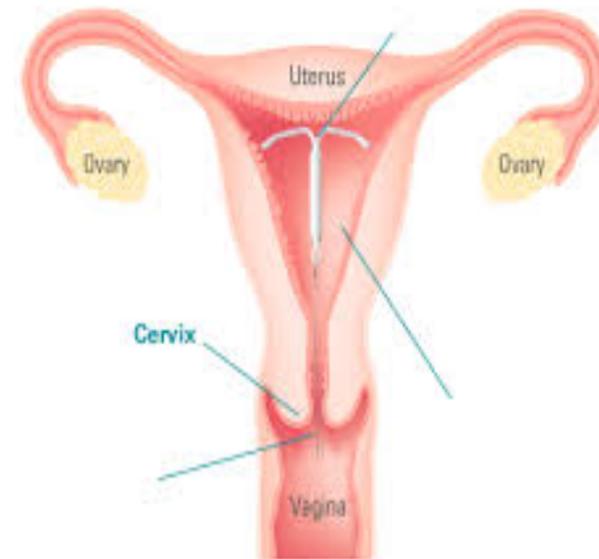
U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Long Acting Reversible Contraception “LARC”s

- Long-acting reversible contraception (LARC) methods include the *intrauterine device (IUD)* and the *birth control implant*. Both methods are highly effective in preventing pregnancy, last for several years, and are easy to use. Both are reversible—if you want to become pregnant or if you want to stop using them, you can have them removed at any time.

Intrauterine Device

- The IUD is a small, T-shaped, plastic device that is inserted into and left inside the *uterus*. There are two types of IUDs:
 - 1. The hormonal IUD releases *progestin*. Different brands of hormonal IUDs are approved for use for up to 5 years and for up to 3 years.
 - 2. The copper IUD does not contain hormones. It is approved for use for up to 10 years.



How is an IUD inserted

- A health care professional must insert and remove the IUD. He or she will review your medical history and will perform a pelvic exam. To insert the IUD, the IUD is placed in a slender plastic tube. The tube is inserted into the vagina and guided through the cervix into the uterus. The tube is withdrawn, leaving the IUD in place.

IUD continued....

Benefits?

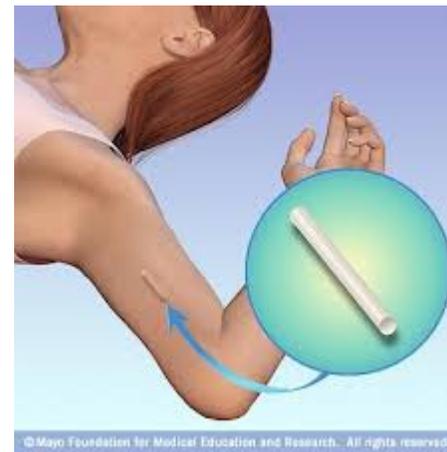
- Once it is in place, you do not have to do anything else to prevent pregnancy.
- No one can tell that you are using birth control.
- It does not interfere with sex or daily activities.
- Almost all women are able to use an IUD.
- The hormonal IUD helps decrease menstrual pain and heavy menstrual bleeding.

Risks?

- Serious complications from use of an IUD are **rare**.
- The IUD may come out of the uterus. This happens in about 5% of users in the first year of using the IUD.
- The IUD can perforate (or pierce) the wall of the uterus during insertion. It is rare and occurs in only about 1 out of every 1,000 insertions.
- Pelvic inflammatory disease (PID) is an infection of the uterus and fallopian tubes. PID may cause scarring in the reproductive organs, which may make it harder to become pregnant later. The risk of PID is only slightly increased in the first 20 days after insertion of an IUD, but the overall risk still is low (fewer than 1 in 100 women).

Implant

- The birth control implant is a single flexible rod about the size of a matchstick that is inserted under the skin in the upper arm. It releases progestin into the body. It protects against pregnancy for up to 3 years.
- The progestin in the implant prevents pregnancy mainly by stopping *ovulation*. In addition, the progestin in the implant thickens cervical mucus, which makes it harder for sperm to enter the uterus and fertilize the egg. Progestin also keeps the lining of the uterus thin, making it less likely that a fertilized egg will attach to it



How is a Implant inserted?

- The implant is inserted into your arm by a health care professional. A small area on your upper arm is numbed with a local anesthetic. No incision is made. The implant is placed under the skin with a special inserter. The procedure takes only a few minutes

Implant risk and benefits

Benefits

- Once it is in place, you do not have to do anything else to prevent pregnancy.
- No one can tell that you are using birth control.
- It does not interfere with sex or daily activities.
- Almost all women are able to use the implant.
- If you wish to become pregnant or if you want to stop using it, you can simply have the implant removed.
- 99% effective

Risks

- Possible risks include problems with insertion or removal of the implant. These problems occur in less than 2% of women.
- Possible side effects include abnormal menses (this improves over time). Some women have less menstrual pain while using the implant. In some women, bleeding stops completely.
- Other common side effects include mood changes, headaches, acne, and depression. Some women have reported weight gain while using the implant, but it is not clear whether it is related to the implant.

Depo-provera “The Shot”



- The shot contains progestin, a hormone that prevents your ovaries from releasing eggs. It also thickens your cervical mucus, which helps block sperm from getting to the egg.
- Injection given every three months.
- 94% effective

Oral Contraceptives “The Pill”



- Combination birth control pills are a daily medication that contains 2 hormones (estrogen and progestin) to prevent pregnancy. The hormones in the pill work by:
 - Keeping eggs from leaving the ovaries.
 - Making cervical mucus thicker. This keeps sperm from getting to the eggs.
- Requires a prescription.
- 91% effective

Nuva-Ring

- The ring is a small, flexible piece of plastic that's inserted into the vagina to provide birth control. It works like the pill, but only needs to be inserted once a month.
- Contains 2 hormones (estrogen and progestin) to prevent pregnancy. The hormones in the pill work by:
 - Keeping eggs from leaving the ovaries.
 - Making cervical mucus thicker. This keeps sperm from getting to the eggs.
- Requires a prescription.
- 91% effective



Patch

- The hormones in the patch are estrogen and progestin. The hormones in the birth control patch work by:
 - Keeping eggs from leaving the ovaries.
 - Making cervical mucus thicker. This keeps sperm from getting to the eggs.
- A new patch is placed on the skin once a week for three weeks in a row, followed by a patch-free week.
- The birth control patch is commonly called Ortho Evra, its brand name.
- Requires a prescription
- 91% effective



Condoms



- A condom is a thin covering worn on the penis during sex to prevent pregnancy.
- Condoms are the only method of birth control that decreases risk of sexually transmitted infections.
- Easily available.
- Latex or non-latex
- 82% effective

Which one should I choose?

- Recommend choosing one type of birth control option and also use condoms as a secondary birth control method.
- Use condoms 100% of time for STD protection.



Plan B “Morning After Pill”

- Oops!
- Emergency Contraception. Should not be used as a regular birth control method.
- One tablet that contains levonorgestrel, a hormone that is used in many birth control pills. Plan B contains a higher dose of levonorgestrel than birth control pills, but works in a similar way to help prevent pregnancy.



Side Effects of Contraceptive Methods?

- There are possible side effects to any medication.
- Talk to your medical provider about risks vs. benefits.
- Pregnancy also has risks, especially unintended pregnancies.



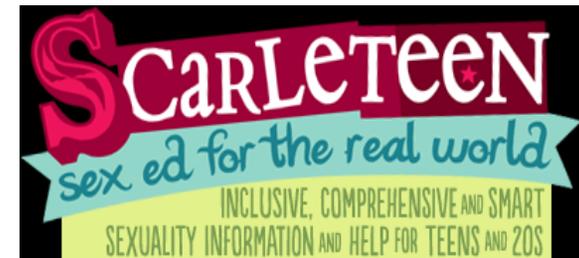
Talk with your parents or a trusted adult

- Health related concerns or questions
- Relationships
- Sex



Online Resources

- www.Scarleteen.com
- www.watchwellcast.com
- www.cdc.gov
- Iknowmine.org



Craig Public Health Center

