

Birth Control Is Your Choice

Becoming pregnant may be a bad choice for a woman. She may be too young, or cannot afford it, or it might put her health at risk.

You can get birth control at drug stores, health centers, doctor's offices, or family planning clinics. Most choices are available at lower prices in family planning clinics.

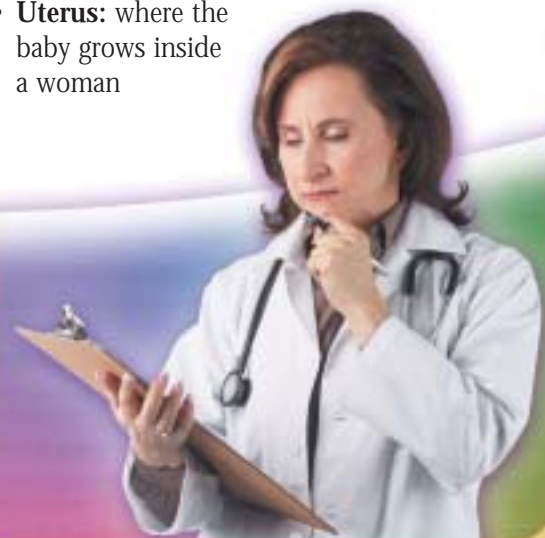
Talk to a healthcare professional to find out the best choice for you.

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Birth Control Terms You Should Know

- **Cervix:** opening to the womb
- **Egg:** woman's sex cell
- **Ejaculation:** semen as it comes out from a man's penis
- **Emergency contraception:** birth control that can be used up to 72 hours after another method fails (broken condom, forgetting to take birth control pill)
- **Hormones:** substances that help with body functions
- **Latex:** a type of plastic used for condoms
- **Pregnancy:** occurs when man's sperm joins woman's egg inside her body
- **Sexually Transmitted Infections:** diseases spread by sexual contact
- **Sperm:** man's sex cell, found in semen
- **Spermicide:** liquid, foam, gel, or other substance used to kill or stop sperm
- **Uterus:** where the baby grows inside a woman



Your Health Is Important

Take care of your health. Do it for yourself and for your family.

For more information on birth control call Planned Parenthood at:
1-800-230-7526

Or visit their Web site at:
www.plannedparenthood.org

Birth Control

*choose the type
that's best for you*



| Type | Name | What is It? | Benefits | Problems | How Much Does it Prevent Pregnancy | Protection From Disease | Cost |
|-----------------|----------------------------|--|---|--|---|---------------------------------------|---|
| Abstinence-like | Abstinence | <ul style="list-style-type: none">• Not having sex | <ul style="list-style-type: none">• No major side effects | <ul style="list-style-type: none">• Hard for some people to avoid sex | 100% | Yes | Free |
| | Withdrawal | <ul style="list-style-type: none">• Man does not ejaculate inside the woman | <ul style="list-style-type: none">• No major side effects• Can be used if other methods are not handy | <ul style="list-style-type: none">• Needs a lot of self-control• Not for teens | 81-96% if done well | No | Free |
| | Outercourse | <ul style="list-style-type: none">• Sex play without intercourse (sex) | <ul style="list-style-type: none">• No major side effects• Can be used if other methods are not handy | <ul style="list-style-type: none">• Hard for some people to avoid sex | Almost 100% if done well | Yes, unless body fluids are exchanged | Free |
| | Fertility Awareness Method | <ul style="list-style-type: none">• Avoiding sex or using birth control during days with high chance of becoming pregnant• A doctor or nurse shows you how to check body temperature, period cycle, and other signs | <ul style="list-style-type: none">• No major side effects• Calendars, thermometers, and charts are easy to get | <ul style="list-style-type: none">• Takes a long time to learn how to do it well• Can cause pregnancy if not done well | 75-99% if done well | No, unless you use a condom | \$5-up for kits (free classes available) |
| Barrier | Condom | <ul style="list-style-type: none">• Latex sleeve that covers the penis and catches sperm | <ul style="list-style-type: none">• Prevents pregnancy very well when used with spermicide• No major side effects• Protects against infections• Easy to buy and use | <ul style="list-style-type: none">• Some men unwilling to use• Can break• Allergies | 86-99% | Yes | 50 cents and up |
| | Diaphragm | <ul style="list-style-type: none">• Latex cup or cap with spermicide that covers the opening into the uterus | <ul style="list-style-type: none">• No major side effects• Lasts a long time• Can be left inside body for some hours after sex | <ul style="list-style-type: none">• Can be messy and hard to use• Allergies• Should not be used during period• Bladder infection | 80-94% diaphragm | No | \$13-\$25 + fee for doctor's visit |
| | Cap (cervical cap) | <ul style="list-style-type: none">• Doctor or nurse measures the opening to the womb | | | 80-90% cap | | |
| | Female Condom | <ul style="list-style-type: none">• Plastic cover put inside a woman's vagina | <ul style="list-style-type: none">• No allergies• Easy to buy and use | <ul style="list-style-type: none">• Maybe hard to put in, noisy, slip inside, or irritate vagina | 79-95% | Yes | \$2.50 |
| Hormones | Spermicide | <ul style="list-style-type: none">• Foam, jelly, or cream that keeps sperm from egg | <ul style="list-style-type: none">• Prevents pregnancy very well when used with a condom• No allergies• Easy to buy and use | <ul style="list-style-type: none">• Can be messy, irritate vagina, or add to risk of infection | 72-94% | No | \$4-\$8 |
| | Intrauterine Device (IUD) | <ul style="list-style-type: none">• A doctor puts a small copper device or plastic device with hormones inside the womb that stops sperm from egg | <ul style="list-style-type: none">• Copper IUD can be inside the woman's body up to 10 years• Hormone IUD can be inside for 1 year and may ease cramps | <ul style="list-style-type: none">• Bleeding between periods (spotting)• Periods may be longer and heavier• May add to risk of infection | 97.4-99.2% | No | \$150-\$300 + fee for doctor's visit |
| | Birth Control Pill | <ul style="list-style-type: none">• Pills with hormones that are prescribed by a doctor• Pills are taken once a day, every day | <ul style="list-style-type: none">• Periods are more regular and with less blood flow• Less cramps, acne, and anemia• Protects from major diseases, including some cancers• Nothing to put in place before sex | <ul style="list-style-type: none">• Must take every day• Lose or gain weight, depression, nausea, sensitive breasts• Can cause blood clots, stroke, and heart attack in smokers | 95-99.9% | No | \$15-\$25 pack per month + fee for doctor's visit |
| | Norplant® | <ul style="list-style-type: none">• Doctor puts six small hormone sticks under the skin of upper arm | <ul style="list-style-type: none">• Avoid pregnancy for 5 years• Can be used while breastfeeding• Nothing to put in place before sex and no pill to take every day | <ul style="list-style-type: none">• Irregular periods, headaches, depression, lose or gain weight• May be hard to remove | 99.95% | No | \$500-\$750 removal \$100-\$200 |
| | Depo-Provera® | <ul style="list-style-type: none">• Doctor or nurse gives you a hormone shot every 3 months | <ul style="list-style-type: none">• Avoid pregnancy up to 3 months• Less cramps, protects from some types of cancer, can be used while breastfeeding• Nothing to put in place before sex and no pill to take every day | <ul style="list-style-type: none">• Loss of period every month, more appetite, headaches, depression• May delay pregnancy after stopping shot | 99.7% | No | \$30-\$75 per injection + fee for doctor's visit |
| | Ortho Evra™ | <ul style="list-style-type: none">• Small patch worn on skin releases hormones into bloodstream | <ul style="list-style-type: none">• No injections or pills to swallow• Nothing to put in place before sex | <ul style="list-style-type: none">• May cause breast tenderness, headache, nausea, irregular vaginal bleeding, mood changes, and vaginal infections• Can cause blood clots, stroke, and heart attack in smokers | 97-99% Less for women weighing more than 200 pounds | No | \$25-\$40/per month + fee for doctor's visit |
| Sterilization | Tubal ligation | <ul style="list-style-type: none">• Operation done by a doctor to block a woman's tubes | <ul style="list-style-type: none">• Permanently prevents pregnancy• No side effects | <ul style="list-style-type: none">• Some bleeding and bruising after operation• Cannot be reversed for sure | 99.5-99.9% | No | \$1,000-\$2,500 |
| | Vasectomy | <ul style="list-style-type: none">• Operation done by a doctor to block a man's sperm tubes | <ul style="list-style-type: none">• Permanently prevents pregnancy• No side effects | <ul style="list-style-type: none">• Some bleeding and bruising after operation• Cannot be reversed for sure | 99.5-99.9% | No | \$240-\$520 |