

Commit to your health.

ABCs of Birth Control

Wyoming Department of Health Communicable Diseases 307-777-8939

Birth Control

- •When considering your sex life, there are many forms of birth control to choose from
- •Some options may not be appropriate for your needs
- •It is important to remember that *contraceptives* do not prevent against STD infection
- •This presentation will address:
 - Abstinence
 - Barrier methods
 - Contraceptives



Abstinence

- Abstinence means not having any kind of sex
 - •Oral
 - Anal
 - Vaginal
- •Abstinence is the only 100% effective method to prevent both pregnancy and STDs
- •People can be intimate without having sex.
 - •Visit http://wso.williams.edu/orgs/peerh/sex/safesex/ssmenu.html to view a safe sex menu



Abstinence

Benefits of Abstinence:

- •Free
- No side effects
- Prevents STDs
 - Subsequently prevents infertility and cervical cancer
- Prevents Pregnancy
- You can be abstinent after you have had sex

Cons of Abstinence:

- There are few disadvantages of abstinence
- Long term abstinence may not be feasible for some individuals
- •If abstinence is not right for your lifestyle, the rest of this presentation will address other methods which can be used to decrease your risk of pregnancy and STDs

Barriers



- •Some barrier methods, if used consistently and correctly, can be effective in reducing the risk of pregnancy <u>and STDs</u>
- •Barriers that prevent pregnancy and STDs include:
 - Male Condoms
 - •Are worn on the penis for the duration of sexual activity
 - •Can be used for all forms of sex
 - •Oral
 - Anal
 - Vaginal
 - •Are 98% effective in preventing pregnancy
 - Female Condoms
 - Are worn in the vagina for the duration of sexual activity
 - •Can be used for Anal and Vaginal Sex
 - •Are 95% effective in preventing pregnancy
 - Dental Dams
 - Are placed over the area where oral sex is being performed
 - Prevent contracting STDs through oral sex

Barriers

Other barriers which *do not* protect against STDs but do help prevent pregnancy include:

- Diaphragm
 - •A silicon cup inserted into the vagina which covers the cervix
 - Prevents sperm from entering the cervix
 - •91% effective in preventing pregnancy if used correctly every time
 - •Recommended to be used in conjunction with spermicide
- •Spermicide:
 - The Wyoming Department of Health does not recommend the use of spermicide if you may be at risk for an STD.
 - •Spermicide may increase the risk of STD and HIV infection by irritating the genitals and causing breaks in the skin or mucous membranes.
 - •Spermicide are used in conjunction with diaphragms to provide greater protection against pregnancy.

- •Contraceptives are used to prevent pregnancy. While this method is effective for pregnancy prevention, contraceptives do not reduce the risk of STD infection.
- •Contraceptives are medications used by females which use hormones to prevent pregnancy
- •Contraceptives include:
 - •The Pill
 - Depo-Provera -"The shot"
 - •Implanon
 - Intrauterine Device (IUD)
 - The Patch
 - •The Ring
 - Sterilization
 - •Emergency Contraceptives: Plan B- "The morning after pill"
 - •Etc.
- •Speak to your healthcare provider about the most appropriate option for you.



The Pill

- Requires a prescription
- •Requires taking a pill at the same time everyday to be most effective
- •Made with synthetic hormones which prevent ovulation, thicken cervical mucous, and thin the lining of the uterus
- •Are 95% effective in preventing pregnancy if taken correctly
- •Are **not** effective in preventing STD infection

Advantages

- Periods may become more regular
- Decrease cramping
- Decrease acne
- •Reduces risk of Pelvic Inflammatory •Breast tenderness Disease, Ovarian cancer, and

Osteoporosis

- Does not prevent STD infection
- •Have to take it everyday
- Weight gain/loss
- Spotting between periods
- Nausea, vomiting
- Depression
- Decreased or increased sex drive



Depo-Provera

- •Injected hormone for females which starts preventing pregnancy 24 hours after injection
- •Shot is given every three months by a healthcare professional
- •The hormones work to inhibit ovulation, thicken cervical mucous, and thin the uterine lining
- •Is 99.7% effective in preventing pregnancy

Advantages

- Similar benefits as the pill
- Don't have to remember it daily
- Reduces cramping
- •Reduces anemia
- •Can be used by women who require medication for seizures or who cannot take estrogen

- •Have to be injected every three months
- •Irregular bleeding occurs in 70% of women during the first year of use
- •Weight gain, headaches, sore breasts, nausea, depression, dizziness, skin rash, vaginal dryness
- •Side effects may last up to 14 weeks after discontinuing the shot

Implanon

- •A plastic rod which carries hormones that is implanted under the skin on your arm
- •Remains in your arm for up to 3 years
- Can be taken out at any time
- Prevents ovulation and increases cervical mucous thickness
- Over 99% effective
- Does NOT prevent against STDs and HIV

<u>Advantages</u>

- •Do not have to remember daily
- Reversible
- •Usually cannot be seen once inserted

<u>Disadvantages</u>

- Irregular bleeding
- Pain during insertion/removal
- May not be appropriate for overweight or obese women
- •May cause blood clots, ovarian cysts, headaches, weight gain, depression, acne, and/or breast pain

Intrauterine Device (IUD)

- •A plastic, T-shaped birth control device that is inserted into the uterus through the cervix by a healthcare professional
- Two Types
 - •Copper- Can last up to 12 years
 - •Progesterone (Mirena) Can last up to 7 years
- Prevent pregnancy by preventing fertilization of the egg
- •IUDs are recommended for individuals in long-term monogamous relationships where risk of STD infection is low
- •IUDs are 99% effective in preventing pregnancy

Advantages

- •Does not change hormone levels in the body like other contraceptives do
- •Cost over time may be low compared to options which are purchased more frequently
- Do not have to be remembered daily as birth control pills do

- Bleeding between periods
- •IUD may fall out
- Do not protect against STDs
- •IUD may be felt during sex



The Patch

- •A birth control option which is attached to the female's skin on the lower abdomen, buttocks, or upper body
- •Prevents ovulation with the use of progesterone and estrogen which is absorbed from the patch into the blood stream
- •99% effective in preventing pregnancy
- Does not protect against STDs
- Must be replaced weekly

<u>Advantages</u>

- Visible reminder of birth control
- Must be changed weekly as opposed to taken daily



<u>Disadvantages</u>

- •Risk of blood clots, weight gain, irregular bleeding, breast tenderness
- Others may be able to see the patch
- Does not protect against STDs

The Ring

- •A small, flexible ring is inserted into the vagina and left in for 3 weeks. After three weeks, the ring is removed and left out for one week (during menstruation) before a new one is inserted.
- •The ring uses progesterone and estrogen to prevent ovulation
- •The ring is 92%–99% effective in preventing pregnancy
- •The ring offers **no** protection against STDs

<u>Advantages</u>

- Lighter periods
- May decrease bloating, cramping, and irritability
- Helps prevent osteoporosis
- Is attended to every three weeks as opposed to a daily pill

- •May cause weight change, tender breasts, mood alterations, irregular bleeding, blood clots and elevated blood pressure
- Does not protect against STDs



Sterilization

- •Sterilization is a permanent form of birth control
- Methods can be reversed but success rate is low
- •Can be utilized by men and women
- •Should only be used for individuals who never want children or already have children and do not want more.
- Male sterilization is called a vasectomy
 - •Surgical procedure (30 minutes) which cuts or ties the vas deferens
 - •Vas deferens are the tubes which carry sperm
- •Female sterilization occurs through either of two processes:
 - •Tubal Ligation- surgically cutting the fallopian tubes and tying or cauterizing the ends.
 - •This procedures disables eggs from leaving the tubes and therefore becoming fertilized
 - •Hysteroscopic sterilization-Spring-like coils are inserted into the fallopian tubes by a scope which is inserted into the uterus through the cervix
 - •Scar tissue builds around the coils until the tubes are blocked and sperm can no longer enter

Emergency Contraceptives

Plan B (The morning after pill)

- •Can be purchased over the counter at any pharmacy by individuals 17 years and older- be sure to take your ID
- •16 year olds need a prescription to purchase
- •Is taken by the female up to 72 hours after having unprotected intercourse without the use of contraceptives or used a barrier method of protection but it failed
- •The pill works by preventing ovulation or implantation of a fertilized egg to the uterine wall
- •This method is 89% effective in preventing pregnancy
- •This is not an abortion pill, if the fertilized egg has already attached to the uterine wall, you will remain pregnant

•If you are already pregnant, the pill does not increase the risk of birth

defects



Resources

Visit the Wyoming Department of Health Communicable Disease website www.knowyo.org to find:

- How to use a condom
- Information regarding STDs
- •Where you can go to get free condoms
- •Where you can go to get free STD testing with a printable voucher
- Information on unintended pregnancy
- •To test your knowledge about STD risk



References

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