

Sterilization– Tubal Ligation & Vasectomy

- **Tubal Ligation**- An operation that closes the tubes between the ovaries and uterus, which prevents a man's sperm cells from reaching the eggs in a woman's body.
- **Vasectomy**- The tubes in which sperm travel (vas deferens) are cut during surgery. Makes men sterile by keeping sperm out of semen.
- Permanent form of birth control.
- 99% effective.
- **Benefits**: Enjoy sex without worry of contraception, permanent and cost effective.
- **Disadvantages**: No protection against STDs, requires surgery, some pain after surgery and difficult to reverse.

Fertility Awareness

- Identifies days each menstrual cycle when intercourse is most likely to result in pregnancy.
- Charting methods are often used to predict when you will ovulate in order to prevent pregnancy. Types include temperature method, cervical mucus changes and calendar method.
- When used correctly, 90% effective.
- **Benefits**: Inexpensive and no health risks.
- **Disadvantages**: Requires motivation and abstinence during the identified fertile periods and does not protect against STDs.

Macomb County Health Department




Mark A. Hackel
County Executive

The Family Planning Program provides reproductive health education, counseling and information about contraceptive methods and management, including abstinence. The program also offers pregnancy testing, pelvic and breast exams and birth control supplies. Costs are charged using a sliding fee scale.

Phone: 586-469-5491

Website: www.macombcountymi.gov/publichealth

The Family Planning Program is supported by Federal Grant (Title X) monies.  Find us on Facebook!

Contraceptive Methods

ABSTINENCE

The best form of contraception is **Abstinence!**

Abstinence means not participating in any vaginal, anal or oral intercourse. It is the **ONLY 100% EFFECTIVE METHOD OF BIRTH CONTROL!**

Reduces the Medical Risk of:

- Cervical cancer
- Urinary tracts infections
- STDs

Relationship Benefits

- Allows time to test the patience of love beyond the first attraction
- Allows a couple time to develop a deeper friendship
- Helps people explore ways to express love and sexual feelings

Personal Benefits

- Prevents feelings of guilt and regret
- Maintains self-respect
- Establishes a positive reputation

Why People Choose Abstinence

- No risk of pregnancy
- Wait to find the "right" partner
- Focus on school, career or sports
- Support personal or religious values
- Wait until they are ready





Oral Contraceptive Pills

- When taken as prescribed, the pill is 99% effective.
- Many types of pills with different combinations of estrogen and progesterone.
- **Benefits:** Effective and reversible, lighter/regular periods, less cramps and acne, decreased risk of ovarian and endometrial cancer.
- **Disadvantages:** Headaches, weight gain, nausea, breast tenderness, vaginal infections, mood swings and no protection against STDs.
- **Health Risks Include:** Blood clots, high blood pressure, heart attacks (especially in those who smoke) and gallbladder disease.



NuvaRing

- Flexible plastic ring containing estrogen and progesterone - about 2 inches in diameter.
- Easily inserted into the vagina and is worn for 3 weeks and removed for 1 week, which triggers menstruation. A new ring must be inserted every month.
- When used as directed, 99% effective.
- **Benefits:** Very effective, no daily pill, easily reversible, regular menstrual period, convenient, less cramps and acne, decreased risk of ovarian and endometrial cancer.
- **Disadvantages:** Headaches, nausea, vaginal infections, breast tenderness, weight gain, mood changes and no protection against STDs.
- **Health Risks Include:** Same as pill.



Barrier Methods

- Prevent sperm from reaching the uterus/fallopian tubes.
- Male and female condom.
- Male condom is placed over the male's erect penis before intercourse. If used correctly, the failure rate is 3%. When used incorrectly, the failure rate is 12%.
- Female condom is a lubricated polyurethane sheath that is shaped somewhat like a male condom. Used correctly, the failure rate is 5%.
- Both condoms offer some protection against STDs and HIV.
- Other barrier methods include: diaphragm, cervical cap and the sponge.



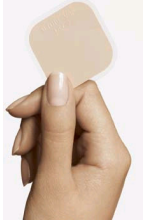
Diaphragm

- A small, soft rubber dome with a flexible spring molded into the rim of the outer edge.
- Used with a sperm-destroying jelly or cream.
- Covers a woman's cervix.
- When used with a spermicide, a diaphragm can be 82-94% effective.
- **Benefits:** Fewer side effects than hormonal methods, no effect on menstrual period and can be put in for up to 6 hours before intercourse.
- **Disadvantages:** Does not protect against STDs, some women develop bladder infections, can be difficult to put in or take out and must be in place every time a woman has vaginal intercourse.



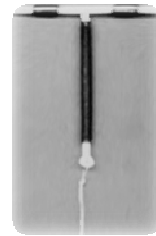
Ortho Evra

- Contains the hormones estrogen and progesterone.
- Hormones are delivered through a patch applied to the skin.
- New patch is placed on the buttocks, stomach, upper outer arm, or upper torso once a week for 3 weeks in a row, followed by a patch-free week.
- When used as directed, 99% effective.
- **Benefits:** Very effective, no daily pill, regular periods, reversible, convenient, less cramps and acne and decreased risk of ovarian and endometrial cancer.
- **Disadvantages:** Skin irritation, cramping, breast tenderness, headaches, nausea, weight gain, mood changes and vaginal infections.



Intrauterine Device (IUD)

- Small plastic device with coils which is inserted through the cervix and placed in the uterus.
- 95-98% effective.
- ParaGard®- contains copper, good for 10 years.
- Mirena® - contains progesterone, good for 5 years.
- **Benefits:** Convenient, low cost after the first year, and women who cannot use hormone methods can use the copper IUD.
- **Disadvantages:** No protection against STDs, spotting between periods, increased menstrual flow and cramps, has to be inserted and removed by a physician.
- **Health Risks Include:** Tubal pregnancy and perforation of uterus.



Vaginal Spermicide

- Available as cream, foam, jelly, tablet, film and suppository.
- Forms a chemical barrier over the uterine entrance to kill sperm on contact.
- Must be put in shortly before sexual intercourse.
- 85% effective.
- **Benefits:** Can be purchased over the counter, used without partner involvement and may also be used as a back-up method.
- **Disadvantages:** No protection against STDs, can be messy, less effective compared to other methods and may cause vaginal irritation.



Injectables

- Most commonly known as Depo-Provera, 99.7% effective at preventing pregnancy.
- Progesterone shot given every 3 months.
- **Benefits:** Can be used by women who cannot take estrogen, no daily pill and lighter or no periods.
- **Disadvantages:** Requires visit to doctor every 90 days, irregular menstrual pattern, not immediately reversible, weight gain, headaches, nausea, breast tenderness, depression and no protection against STDs.
- **Health Risks Include:** May cause loss of calcium from bones.

