



*Arbor Obstetrics and
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*Steps Toward a Healthier
You!*

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How do you want your eating habits to change?

- Use low-fat and fat-free dairy products like milk, cheese, and yogurt
- Replace at least one meal a week with a fish or bean dish (maybe even try "Meatless Mondays"!)
- Prepare most meals using fresh or frozen vegetables
- Cut butter and oils in half when baking and cooking and use healthy oils like olive oil
- Explore one new fruit or vegetable as each season changes
- Read food labels and look for items that have reduced fat and sodium (salt) content
- Trim fat from meat before cooking it
- Drink more water
- Don't skip breakfast! (Instead, try pairing an English muffin with peanut butter for a quick option)

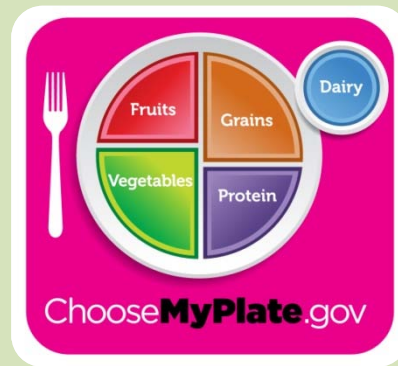
Eating Right



Keep it Colorful

As the seasons change we have a wide variety of fruits and vegetables to choose from. One of the best ways to make sure you stay healthy is to eat a balanced diet full of color and variety! The U.S. Department of Agriculture created MyPlate as a visual guide to help you make healthy food choices. For meals, fill half of your plate with fruits and vegetables and the other half split between whole grains and proteins.

Grains: While shopping look for whole grains in cereals and breads. Try substituting whole grain bread for white bread and brown rice for white rice.



Be on the lookout for sources of lean protein such as chicken breasts, lean ground beef, and fish. Try to consume two servings of fish weekly - it improves cardiovascular health!

Foods to avoid or limit:
 Sugary treats
 Fatty meats
 Heavily processed foods
 Enriched or "white" grains

Calcium

Calcium is an important part of maintaining many different body functions, not just bone health! Women ages 19-50 should get 1000mg of calcium daily and post-menopausal women should get 1200mg daily. Of that amount, not more than half should come from a supplement and the rest should come mostly from non-dairy food sources.

One of the best absorbed calcium supplements is calcium citrate. Vitamin D is crucial for the absorption of calcium and although it can be derived from the sun, it should be taken in supplement form as sun exposure is generally not recommended because of the risk of developing skin cancer.

Calcium-rich foods and the amount of calcium listed in milligrams (mg)

1 cup okra	176 mg	3 oz canned salmon	181 mg	1 cup orange juice	300 mg
1 cup spinach	291 mg	1/2 cup almonds	162 mg	8 oz low-fat 1% milk	290 mg
1 cup collards	357 mg	1/2 cup soybeans	197 mg	1 oz cheddar cheese	204 mg
1 cup turnip greens	249 mg	1 cup chickpeas	105 mg	1 oz goat cheese	254 mg
3 oz sardines	325 mg	1 whole, cooked egg	55 mg	8 oz low-fat yogurt	415 mg

Exercise and Activity

Where Do I Start?

Exercise and activity have a number of benefits such as cardiovascular health, reducing the risk of disease, stress relief, and aiding with depression. It is recommended that adults have moderate-intensity aerobic activity for 2 ½ hours every week and perform muscle strengthening activities twice per week. After you have talked with your provider to make sure it is safe for you to exercise, try some of these tips to help get you going!

- Exercise for 30 minutes a day 5 days a week. You can divide up those 30 minutes and spread them out during the day if you have a busy schedule
- Do something you enjoy. If you don't enjoy your exercise routine then you probably won't stick with it
- Invite a friend to exercise with or join a group. This will help keep you motivated and accountable
- Dress appropriately - wear comfortable and supportive shoes, breathable clothing, and safety gear such as helmets when needed
- Eat a healthy snack between meals and after exercising. Something with protein will keep you fuller longer and keep your energy up
- Be proud and reward yourself for reaching a set goal!

What Should I Do?

- Warm up with stretching and slow movement
- Start to increase your pace to strengthen your heart and lungs. Over time you will also be able to improve your endurance
- Perform strength / weight-bearing exercises for muscle and bone health
- Finish your workout by stretching to encourage flexibility



Where are you now in your activity level?

- I sometimes take the stairs instead of the elevator
- I do housework like mopping the floors and vacuuming frequently
- I often do yard work such as raking the leaves or pulling weeds
- I sometimes do additional chores such as washing the car
- I get some form of exercise, like walking or dancing, at least 1-2 times a week
- I run around after my kids all day
- I exercise 5 times a week

Managing Your Weight

For many people, maintaining a healthy weight is a lifelong struggle. It is important for you to take steps toward healthy living because being overweight is associated with many disorders including diabetes, hypertension, stroke, heart disease, sleep apnea, cancer, and many others. Weight loss (even if it is only a small amount) is associated with a reduction in obesity-associated problems and diseases. **Losing weight is for many people the single most beneficial action they can take to improve their health.**



Weight management begins with understanding how to balance your "calories in" and "calories out." This means that both eating healthy AND exercise are crucial to your success. *Weight Watchers Online* or *My Fitness Pal* on your smart phone are one of a number of websites/apps that have tools available to calculate your body mass index (BMI), caloric needs, and expenditures (exercise and activity). If you are having trouble losing weight or have any questions please do not hesitate to discuss them with your provider.

Reducing Your Risks

Some of the Leading Causes of Death for Ages 19-39

Motor vehicle accidents
Cardiovascular disease
Homicide
Coronary artery disease
Breast cancer
Cerebrovascular disease
Uterine cancer

Some of the Leading Causes of Death for Ages 40-64

Cardiovascular disease
Coronary artery disease
Breast cancer
Cerebrovascular disease
Colorectal cancer
Obstructive pulmonary disease
Ovarian cancer

Be Safe

- Always wear a seatbelt with the shoulder harness and make sure the other people in your car are safe as well. Never drink and drive!
- **Avoid driving when you are tired.** On a long drive try to switch drivers or take frequent breaks to walk around or rest
- **Always wear a helmet** when riding a bike or doing other potentially dangerous activities like skateboarding, skiing, or horseback riding
- Keep your smoke detectors in working order by replacing the batteries as needed
- If you have a gun in your home always think safety first. Be sure to unload and lock up the gun when not in use, lock and store ammunition in a separate location, and hide keys to the locks in a place where children cannot gain access to them

Stay Tobacco Free

- Smoking is a huge risk to your health and wellbeing
- It is **never** too late to quit
- From the moment you first quit you are reducing your risk of developing a tobacco-related illness
- Throw away all of your cigarettes, lighters, and ashtrays
- Determine your triggers and try to avoid them
- Discuss the possibility of using nicotine replacements with your provider to help you quit
- Try using electric vapor cigarettes, many patients have found them very helpful
- Find support to help you quit. Social support, such as joining a "stop smoking group" is proven to aid you in your efforts
- Ask friends and family not to smoke around you
- Chew sugarless gum or chew on a toothpick to keep your mouth busy
- Stay active, take long walks, begin a hobby, anything that helps keep your mind off of smoking



Drink Only the Recommended Amount of Alcohol

- Enjoying a glass of wine or a beer is not necessarily a bad thing, but drinking more than the recommended amount of alcohol can lead to serious health risks
- Limit yourself to drinking only two drinks a day and no more than seven drinks in a week. This means drinking only one 5-ounce glass of wine or one 12-ounce beer or 1.5-ounces of liquor
- If you feel that you need to drink more than that, it may be time for you to seek help and discuss this with your healthcare provider

Reduce Your Stress

Reducing your stress can seem like a daunting or unrealistic task to many people, but with a few steps you really can start to control your stress for a happier and healthier life. These steps include:

- Take 15 minutes every day to do something you enjoy
- Engage in daily physical activity
- Talk with family and friends
- Remember to laugh and find time for things you take pleasure in, such as listening to music
- Practice relaxation techniques like deep breathing when you start to feel stressed out
- Use positive self-talk (instead of thinking "I can't do this," think "I'll do the best I can")
- Get enough sleep - those 7-9 hours a night are crucial to your health and level of stress
- Get organized by giving yourself one small project a week (like cleaning out one drawer) and then move to bigger tasks like cleaning out a closet, office, or car
- Give up bad habits like drinking too much alcohol, smoking, and relying on too much caffeine

Seek Help For Depression

Depression is often a misunderstood or unrecognized problem. It is not something to be ashamed of, nor is it a character flaw or sign of a weak personality. Depression isn't just worrying about an important test or stress at work, and it's not just a day or two of being moody or having the blues. Depression involves a lack of neurotransmitters in the brain and affects millions of people every year. It is a significant and dangerous medical problem that needs treatment just like diabetes, asthma, or heart disease.



Signs and Symptoms of depression consist of depressed or irritable mood most of the day—nearly every day; Loss of interest or pleasure in activities; a sudden change in weight or appetite; Changes in sleeping patterns; Agitation or restlessness; Constant fatigue or loss of energy; Frequent feelings of worthlessness or guilt; Difficulty concentrating or making decisions; and/or frequent thoughts of death or suicide.

Several options are available for the **treatment** of depression. Some of the treatments that have been shown to help are counseling, exercise, time outdoors, behavioral therapy (such as cognitive behavioral therapy which works to help a person learn to recognize negative patterns of thought, evaluate their validity, and replace them with healthier ways of thinking), and medications. We encourage all of our patients who are having problems with depression to make an effort to exercise (improves self-esteem, reduces perception of pain, and releases endorphins), eat well, get adequate sleep and spend time outdoors. Journaling is also a helpful way to provide useful insight into how you see yourself and the world around you. This knowledge can help you measure the progress you're making with your treatment plan. It may also help to write down positive attributes about yourself and use positive self-talk. These are simple steps that can have a big effect on mood.

Important note: if you or someone you know has thoughts of suicide, or if you are having a crisis and need immediate help please call us or one of the hotlines listed below.

Fulton: (404) 730-1600 Dekalb: (404) 892-4646 Peachford Hospital: (770) 454-2302

Cardiovascular and Cerebrovascular Health



Heart disease is the leading cause of death in women and includes several different diseases related to the buildup of plaque in the arteries. This buildup, also known as atherosclerosis, leads to thickening, narrowing, and hardening of the arteries, which dramatically increases the risk of heart attack and stroke. Other related conditions include arrhythmias and heart failure.

Do you know your risk of developing heart disease? Take the following quiz to determine your risk and then read about a few ways to reduce that risk.

1. Age	Points	2. HDL Cholesterol	Points
<34	-7	>60	-1
35-39	-3	50-59	0
40-44	0	40-49	1
45-49	3	<40	2
50-54	6		
55-59	8		
60-64	10		
65-69	12		

3. Total Cholesterol	Age: <39	40-49	50-59	60-69
<160	0	0	0	0
160-199	4	3	2	1
200-239	8	6	4	2
240-279	11	8	5	3
>280	13	10	7	4

4. Smoking	Age: <39	40-49	50-59	60-69
No	0	0	0	0
Yes	9	7	4	2

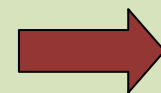
5. Systolic Blood Pressure	Treated	Untreated
<120	0	0
120-129	3	1
130-139	4	2
140-159	5	3
>159	6	4

Point Total	10 Year Risk %	Point Total	10 Year Risk %
<9	<1%	19	8%
9-12	1%	20	11%
13-14	2%	21	14%
15	3%	22	17%
16	4%	23	22%
17	5%	24	27%
18	6%	>=25	>30%

You can help reduce your risk of heart disease by following these guidelines:

1. Eat a balanced diet that includes **healthy fats and oils**
2. Get plenty of **physical activity** - it is recommended that you get at least 30 minutes of exercise on most days of the week.
3. Manage your **weight**
4. Manage your **stress**
5. **Quit smoking**

<i>Heart Attack Warning Signs</i>	<i>Stroke Warning Signs</i>
Chest Discomfort or Heavy Pressure	Sudden numbness or weakness in the face, arm, or leg (especially on one side)
Upper Body Discomfort (like shoulder, neck, or arm pain)	Sudden confusion, trouble speaking or understanding
Shortness of Breath	Sudden trouble seeing in one or both eyes and/or sudden severe headache
Breaking into a cold sweat, nausea, fatigue, or lightheadedness	Sudden trouble walking, dizziness, loss of balance or coordination



**Call
911!**

What is High Cholesterol?

Cholesterol is a substance, similar to fat, that is found in the bloodstream and all of your body's cells. There are two kinds of cholesterol: good HDL cholesterol and bad LDL cholesterol and the key is getting these into the correct ratio. This ratio is mostly affected by your genes (family history), but the food and lifestyle choices that you make also affect your cholesterol and influence your risk for heart disease and stroke.

Managing your cholesterol begins with **diet and exercise**. You can modify your risk by cutting down on food high in saturated fat and cholesterol such as fatty meats, butter, cheese, whole-milk dairy products, egg yolks, fatty fish, and fried foods. Exercise 30 minutes a day, most days of the week. There are medications available to help control cholesterol, but they are not for all patients and still include diet and exercise as a part of treatment.

HDL = good cholesterol (you want this to be higher)

LDL = bad cholesterol (you want this to be lower)

Tips:

Cut down on saturated fats (animal products)

Eat foods high in fiber

Exercise to raise your HDL and lower your LDL

Preventive Medicine and Taking Charge of Your Healthcare

- * manage existing medical problems
- * follow treatment plans
- * take medication as directed
- * have appropriate screening tests done
- * discuss concerns with your provider

Screening

Breast Cancer - have a mammogram every 1-2 years starting at age 40

Cervical Cancer - have a Pap smear every 1-5 years depending on age and risk factors

Colorectal Cancer - test for colon cancer no later than age 50. Colonoscopy is the gold standard

Heart Disease - check cholesterol starting at age 45, blood pressure every 2 years, and monitor weight

Diabetes - test for diabetes if you have high blood pressure, high cholesterol, or are overweight

Osteoporosis - bone density testing at 65 or sooner if you have a low body weight or other risk factors

Dental, Hearing, and Vision - Visit your dentist 1-2 times yearly, have your hearing checked if you have any concerns, and visit your optometrist regularly (especially if you wear contacts or glasses)

Screening times may vary based on family history and other risks



BRCA Gene Testing

BRCA1 and BRCA2 are human genes that can mutate and be passed down through families. If a man or woman inherits a harmful form of the BRCA gene they are at an increased risk of developing breast or ovarian cancer, as well as other cancers. Testing is done by a simple blood draw. There are options available to reduce a person's risk of developing cancer if a mutation is found.

It may be recommended that you receive testing if you have:

- had breast or ovarian cancer
- a male relative with breast cancer
- a blood relative with the BRCA gene
- 2 or more relatives with breast cancer before 50 or ovarian cancer at any age
- Ashkenazi or Eastern European Jewish heritage

The BRCA genes are not the only genes associated with an increased risk for cancer. If you have a strong family history of other cancers you should discuss with your provider whether testing or referral to a genetic counselor is appropriate.

Vaccines



Vaccines are an important way to protect yourself against many different diseases.

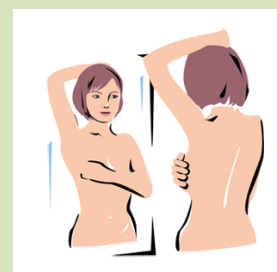
Vaccine	Who Should Get It?
Tetanus, diphtheria, pertussis (Td/Tdap)	All healthy adults should get a booster shot of Td every 10 years and one booster of Tdap is recommended for any adult who will be around an infant less than 12 months of age
Influenza	All healthy adults. Especially recommended for high risk individuals such as pregnant women and adults over age 65
HPV Vaccine	All previously unvaccinated women and men up to age 26
Zoster (Shingles)	Adults 60 years and older
Measles, mumps, rubella (MMR)	Adults 18 years or older who are not immune; a booster shot or documented immunity is especially important for women planning pregnancy
Pneumococcal (pneumonia)	Adults 65 years and older, and younger adults who are at high risk
Meningococcal (meningitis)	Teens and adults living in a communal environment, especially those living in a college dormitory
Hepatitis A	All adults who want to be protected from Hep A or people at high risk for contracting the disease
Hepatitis B	All adults who want to be protected from Hep B or people at high risk for contracting the disease
Varicella (chickenpox)	Anyone who is not fully vaccinated or has never had chickenpox

**These are only brief general guidelines, if you need more information about risk factors and your vaccination needs please talk with your healthcare provider.*

Gynecologic Concerns

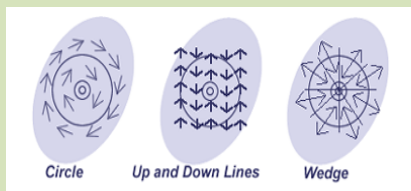
Breast Self-Exam

There are three steps to good breast care: mammogram, physical exam by a physician, and breast self exam (BSE).



How to do a BSE: The best time to perform a BSE is 3-5 days after your menstrual cycle has ended. This is the time in your cycle when your breasts are less tender and less affected by changes that occur during menstruation.

First stand in front of a mirror and look for changes in your breasts while your hands are over your head, resting at your side, and then pressed down on your hips and bending forward. Then feel for changes in your breasts while lying down or standing by following these steps:



1. Raise your right arm above your head and examine the area by making a square from your underarm to lower bra line, up the breast bone to the collar bone, and back to the underarm
2. Use the pads of three middle fingers of the left hand and move fingers in small, dime-size circles
3. Examine entire area using one of the patterns shown on the left. Use three levels of pressure: light, medium, and firm
4. After this, examine your left breast in the same manner using your right hand. Notify your provider if you find any lumps or changes in your breasts

STDs

Sexually transmitted diseases are infections you can get through sexual contact. STDs can result in serious consequences such as cancer, long term pain, infertility, ectopic pregnancy, and some can be life threatening. Due to the above, STD prevention is very important. Maintaining monogamous relationships and using latex condoms are important steps towards preventing STDs. Testing to allow for early treatment and vaccines are other important steps for those that may be at risk.



Some of the more common STDs are:

Chlamydia - most common bacterial STD in the U.S. Without treatment it can lead to pelvic inflammatory disease, infertility, ectopic pregnancy and long term pelvic pain. It can be asymptomatic in 75% of women.

Gonorrhea - second most common bacterial STD and can also cause infertility, ectopic pregnancy, and long term pelvic pain.

Genital Warts - risk can be reduced by the HPV vaccine. Keep reading to find out more information!

Hepatitis B & C - can result in long term infections which can lead to liver damage and cancer. Vaccination is available for Hepatitis B.

Herpes - viral infection that causes painful recurrent blisters. It cannot be cured, but medication can lower the number of outbreaks and lower the risk of transmission.

HIV - symptoms vary from person to person. HIV infection cannot be cured, but treatment helps people live longer, healthier lives and makes it harder for HIV to be passed on to others.

Syphilis - rates have been declining in the U.S. for many years. Although becoming less common, it can be fatal and during pregnancy can result in serious and permanent disabilities to the fetus. It can usually be cured with a single dose of penicillin; early treatment is crucial because damage that has already occurred is irreversible.

Trichomoniasis - the most common curable STD in the U.S. can result in foul discharge and pain/bleeding during intercourse, but antibiotics are highly effective in treating it.

HPV and Warts

Human Papillomavirus (HPV) is a common virus that is able to infect both males and females. Many people will become infected with HPV in their lifetime, but most clear the virus without even knowing they ever contracted it. However, for those that do not clear certain types/strains of the virus, there may be serious consequences such as female cervical, vaginal, and vulvar cancers. Different strains of HPV can cause genital warts, which can affect both males

and females. Unfortunately, there is no way to know who will clear the virus and who won't.

In many cases, HPV infection is asymptomatic (meaning you can have the virus without signs or symptoms and therefore pass it along to others without knowing). HPV is transmitted via any kind of genital contact and you do not have to have sexual intercourse to pass it on. The transmission happens to many people during their first 2-3 years of sexual contact.

Cervical Cancer is a cancer that invades the lower part of the uterus which connects to the vagina. Each day in the U.S. 30 women are diagnosed with cervical cancer and 11 women die from it. Half of all women diagnosed with cervical cancer are between the ages of 35 and 55 years old and many women were probably exposed to cancer-causing strains of HPV in their teens or 20s.

Cervical cancer screening is done through a **Papanicolaou test** (pap smear). This is a smear taken from the cervix to aid in the identification of precancerous cells that have the potential to develop into cervical cancer. In 2012, the U.S. Preventative Services Task Force issued their recommendations on how often this screen should be performed, in agreement with the American Cancer Society and the

American College of Obstetricians and Gynecologists. Now, women ages 21-30 should have a pap smear at least every three years and women ages 30-65 may choose to prolong this interval and have a pap smear and HPV screening every five years. These recommendations differ if you have ever had an abnormal pap smear and in other specific instances.

Genital Warts are generally flesh-colored growths that can be small or large, raised or flat, and alone or in clusters. They are also caused by HPV and can be hard to see in some women because they are able to grow on the inside of a woman's vagina or cervix. About 2 out of 3 people will develop genital warts after having any kind of genital contact with an infected individual. These warts are treatable through cutting, freezing, or burning the warts. Unfortunately, even with treatment, 25% of cases return within 3 months.

The good news is that a vaccine for 4 types of HPV (strains 6, 11, 16, and 18) is available for girls and women ages 9-26. GARDASIL protects against 2 types of HPV that cause 75% of cervical cancer cases, 2 types that cause 90% of genital warts cases, and also as protection against 70% of vaginal cancer cases and up to 50% of vulvar cancer cases.

GARDASIL may also be given to boys and men ages 9-26 to help protect against 90% of genital warts cases.

Ideally GARDASIL should be given before starting sexual activity, but it is still useful in those who have begun sexual activity. In fact, even in women who have been diagnosed with HPV, it is very rare for them to be infected with all 4 types, meaning that GARDASIL will still protect them from some HPV-related disease.

For more information about HPV, other sexually transmitted diseases, and sexual health, visit the **American Social Health Association** at www.ashastd.org

Bacterial Vaginosis

This condition is the most common vaginal infection in the U.S. and occurs when the normal vaginal flora is replaced by an overgrowth of certain harmful bacteria. This process may be accompanied by a fishy odor coming from the vagina, thin white or grey discharge, pain, itching, or burning. However, most women are asymptomatic, meaning that they do not report having signs or symptoms of the infection.

The cause of BV is not fully understood, but it may be influenced by having a new sex partner or multiple sex partners, or by douching. However, even women who are not sexually active or have never had sex can contract BV. All women with symptoms of BV should be treated with antibiotics to reduce the risk of complications. The main complication associated with BV is pelvic inflammatory disease (PID). Having BV can also place a woman at higher risk for contracting STDs such as HIV, Herpes, Chlamydia, or Gonorrhea.

Yeast Infection

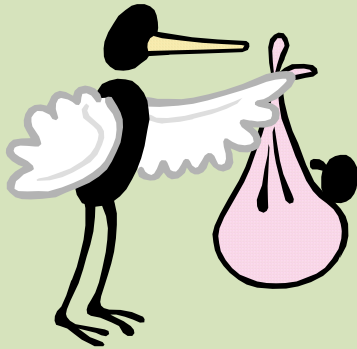
Genital or vulvovaginal candidiasis occurs when the normal balance of vaginal *Candida*, or yeast, is disrupted. This disruption can occur because of hormonal changes or changes in vaginal acidity. Symptoms usually include a cottage cheese-like vaginal discharge, itching, and burning. These symptoms are similar to many other vaginal infections so it is important to see your provider so that they can make the diagnosis and prescribe appropriate antifungal medication.

Urinary Tract Infections

The urinary system includes the urethra, bladder, ureters, and kidneys; infections of this system are common among women and are usually caused by the introduction of *E. coli* into the urethra.

Signs and symptoms of UTIs include pain or burning when urinating, a strong urge to urinate frequently, blood in the urine, cloudy urine, fever, tiredness, nausea, or back pain. If you have these symptoms it is important for you to see your provider so that you can be placed on the appropriate antibiotics.

Reproductive Health



Planning a new addition to your family can be a very exciting time. Before you take the plunge, here are a few steps that will help ensure you have a safe pregnancy and a healthy baby:

It is recommended that all women of childbearing age take a **folic acid** supplement to reduce the occurrence of birth defects, including cleft lip, cleft palate, and spina bifida. The suggested dosage for women who have no family history is 400 to 800 mcg taken every day (this can be found in a prenatal multivitamin).

A formal preconception visit with your provider is recommended so that the two of you can review and optimize control of any existing **medical conditions**. You will also discuss and perform any **genetic testing** that may be necessary because of family history or ethnic background. Even with no family history, testing for some genetic abnormalities (like sickle cell and cystic fibrosis) may be indicated. During the visit you and your provider will also evaluate your **environmental hazards** and exposures and review any **herbal supplements** that you take (as some herbs can pose a risk to your pregnancy). It is also important to be up to date on your **vaccinations**. Rubella and Varicella are particularly crucial vaccinations to have before becoming pregnant because they are live virus vaccines that cannot be given during pregnancy. This is also a good time to review health related behaviors, like diet and exercise, that will impact your pregnancy.



Women over age 35 are considered to be of advanced maternal age and should consult with their provider to review the possible impact on fertility and pregnancy outcomes. Some of the risks of advanced maternal age include decreased fertility, gestational diabetes, preeclampsia, and increased chances of chromosomal abnormalities such as Down's Syndrome.

The purpose of this booklet is to aid you in identifying key factors that will impact your health. Going through this material will help grow your awareness of your own body and hopefully help you modify risks factors so that you can lead a happier and healthier life. We encourage you to take the time to invest in reading and following these recommendations.

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For more information and resources visit us online at
www.arborobgyn.com and www.havenob.com



MOST EFFECTIVE:

Less than 1 pregnancy per 100 women in a year

Your Birth Control Guide

Type	Examples	Instructions
Long term or permanent methods	Implants, IUD, male/female sterilization	Highly effective methods. Mirena IUD can help with excessive menstrual bleeding, but both IUDs can be associated with irregular bleeding. Sterilization is very effective, but permanent and irreversible.
Injectables	Depo-Provera	Injection every 12 weeks. Can be associated with weight gain and bone loss. Long term use is not advised.
Daily, weekly, monthly combined hormonal methods	Oral Contraceptive Pills, Nuva Ring, Patch	OCPs must be taken every day. Nuva Ring is placed in the vagina for 3 weeks of each month and the patch is placed weekly.
LAM	Breastfeeding	Must breastfeed exclusively. Works for up to 6 months after delivery. Failures can happen.
Diaphragm	Arcing spring, Coil spring, and Flat spring types	Placed prior to intercourse. Must remain in place for 6 hours after intercourse.
Male condoms	Trojan, Durex, Crown	Has good effectiveness if used correctly and consistently every time.
Other Barriers	Female Condoms, Cervical Cap, Sponge	Use correctly every time. Technically more difficult to use than other methods.
Natural Family Planning / Spermicides	Withdrawal, Fertility Awareness based methods	Withdrawal alone can have a very high failure rate for some people. Fertility awareness methods require strict attention to cycles and body temperature monitoring.

LEAST EFFECTIVE:

About 30 pregnancies per 100 women in a year

EMERGENCY CONTRACEPTION:

PLAN B CAN BE USED TO PREVENT PREGNANCY WITHIN 72 HOURS OF UNPROTECTED INTERCOURSE OR BIRTH CONTROL FAILURE. ALTHOUGH IT CAN BE USED WITHIN 72 HOURS, EFFICACY IS HIGHEST WHEN USED IMMEDIATELY AFTER UNPROTECTED INTERCOURSE. IT IS NOT A REPLACEMENT FOR BIRTH CONTROL. THIS PRODUCT IS AVAILABLE OVER-THE-COUNTER WITHOUT A PRESCRIPTION FOR WOMEN 17 YEARS OF AGE OR OLDER.