

## ALTERNATIVES MEDICAL CLINIC

### BIRTH CONTROL METHODS AND EDUCATIONAL RESOURCES

| Method                                                              | Advantages                                                                                                                                         | Disadvantages                                                                                                                                                                                                                                                                  | *Effectiveness |
|---------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------|
| <b>Abstinence</b>                                                   | Protection of fertility, less emotional hurt; greater trust and satisfaction in marriage; <b>100% effective in preventing unintended pregnancy</b> | It's challenging physically, emotionally, relationally to remain abstinent, or to return to abstinence, but many are choosing this as the optimal means of securing good health; <b>100% protection against STI's</b>                                                          | 100%           |
| <b>Condom</b>                                                       | Used every time you have sex, effectiveness rates depends on consistency of use                                                                    | Used by male partner; can break or slip off; <b>can reduce the risk of STI's, but does not eliminate all risk for STI's</b>                                                                                                                                                    | 85%            |
| <b>Depo-provera injection*</b>                                      | First injection given by the 5 <sup>th</sup> day of period, works right away and continues working for 12 weeks                                    | Must go to a clinic or HCP for injection every 12 weeks; non-permanent, but may delay becoming pregnant on avg. by 10 mo.; <b>associated with loss of bone density; may act as an abortifacient, working to prevent an embryo from implanting; no protection against STI's</b> | 97%            |
| <b>Diaphragm (with Spermicide)</b>                                  | Insertion up to 6 hrs. before                                                                                                                      | Reapplication of spermicide necessary for Repeated intercourse; comfort level with Insertion; increased risk of urinary tract, bladder infections; <b>no protection against STI's</b>                                                                                          | 82-94%         |
| <b>IUD**</b>                                                        | Continuous protection                                                                                                                              | Cramping; bleeding/spotting; <b>increased risk of infection/PID</b> , possible perforation of uterus; <b>may act as an abortifacient, working to prevent an embryo from implanting; no protection against STI's</b>                                                            | 99%            |
| <b>Nuva Ring**</b>                                                  | Place new ring once a month; HCP prescribes                                                                                                        | May cause headaches, period changes; <b>may act as an abortifacient, working to prevent an embryo from implanting; no protection against STI's</b>                                                                                                                             | 92%            |
| <b>Patch**</b>                                                      | New patch needed each week; easy to use                                                                                                            | May have breast tenderness, period changes; <b>may act as an abortifacient, working to prevent an embryo from implanting; no protection against STI's</b>                                                                                                                      | 92%            |
| <b>Pill/Mini-Pill**</b>                                             | Take at the same time every day, prescribed by HCP                                                                                                 | May have nausea, mood changes, other side effects like spotting, irregular bleeding; <b>may act as an abortifacient, working to prevent an embryo from implanting; no protection against STI's</b>                                                                             | 92%            |
| <b>Rhythm, Calendar or Natural Family Planning (NFP) Method****</b> | Requires no product                                                                                                                                | Requires motivation, awareness of bodily changes, planning; prohibits intercourse for ½ of month; not for women with irregular cycles; <b>no protection against STI's</b>                                                                                                      | 80-99%         |
| <b>Spermicide Only</b>                                              | Over the Counter-use with barrier methods                                                                                                          | Insertion necessary at least ½ hr. before intercourse; reapplication necessary for repeat intercourse; messy; <b>no protection against STI's</b>                                                                                                                               | 71%            |
| <b>Sponge</b>                                                       | Over-the-counter, new sponge with each time she has sex                                                                                            | Sometimes difficult to remove; <b>no protection against STI's</b>                                                                                                                                                                                                              | 68%            |

|                             |                                                                                                     |                                                                                                                                                                                                                                                                                                                                                                               |        |
|-----------------------------|-----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|
| <b>Subdermal Implants**</b> | Continuous protection for 3 years; reversible ; no need to remember daily or weekly                 | Causes changes in your period; may cause headaches or acne; placed by HCP; <b>may act as an abortifacient, working to prevent an embryo from implanting; no protection against STI's</b>                                                                                                                                                                                      | 99%    |
| <b>Tubal Ligation</b>       | Permanent. Continuous protection; no need to remember                                               | Surgical procedure; considered permanent; <b>no protection against STI's</b>                                                                                                                                                                                                                                                                                                  | 99%    |
| <b>Vasectomy</b>            | Permanent; Continuous protection; no need to remember                                               | Surgical procedure; considered permanent; <b>no protection against STI's</b>                                                                                                                                                                                                                                                                                                  | 99%    |
| <b>Withdrawl</b>            | Requires no product                                                                                 | Provided by male partner; even with a great deal of control leakage of sperm occurs before ejaculation; not a reliable method; <b>no protection against STI's</b>                                                                                                                                                                                                             | 72-76% |
| <b>Essure*****</b>          | Permanent, cannot be reversed; after 3 mo., no need for additional form of contraception            | Requires counseling/consent. Placed by trained HCP, coils are placed in fallopian tubes. Takes 3 mo. to complete blockage of tubes, requires xray to verify; <b>no protection against STI's</b>                                                                                                                                                                               | +99%   |
| <b>Ella***</b>              | Taken within 5 days/120 hrs. of unprotected sex or failed other method. Needs a prescription.       | A non-hormonal drug that blocks the effects of key hormones necessary for conception; may cause headaches, stomach pain, cramps, dizziness, fatigue; should not be used more than once a month; may make regular pills less effective; <b>may act as an abortifacient, working to prevent an embryo from implanting; do not take if pregnant; no protection against STI's</b> | 97%    |
| <b>Plan B***</b>            | Taken within 3 days/72 hrs. of unprotected sex or after failed other method. Needs no prescription. | May delay ovulation, interfere with fertilization or has potential to <b>act as an abortifacient, working to prevent an embryo from implanting; do not take if pregnant; no protection against STI's</b>                                                                                                                                                                      | 89-95% |

\*\*\*\*Natural Family Planning Method: <http://www.mayoclinic.com/health/rhythm-method/MY01003>

### **Birth Control Factsheets**

<http://womenshealth.gov/pregnancy/index.html>

Info. Sources: Client Education Materials CA State: [www.familypact.org](http://www.familypact.org)

<http://www.familypact.org/Default.aspx?PageID=11657007&A=SearchResult&SearchID=5097041&ObjectID=11657007&ObjectType=1>

\*Depo-Provera Injection: <http://www.drugs.com/pro/depo-provera.html>

\*\*How the Pill and Hormonal Contraception works: <http://contraception.about.com/od/thepill/qt/How-The-Pill-Works.htm>

\*\*\*Emergency Contraception-EllaOne: <http://www.optionline.org/mobile/ella.html>

\*\*\*Emergency Contraception-Morning After Pill: <http://www.optionline.org/mobile/morningafterpill.html>

\*\*\*\*\*Essure: <http://www.mayoclinic.com/health/essure/MY00999>

# “Natural” Family Planning

## The Rhythm Method

The Rhythm Method or Calendar Method, also known as Natural Family Planning can be used as a method of contraception by helping you determine which are the best days to have or avoid unprotected sex. This method takes some effort in terms of tracking your cycle, and perhaps some self- control by both you and your partner to avoid sex completely while you are most fertile. Having sex during that fertile window requires using an additional form of contraception such as a condom, but either way, the benefits include that it is both economical, and has none of the side effects of the hormonal methods. As with all methods of contraception, its effectiveness in preventing unintended pregnancy is tied directly to proper and consistent use which is a “team effort” by both parties.

To know more about the Rhythm method, check out these links.

<http://www.mayoclinic.com/health/rhythm-method/MY01003>

## For a Guys Perspective

[http://www.busyparentsonline.com/health/20041\\_nfp.htm](http://www.busyparentsonline.com/health/20041_nfp.htm)

## Ovulation/Fertility Apps Online

Although we do not endorse any product or company, there are Smartphone apps available for both Android and iPhone that will help you become knowledgeable about this method of contraception and your personal cycle.

<http://www.appbrain.com/app/ovuvview%3A-ovulation-fertility/com.sleekbit.ovuvview>

<https://itunes.apple.com/us/app/nfp-manager-sympto/id341755714?mt=8>

<http://www.fertilityfriend.com/p/163/index35.html?gclid=CIi28uWk7LkCFbB7QgodFCoANQ>

**Withdrawal** Requires no product, is provided by the male partner, has an efficacy rate of 72-76%