

# TAKE CONTROL

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FPA WOMEN'S HEALTH  
Your Choice Since 1969

99+%

## Mirena IUD

- Prevents pregnancy for up to **7 years**.
- Low-dose progestin-only **hormone** IUD, and completely estrogen free.
- Thickens the cervical mucus to prevent sperm from traveling to fertilize an egg.
- You should have lighter periods or **no period at all**.



## Kyleena IUD

- Prevents pregnancy for up to **5 years**.
- Contains a lower dose of **hormone** than Mirena, and completely estrogen free.
- Smaller in size** than Mirena & Paragard so it is sometimes a better option for women who haven't had children.
- Thickens the cervical mucus to prevent sperm from traveling to fertilize an egg.
- You should have **lighter periods** but it will not likely stop completely.



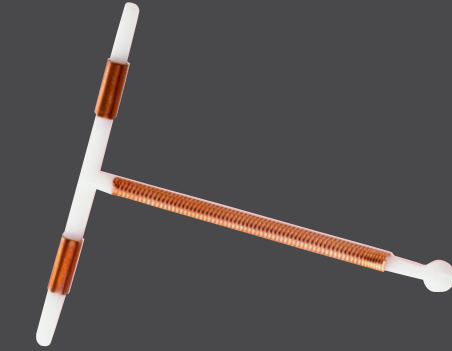
## Nexplanon

- Prevents pregnancy for up to **3 years**.
- Small, soft, and flexible Implant inserted beneath the skin of the upper arm.
- Low-dose progestin-only **hormone** implant, and completely estrogen free.
- Local anesthetic provided at the site of implant at time of procedure.



## ParaGard IUD

- Prevents pregnancy for up to **10 years**.
- Soft, bendable copper IUD.
- Completely **estrogen & hormone free**.
- You may have heavier, **longer periods** (or more like your natural hormone-free cycle.)
- It works by inhibiting sperm from fertilizing an egg and altering the ability of a pregnancy to implant in the uterine lining.



97%

## Depo-Provera

- Injection every **3 months**.
- Contains only progestin and is completely estrogen free.
- May cause you to **stop having regular periods**.
- Requires an office visit for each injection.



## Birth Control Pills

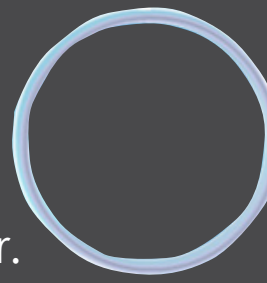
- Taken **every day at the same time**.
- Most types are "combination pills" containing both estrogen and progestin, but estrogen free "mini" pills are also an option.
- Many different types of pills are available that vary in hormone dose, duration of expected period, etc.
- Gives you the ability to safely skip a period.
- Becomes significantly less effective when not taken at the same exact time every day.



92%

## Nuva Ring

- Vaginal Ring that is inserted in the vagina.
- Needs to be replaced **once per month**.
- Removed for seven days for your period to occur.
- Does not have to be removed during sex, but can be.



## The Patch

- New patch is applied **once per week**.
- Removed for seven days for your period to occur.
- For the abdomen, buttock, upper arm, or upper torso.
- Needs to be placed in a different spot each week.



## Condoms

- New condom must be used **every time** you have sex.
- Completely hormone free.
- Applied to a man's penis before sexual intercourse.
- Works best when used with another birth control method.
- Condoms are the **ONLY THING** that protect you from STIs.



80%

## Why we love IUDs

- You don't need to think about your birth control for **up to 10 years!**
- You can **have them removed earlier** if you choose.
- Once they are inserted, there is no way you can forget about them! Because of this, they are actually **much more effective** than other types of birth control - over 99%.
- You **return to normal fertility** as soon as they are removed so you can get pregnant right away if you want to.

OVER 47%

OF ALL PREGNANCIES IN THE USA ARE UNPLANNED

LIKELIHOOD OF GETTING PREGNANT IN 1 YEAR USING:

FERTILITY TRACKING

ONE IN FOUR

PULLING OUT  
ONE IN FOUR

CONDOMS

ONE IN FIVE

BIRTH CONTROL PILLS

ONE IN TWELVE

\*BASED ON AVERAGE & IMPERFECT USAGE

UNINTENDED PREGNANCY

43% Inconsistent or Incorrect Birth Control Use

52% NO BIRTH CONTROL

5% WOMEN WHO REGULARLY USE BIRTH CONTROL

## WHAT COULD AFFECT YOUR PILL

- Missing just one pill or taking it late
- Taking it at varying times of the day
- Antibiotic or medication use
- Where you store your pills
- Prolonged diarrhea or vomiting