

## **Methods of Birth Control**

1. Abstinence
2. Sex play without intercourse (“outercourse”)
3. Hormonal contraception (
4. Barrier methods (condoms, the diaphragm, cervical cap)
5. IUDs (progestin, copper)
6. Sterilization (vasectomy, tubal ligation)
7. Fertility awareness methods (calendar, cervical mucous, basal body temp)

### **Comments:**

Best type depends on age and other personal factors (e.g., married couples who want no further children often opt for sterilization; this would not make sense of a young person who may want to have children in the future)

All methods are safer than pregnancy

## **Hormonal Contraceptives**

1. Oral contraceptives (“the pill”)
  - a. Types
    - i. Combination pills = estrogen + progesterone
      - (1) Monophasic
      - (2) Phasic - probably a marketing gimmick
    - ii. Minipills = progesterone only
  - b. Safe & effective (most common side-effect in young healthy women are not medically serious (e.g., “spotting”))
2. Norplant = surgically implanted synthetic progesterone pellets
  - a. Safe and effective for approx. 5 years
  - b. Main downside = expense and difficulty implanting and removing
3. Depo-provera
  - a. Safe and effective for approx. 3 months
  - b. Main downside = requires regular injection
4. The “patch” - combination of estrogen and synthetic progesterone; change patch weekly

Comment: Hormonal contraceptives are not effective in preventing STDs