

...Contraceptive Choices *continued from page 1*

hidden by clothing and is adherent with exercising, hot tubs, or more. The vaginal ring is placed in the vagina using a tampon applicator and stays in place for three weeks. It releases a low but steady amount of hormone (essentially the same hormones as in the pills) and requires only once a month changing. It is not felt while it is in the vagina. It doesn't fall out or interfere with sexual intercourse.



Both the patch and the ring can decrease menstrual bleeding and acne.

Depo provera is an injectable contraceptive. Many women are familiar with the intramuscular version of this. It has recently changed to a subcutaneous injection, and is effective for 3 months at a time.



What is an IUD?

An intrauterine device (IUD) is a t-shaped device that is inserted into the uterus during an office visit, and left there. No shots and no pills to take. There are 2 types, lasting from 5 to 10 years. They

prevent the egg and sperm from meeting. Some also release a hormone into the uterus that decreases menstrual bleeding. An IUD can increase the risk of infection inside the uterus, so women who are not in a monogamous relationship should consider other options.



With the many choices available feel free to discuss your options with your doctor.