

Birth Control Methods

TAKE CHARGE OF YOUR REPRODUCTIVE HEALTH WITH THE METHOD THAT SUITS YOU BEST.

1. Birth Control Pills

Daily hormonal pills that prevent ovulation.

✓ **Pros:**

- Regulates periods
- Reduces cramps, acne
- Highly effective if taken daily

✗ **Cons:**

- Must be taken at the same time every day
- May cause nausea, mood swings initially
- Not suitable for smokers over 35

💡 **Best For:** Women who can maintain a daily routine

Common Side Effects of Birth Control Implant



2. Intrauterine Device (IUD)

A small T-shaped device placed inside the uterus.

Two types:

- Hormonal (e.g., Mirena) – releases progestin
- Copper (e.g., Paragard) – hormone-free

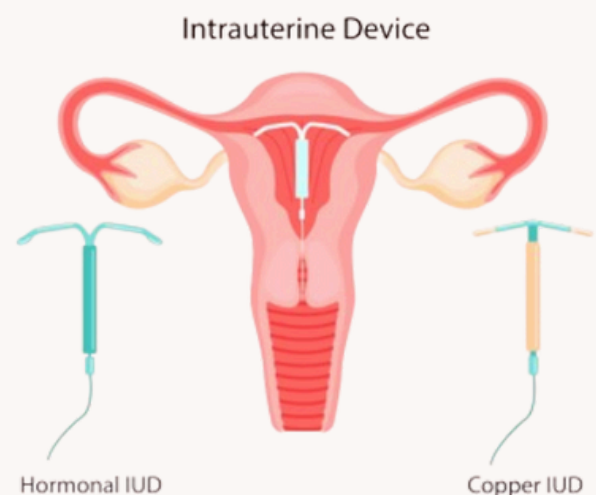
✓ Pros:

- Long-lasting (3–10 years)
- Low maintenance
- Reversible anytime

✗ Cons:

- Possible cramps or spotting after insertion
- Must be inserted/removed by a doctor

💡 **Best For:** Women seeking long-term, forget-it-and-go protection



3. Barrier Methods (Condoms, Diaphragms)

Physically block sperm from reaching the egg.

✓ Pros:

- No hormones
- Protects against STIs (especially condoms)
- Easily accessible

✗ Cons:

- Must be used correctly each time
- Less effective than hormonal methods

💡 **Best For:** Occasional contraception or STI protection

BARRIER METHODS



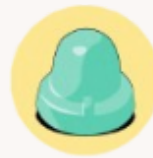
EXTERNAL CONDOM
Perfect Use: 98% effective
Typical Use: 87% effective



INTERNAL CONDOM
Perfect Use: 95% effective
Typical Use: 79% effective



DIAPHRAGM
88% effective

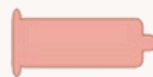


CERVICAL CAP
77% to 83% effective



SPONGE
76% to 88% effective

GREATIST



Condom
85-98% Effective



Female Condom
70-90% Effective



Diaphragm or Cervical Cap
71-94% Effective



Sponge
76-88% Effective

4. Permanent Methods

- Tubal Ligation (women)
- Vasectomy (men)

✓ Pros:

- Permanent solution
- No hormones or maintenance

✗ Cons:

- Surgery required
- Not easily reversible

💡 **Best For:** People certain they don't want future pregnancies

