

CONTRACEPTION

Contraception can allow a woman to plan her pregnancies, with some methods also providing protection against sexually transmitted diseases (STDs). There are many options available today which can be tailored to fit any need or circumstance. The issues for most couples to consider are:

- How well the method works
- How likely it is to be used
- How safe it is
- How much it costs, month to month, and over time
- How effective it is in preventing STDs

Current methods for contraception include barrier methods, such as condoms, spermicides, and diaphragms. Prescription methods which use hormones to prevent pregnancy include birth control pills, the birth control patch (Ortho Evra), the birth control vaginal ring (NuvaRing), and injectable hormone (DepoProvera). A convenient method for contraception is the intrauterine device (IUD), including Paragard (<http://www.paragard.com>), and Mirena (<http://www.mirena.com>). Finally, there are permanent methods for preventing pregnancy, and this would be sterilization, also called tubal ligation.

A full discussion of your options and whether or not you may be a candidate can be done through an appointment with one of our physicians. For more information, please see the following website <http://www.webmd.com/hw/birthcontrol/hw237907.asp>