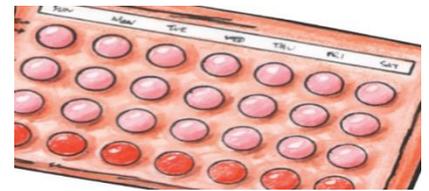


# Hormonal Contraception

## Estrogen + Progesterone



Methods	Pill/Patch/Ring
Failure rate	Typical use: 90 of 1000 women Perfect use: 3 of 1000 women
How to use	Pill: taken by mouth at the same time everyday Patch: worn on the buttocks/stomach/back/upper arms Ring: worn in the vagina
How it works	Release estrogen & progesterone, stopping the ovaries from releasing an egg, thinning the lining of the uterus, and thickening the cervical mucus
Advantages	<ul style="list-style-type: none"> <li>- Safe, reversible, effective</li> <li>- Menstrual regulation</li> <li>- Reduced menstrual flow, cramps, and PMS</li> <li>- Reduced risk of endometrial, ovarian, and colon cancers</li> <li>- Reduced risk of fibroids and ovarian cysts</li> <li>- Decreased acne and body/facial hair growth (pill)</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>- May cause irregular bleeding or spotting</li> <li>- May cause breast tenderness, nausea, or headache</li> <li>- May cause skin (patch) or vaginal (ring) irritation</li> <li>- May be less effective in women who weigh &gt; 90 kg (patch only)</li> <li>- May increase the risk of blood clots, particularly in women who have certain blood disorders or a family history of blood clots</li> <li>- No STI protection</li> </ul>

### Do not use if:

- History of stroke or migraine with aura
- Coronary artery disease, high blood pressure, valvular disease, diabetes
- Blood clot in leg/lung or clotting disorder
- Estrogen dependent breast or endometrial cancer
- Liver disease
- Smoking & age >35



\*Failure rate = amount of people who get pregnant despite using birth control properly

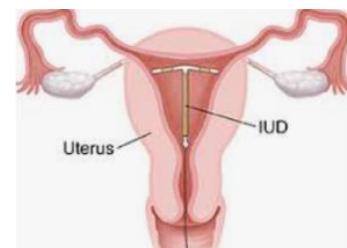
## Progesterone Only

### Intrauterine Contraception (aka "IUD")

Failure rate	2 of 1000 women (very effective!)
How to use	T-shaped device inserted into the uterus by a health care professional
How it works	Slowly releases the hormone levonorgestrel, thinning the lining of the uterus and thickening cervical mucus
Advantages	<ul style="list-style-type: none"> <li>- Safe, reversible, highly effective</li> <li>- Cost-effective → remains inserted for 5 years</li> <li>- May reduce or eliminate menstrual flow and cramps</li> <li>- Improved symptoms of endometriosis</li> <li>- Reduced risk of endometrial cancers</li> <li>- May be suitable for women who cannot take estrogen or who are breastfeeding</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>- Initial spotting for 3-6 months</li> <li>- Periods become lighter or may disappear altogether</li> <li>- Hormonal side effects: acne, headache, breast sensitivity, mood issues</li> <li>- Potential high upfront costs</li> <li>- Some pain or discomfort during insertion</li> <li>- Rare risks with insertion: infection, perforation of uterus, expulsion of device</li> <li>- No STI protection</li> </ul>

### Progestin-Only Pill

Failure rate	Typical use: 90 of 1000 women Perfect use: 3 of 1000 women
How to use	Pill that must be taken at the same time everyday
How it works	Progestin hormone prevents the ovaries from releasing an egg, thickens the cervical mucus, and thins the lining of the uterus
Advantages	<ul style="list-style-type: none"> <li>- Safe, reversible, effective</li> <li>- Regulates menstrual cycle and may reduce or eliminate menstrual flow</li> <li>- Reduced menstrual cramps and PMS</li> <li>- May be suitable for women who cannot take estrogen or who are breastfeeding</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>- May cause irregular bleeding or spotting</li> <li>- <b>Must</b> be taken at the same time everyday</li> <li>- Effectiveness may be reduced by other medications</li> <li>- Hormonal side effects: acne, headache, breast sensitivity, mood issues</li> <li>- No STI protection</li> </ul>



# Hormonal Contraception

## Injectable Contraception (aka “birth control shot”)

Failure rate	Typical use: 60 of 1000 women Perfect use: 2 of 10000 women
How to use	The injection is given by a health care provider in the upper arm or buttocks every 3 months
How it works	The progestin hormone prevents the ovaries from releasing an egg, thickens the cervical mucus, and thins the lining of the uterus
Advantages	<ul style="list-style-type: none"> <li>- Safe, reversible, effective</li> <li>- Reduces or eliminates periods</li> <li>- Reduced menstrual cramps and PMS</li> <li>- Reduced the risk of endometrial cancer and fibromas</li> <li>- May improve symptoms of endometriosis and chronic pelvic pain</li> <li>- May be suitable for women who cannot take estrogen or who are breastfeeding</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>- Initial irregular bleeding</li> <li>- Periods become lighter or may disappear altogether</li> <li>- Heavier and more frequent bleeding, including spotting in between periods</li> <li>- Decreases bone mineral density which may return to normal when it is stopped</li> <li>- May be associated with a change in appetite and/or weight gain in some women</li> <li>- Hormonal side effects: acne, headache, breast sensitivity, mood issues</li> <li>- Can take longer to get pregnant when stopped, as it can take 6-10 months after the last injection for the ovaries to start releasing eggs again</li> <li>- No STI protection</li> </ul>



## Contraceptive Implant (new as of May 2020)

Failure rate	0.5 of 1000 women
How to use	4 cm by 2 mm flexible rod inserted just below the skin in the upper inner arm by a health care provider using a local anesthetic (“freezing”) to numb the skin
How it works	Releases a progestin hormone into the bloodstream, preventing the ovaries from releasing an egg, thickening the cervical mucus, and thinning the lining of the uterus
Advantages	<ul style="list-style-type: none"> <li>- Safe, reversible, highly effective for up to three years</li> <li>- Reduces or eliminates periods</li> <li>- Reduced menstrual cramps and PMS</li> <li>- May be suitable for women who cannot take estrogen or who are breastfeeding</li> </ul>
Disadvantages	<ul style="list-style-type: none"> <li>- Initial irregular bleeding</li> <li>- Hormonal side effects: acne, headache, breast sensitivity, mood issues</li> <li>- Some pain or discomfort during insertion, and bruising or soreness of the upper arm after insertion</li> <li>- No STI protection</li> </ul>

### Resource to check out:

Itsaplan.ca