

# BIRTH CONTROL

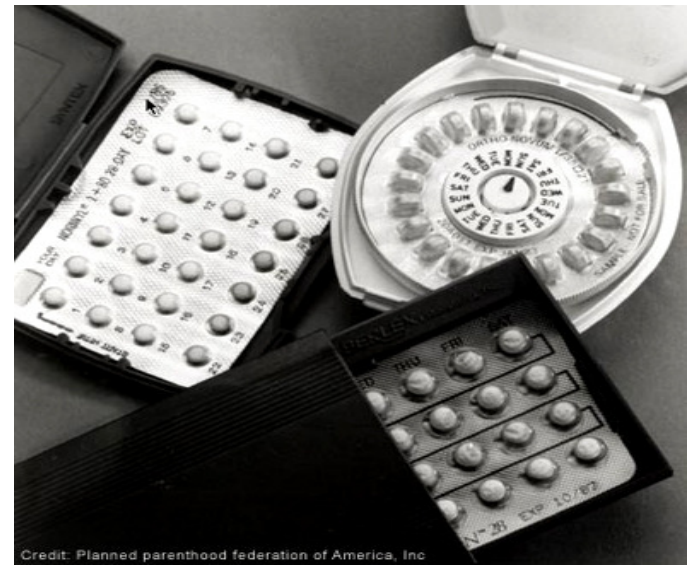
HOW WOMEN CAN  
TAKE CONTROL  
OF BIRTH  
CONTROL

# THE PILL

The pill is a form of contraception that is taken orally. It is 97-99 percent effective in preventing pregnancy when used correctly.

## Advantages

- Highly effective
- Does not interfere with spontaneity during sex
- Helps regulate your period, reduce menstrual flow, and lessen cramping



## Disadvantages

- Need to remember to take it every day
- Requires a prescription

# THE PATCH (ORTHRO EVRA)

The patch is a hormonal form of birth control that is worn on the skin. When used correctly, it is 99 percent effective.

## Advantages

- Highly effective
- Does not interfere with spontaneity during sex
- Only needs to be replaced once a week for three weeks per month



## Disadvantages

- Need to remember to replace it once a week.
- This method requires a prescription and does not protect against HIV or other sexually transmitted infections.

# DEPO-PROVERA

Depo-Provera is a hormonal contraceptive that is administered through an injection every 12 weeks. Its effectiveness rate is 99.7 percent.

## Advantages

- Lasts for 12 weeks
- Can be used by women who cannot take estrogen



## Disadvantages

- Requires a visit to a clinic or doctor's office every three months for a shot
- Long-term use may decrease bone density.

# NUVA RING

The NuvaRing is a form of hormonal birth control that does not need to be taken orally on a daily basis. NuvaRing is 99 percent effective when used correctly.

## Advantages

- Prevents pregnancy for a full month
- Does not need to be "fit" by a health-care professional
- Helps regulate your period, reduces menstrual flow, and lessens cramping

## Disadvantages

- Need to remember to replace it every three weeks
- Requires a prescription
- Does not protect against HIV or other sexually transmitted infections.



# DIAPHRAGM

The diaphragm is a dome-shaped, rubber device that is inserted into the vagina so that it covers the cervix. It is 82 to 96.6 percent effective.

## Advantages

- Can be inserted up to six hours before sex
- Requires only annual visits to a health-care professional
- Needs replacing only every two years if your health and weight remain unchanged



## Disadvantages

- Requires a prescription
- Must be fitted by a clinician, doctor, or nurse practitioner
- Requires application of spermicide each time you have intercourse
- Does not protect against STIs or HIV

HOW MEN CAN  
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# THE MALE CONDOM

The male condom is made out of either latex or lambskin. Condoms effectiveness ranges from 88-97 percent when used correctly.

## Advantages

- Available without a prescription
- Provides spontaneous protection against pregnancy
- One of the most effective methods for protecting against sexually transmitted infections (STIs), including HIV
- Man can take responsibility for birth control



## Disadvantages

- Can break or leak

# THE REALITY CONDOM

The female condom is made out of a thin polyurethane pouch, held in place by an inner ring at the cervix and an outer ring at the opening of the vagina. The female condom is 79 to 95 percent effective.

## Advantages

- Available without a prescription
- Does not require fitting by a nurse practitioner or clinician.
- Provides protection against sexually transmitted diseases and HIV

## Disadvantages

- Can break or leak
- More expensive than male condoms



# PLAN B

Plan B is a form of emergency contraception that can be used after you have had unprotected sex or sex with a method failing (such as a condom breaking) to prevent you from becoming pregnant.

Plan B is up to 89% effective in preventing pregnancy when taken within five days (120 hours) of unprotected sex. It is most effective the sooner it is taken after

unprotected sex. Emergency Contraception is now available over-the-counter for women and men age 18 and older. Plan B cannot stop an already established pregnancy and therefore is not a form of abortion.



# FOR MORE INFORMATION: TAPESTRY HEALTH

Tapestry Health provides reproductive health-care services to residents of Berkshire, Franklin, Hampden, and Hampshire counties. Serving both men and woman, Tapestry Health provides affordable health care to the uninsured and underinsured. All services are available on a sliding scale fee basis. In addition, Tapestry Health accepts MassHealth, Tufts Health Plan, Health New England, Blue Cross Blue Shield, BMC, and Network Health.

Tapestry Health is located in Amherst at:  
27 Pray Street, Amherst, MA 01002

Phone Number:  
(413) 548-9992

Hours of Operation:

Mon-Tue-Wed 9:00 AM - 4:30 PM

Thurs 10:00 AM - 4:30 PM

Fri 10:00 AM - 4:30 PM

Alt. Sat 10 AM - 2:00 PM

**Find Out More Information:**  
Everywoman's Center, Wilder Hall  
413.545.0883  
[ewcmail@admin.umass.edu](mailto:ewcmail@admin.umass.edu)



This bulletin board and more can be found at:  
[www.umass.edu/mycenter](http://www.umass.edu/mycenter)