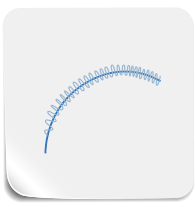


# HOW DOES YOUR BIRTH CONTROL MEASURE UP?

 = 1 UNPLANNED PREGNANCY FOR EVERY 100 WOMEN



**ESSURE®**

**| = 0.05**

Small, soft inserts are passed through the cervix and placed into the fallopian tubes. The body then forms a natural barrier around the inserts so sperm cannot reach the eggs.

**(P)**



**MIRENA®**

**| = 0.2**

An IUD (Intrauterine Device) that emits hormones is placed into the uterus to prevent ovulation.

**(Y)**



**VASECTOMY**

**| = 0.2**

The vas deferens are burned and/or severed to prevent sperm from meeting the egg.

**(P)**



**TUBES TIED**

**| = 0.5**

The fallopian tubes are clamped with metal clips or plastic rings, then cut away or burned so sperm cannot reach the egg.

**(P)**



**NUVARING®**

**| = 8**

A flexible ring that releases progestin and estrogen is inserted into the vagina to prevent ovulation and fertilization.

**(M)**



**THE PATCH**

**| = 8**

A patch that releases progestin and estrogen is worn on the body to prevent ovulation and fertilization.

**(W)**



**THE PILL**

**| = 8**

A pill containing estrogen and/or progestin is taken orally to suppress ovulation.

**(D)**

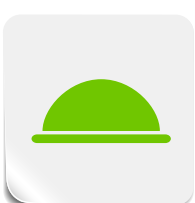


**CONDOM**

**| = 15**

A latex sheath worn during sex to prevent the passage of sperm.

**(B)**



**DIAPHRAGM (W/SPERMICIDE)**

**| = 16**

A flexible rubber disk that covers the cervix so sperm cannot reach the uterus. A spermicide must be applied before insertion.

**(B)**

**BARRIER METHOD**

**REQUIRES SURGERY**

**CONTAINS HORMONES**

**(P)** PERMANENT

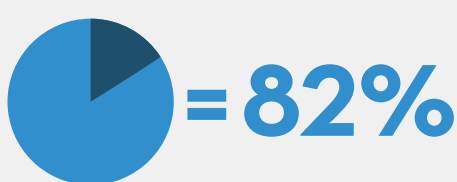
**(Y)** YEARS (5-10)

**(M)** MONTHLY

**(W)** WEEKLY

**(D)** DAILY

**(B)** BEFORE SEX



OF WOMEN REPORT THAT EFFECTIVENESS IS THE MOST IMPORTANT FACTOR WHEN CHOOSING BIRTH CONTROL.

Source: GfK Research



**33%** OF WOMEN **SWITCH** THEIR BIRTH CONTROL **AT LEAST 3x** IN THEIR LIFETIME.

Source: Centers for Disease Control and Prevention

**60%** OF AMERICAN WOMEN HAVE HAD AT LEAST



UNPLANNED PREGNANCY BY THEIR LATE 30'S.

Source: Family Planning Perspectives