Different Types of Birth Control Methods

This comprehensive guide provides an in-depth comparison of the various types of birth control methods available, helping individuals make informed decisions about their reproductive health. Around 99% of sexually active women in the United States have used at least one form of contraception during their lifetime.

	Method	Effectiveness*	Description
SP)	Intrauterine Devices (IUDs)	99%	Intrauterine devices (IUDs) are a long- acting reversible contraception method, lasting for up to 10 years. The copper- coated IUD implanted into the uterus prevents pregnancy by not allowing the sperm to fertilize the egg.
0000	Birth Control Pill	99%	Contains hormones that prevent pregnancy by keeping a woman's body from releasing an egg each month.
	Emergency Contraception (EC)	95%	Emergency contraception (EC) can prevent pregnancy if taken within 24 hours of a failed contraceptive or unprotected sex.
O	Male Condoms	85%	Male condoms are made of latex or polyurethane (plastic) and are worn externally on the penis when erect.
Q	Female Condoms	79%	Female condoms are placed internally inside of the vagina, somewhat like a diaphragm, to hold the condom in place.
	Fertility Awareness	76-88%	Fertility awareness methods include tracking menstrual cycles and monitoring basal body temperature in order to prevent pregnancy.

"Effectiveness of contraceptive methods are based on the individual's proper and typical use.

Sources: American College of Obstetricians and Gynecologists, Guttmacher Institute, American Sexual Health Association, Planned Parenthood.



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H Kauffman

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