

My
IDEAL
birth control

oregon **contraceptive** care



Ideal birth control is...



- Safe
- Reliable
- Effective
- Affordable
- Hassle-free
- Easy to use
- Dependable
- Long-lasting
- Hormone free
- Breastfeeding friendly

Birth Control

- Methods to prevent pregnancy
- Many methods out there
- Some may work better than others

How effective?

- Just how effective are birth control methods?
- Effectiveness percentages are based on “typical use” in the first year of use
- “Perfect use” results in higher effectiveness

Spermicide

- 72% effective by itself
- Contains chemical that “kills sperm”



Emergency Contraception (EC)

- High dose hormone pill taken up to 5 days after unprotected sex
- The sooner you take EC, the more effective it is.



source: planbonstep.com

Fertility Awareness

- 76% effective
- Charting fertility
- Also called “Rhythm Method”



source: WikiCommons

Withdrawal

- 78% effective
- Male “pulls out” right before ejaculation



source: freefoto.com

Female Condom

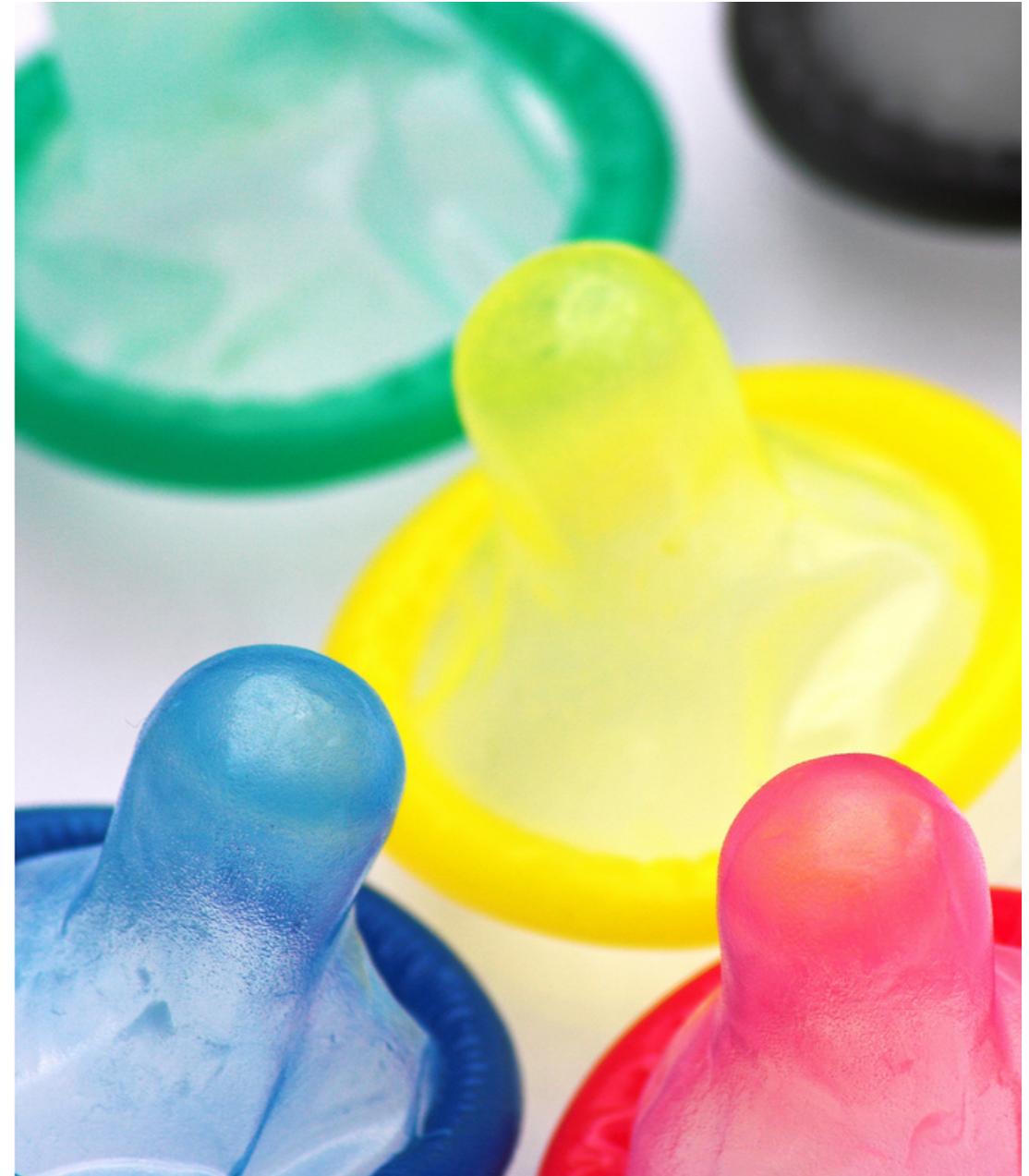
- 79% effective
- Inserted into vagina up to 8 hours in advance
- Polyurethane is less likely to cause allergic reactions like latex condoms



Source: Thinkstock

Male Condom

- 82% effective
- Worn on penis
- Latex-free versions available for those who are allergic



Source: Flickr - Tomizak

Diaphragm

- 88% effective with spermicide
- Small cup inserted into vagina before sex



The Patch (OrthoEvra)®

- 91% effective
- Small patch that sticks to skin, lasts one week
- Three weeks on, one week off



Source: Thinkstock

The Pill

- 91% effective
- Hormonal pills taken daily



source: Flickr: raychehbitts

Vaginal Ring

- 91% effective
- Small ring inserted into vagina once a month



source: WikiCommons

Depo-Provera® “The Shot”

- 94% effective
- Shot every three months



source: iStock

IUD (ParaGard®)

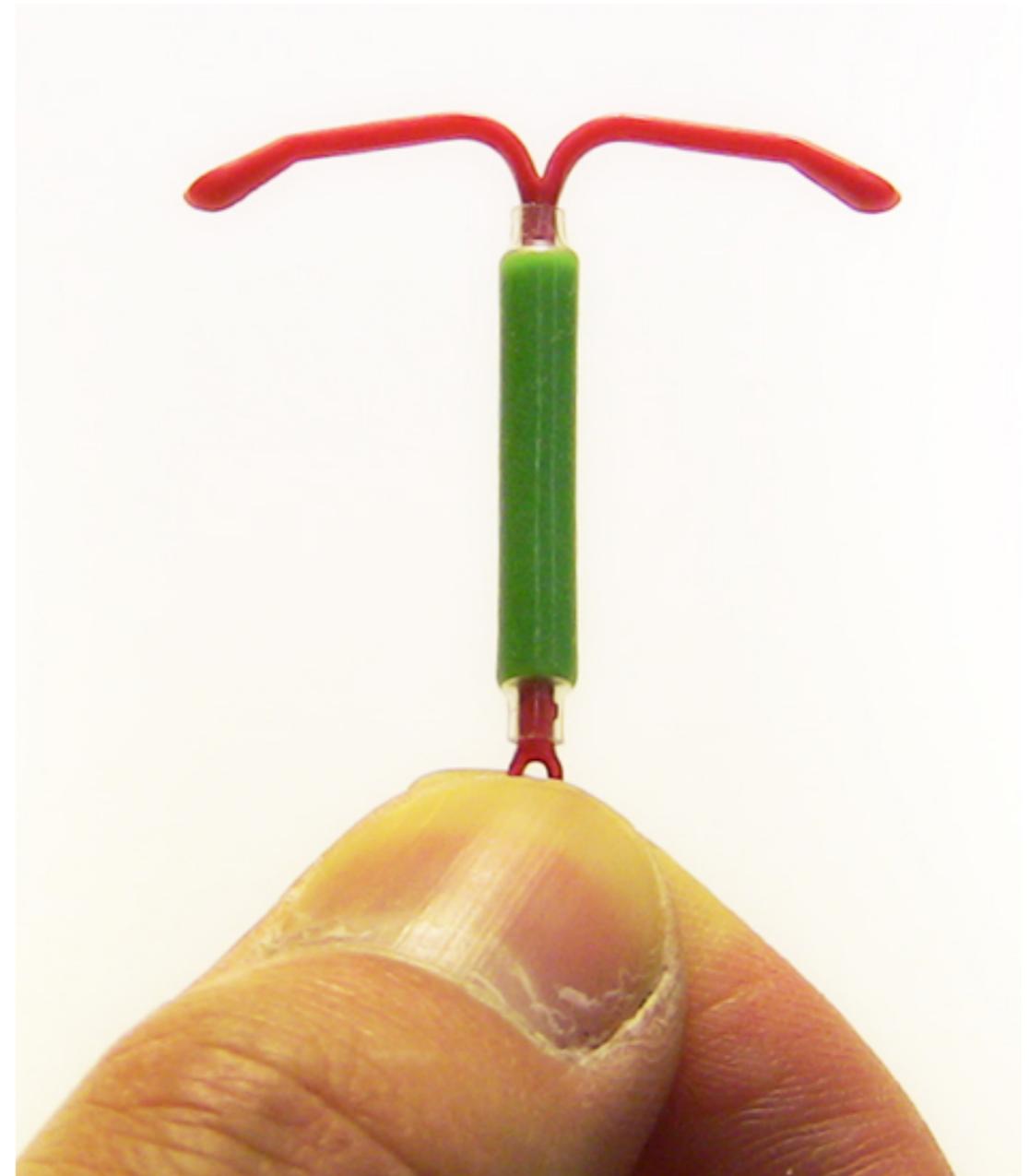
- 99.9% effective
- Small t-shaped copper device placed in uterus
- Lasts up to 10 years



Source: iStock

IUS (Mirena®)

- 99.9% effective
- Small t-shaped device placed in uterus that releases low doses of progestin hormone
- Lasts up to 5 years



Source: Love My Larc

IUS (Skyla®)

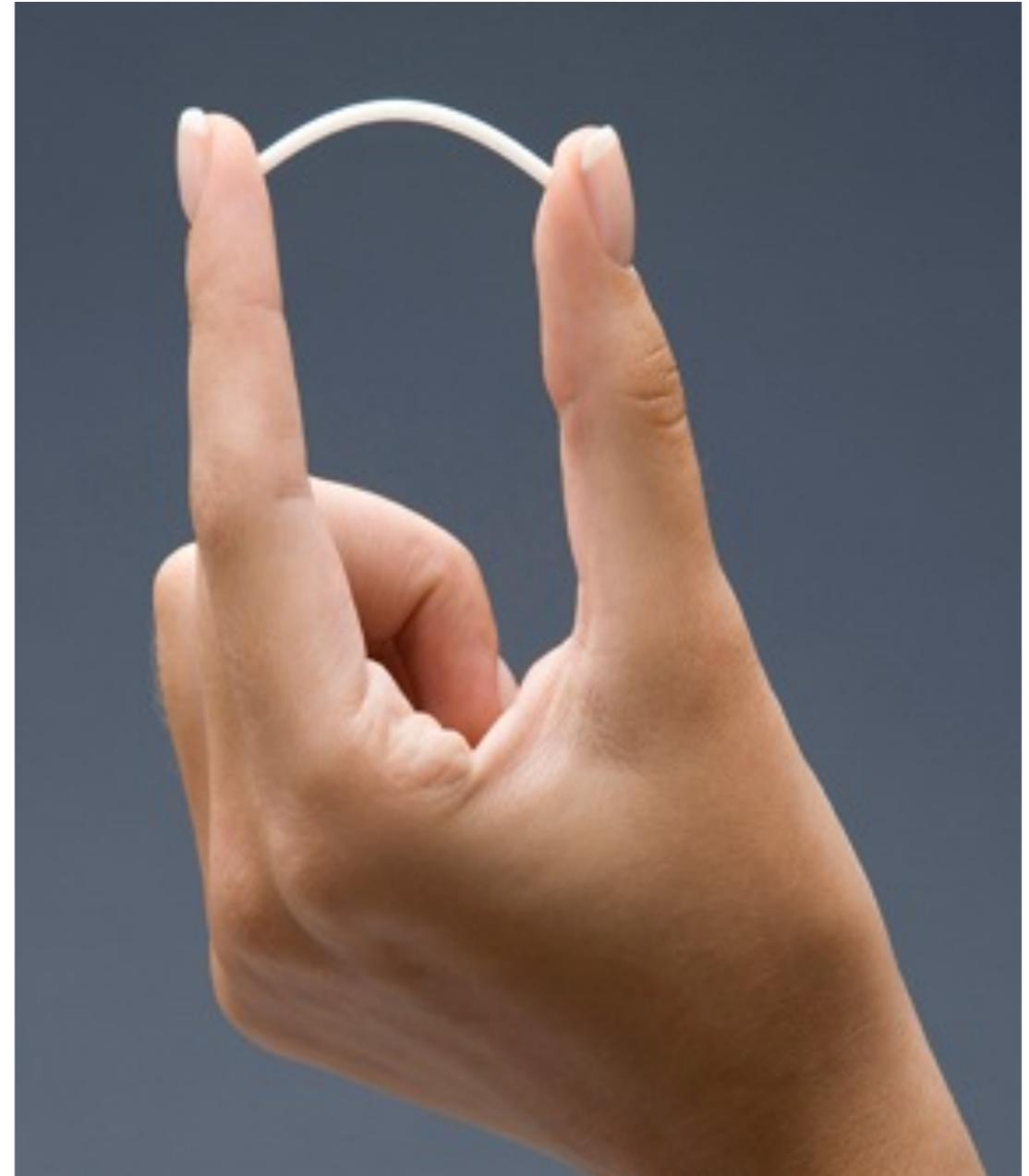
- 99.9% effective
- Small t-shaped plastic device placed in uterus that releases small amount of hormone progestin
- Lasts up to 3 years



Source: Love My Larc

Implant (Nexplanon®)

- 99.9% effective
- Small flexible rod placed under skin of upper, inner arm
- Lasts up to 3 years



Vasectomy

- 99.9% effective
- Simple surgery where tubes carrying sperm to the penis are cut and sealed
- Permanent method



**Which one is
right for you?**

Resource: CCare

www.ccare.oregon.gov

Features include:

- Clinic Directory
- Birth Control Information
- Answers from Experts
- Quizzes, and
- Helpful links



What you used to think about birth control may not be true anymore. Did you know that there are more methods available than ever before? [New birth control methods](#) are developed every year and Oregon Contraceptive Care (CCare) strives to provide you with the latest and most effective methods.

We're all different. We have different needs, different bodies and different lifestyles. It's important to find a birth control method that fits *your* life.

With the Oregon Contraceptive Care program, you can get [high-quality confidential services](#) and the birth control method that works for you, free.



Resource: Cover Oregon

Cover Oregon is the online marketplace where Oregonians can compare and enroll in health insurance that fits their needs and budget. Many Oregonians, including those who are working, can also access financial help.

For more information:

www.coveroregon.com

1-855-Cover OR (1-855-268-3767)



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OREGON™**