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Femina Healthcare Newsletter

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Birth Control Options for Today's Woman

Daily Option - Oral Contraceptive (OCP)

There are 4 classes of OCP, which differ due to the amount of estrogen in each pill. For example: the mini-pill has no estrogen, there are low dose pills with 20 micrograms of estrogen, high dose with 30-35 micrograms of estrogen, and triphasics where the amount of estrogen varies throughout the cycle. End result, the higher the dose of estrogen the better cycle control but the risk of the side effects increases, which can include nausea, breast tenderness and headaches. The lower the estrogen the higher incidence of break through bleeding.

Monthly Option - Nuva ring

Nuva Ring is a small plastic ring that fits into the vagina. It's a time-release device that slowly releases a small amount of estrogen and progestin. You wear the device for 23 days and then remove the ring for 7 days. During the ring free period you will have your regular cycle. This is similar to taking the placebo pills in a regular pink pack. The effectiveness is the same as OCP.

3-Month Option - Depo Provera

Depo Provera is a very effective birth control method and is easy to use. Many patients report that after 2-3 doses of Depo Provera they will have light to almost absent periods. Side effects include, during the first few months of use, irregular spotting and small 3-5 lb weight gain.

3-Year Option - Implanon

Implanon is a hypoallergenic rod, containing progesterone (etonogestrel). This method is easily inserted into the upper arm during an in office procedure. Most women cease to have periods after one year of using Implanon. Irregular bleeding is a possible side effect within the first 3 months. Small doses of progesterone are released the duration of the 3-year time frame.

5-Year Option - Mirena IUD

Mirena is a hormone releasing system, placed in your uterus, to prevent pregnancy for up to 5 years. It's made of flexible plastic and contains a progestin hormone called Levonogestrel which is a progestin hormone often used in a birth control pills. However, unlike many birth control pills, Mirena does not contain an estrogen. Mirena releases the hormone into the uterus and only small amounts of the hormone enter your blood. Mirena is 99.5% effective in preventing pregnancy without the hassle of taking a daily pill.

10-year Option - Paragard IUD

ParaGard Intrauterine Contraceptive is a different kind of birth control. Paragard is one of the most effective contraceptives available on the market today. Paragard IUD is more effective than the Pill and unlike the Pill, patch, and ring and shots its hormone free. It's currently the best option for women who prefer not to use hormones or cannot use them due to health reasons. Is virtually hassle-free, no more daily or weekly routines. It's just a simple monthly self-check and is great for the busy woman who leads a busy lifestyle.

Permanent - Essure

Essure is a permanent birth control procedure that works with your body to create a natural barrier against pregnancy. This gently procedure can be performed in an office procedure. Trusted by women and doctors for over five years. Essure is permanent and is NOT reversible. Therefore, you should be sure you aren't going to want children in the future.

If used correctly, each birth control option listed provides you a 99% effectiveness rate based on typical use.

Femina Healthcare is proud to offer the following services:

- ❖ Complete Gynecological Care & Obstetrical Care
- ❖ Laparoscopy Procedures & Surgeries
- ❖ 2D/3D/4D Ultrasounds
- ❖ Urinary Incontinence, Pelvic Floor Reconstruction
- ❖ Colposcopy
- ❖ Massage Therapy



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