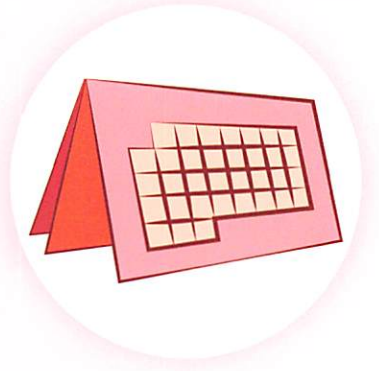


FERTILITY AWARENESS²



Teaches women to determine the fertile phase of their menstrual cycle. To avoid pregnancy, women avoid intercourse on fertile days.

BENEFITS²

- 91-99% effective with perfect use (failure rate, 1-9%)
- 80% effective with typical use (failure rate, 20%)
- Ovulation is detected via observation of cervical mucus, body temperature, and position of cervix
- Inexpensive and natural

RISKS²

- Requires diligence, strict compliance, and periodic abstinence
- May not be suitable for women with erratic/irregular menstrual cycles

THE NEEDLE¹



A hormonal birth control method that contains a progestin. Administered by a needle in the muscle of the arm or buttocks every 12-13 weeks, it stops your ovaries from releasing an egg every month.

BENEFITS¹

- 99.7% effective
- (less than 0.3 pregnancies per 100 women per year)
- Reversible
- Administered every 12 weeks
- May reduce risk of endometrial cancer

RISKS¹

- May cause irregular menstrual bleeding or cessation of periods
- May cause weight gain and hormonal side effects like headache, acne, decreased libido, nausea and breast tenderness
- May take up to 9 months after the last injection for fertility to return

THE PATCH¹



A 4x4 cm adhesive patch that continuously releases estrogen and a progestin into the bloodstream, which stops the ovaries from releasing an egg.

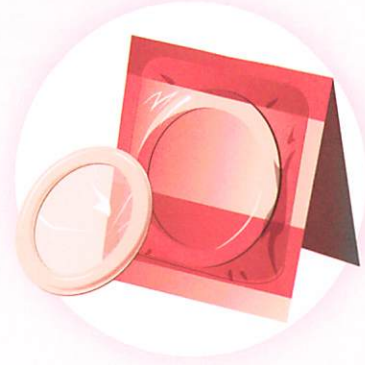
BENEFITS¹

- 99.3% effective with perfect use
- [0.7 pregnancies per 100 women per year]
- 99.12% effective with typical use
- [0.88 pregnancies per 100 women per year]
- Reversible
- Weekly contraception
- Non-contraceptive benefits are assumed to be similar to those seen in the combined pill; however, these potential benefits have not been assessed in studies to date

RISKS¹

- Risks are assumed to be similar to combined pill
- Side effects can include irregular bleeding, spotting, nausea, bloating, breast tenderness, headaches, and weight gain
- Not suitable for smokers over age 35 or women over age 35 with migraines
- May increase risk of blood clots
- May detach from skin

MALE CONDOM²



A sheath that is rolled over the penis to prevent semen from entering the vagina.

BENEFITS²

- 97% effective with perfect use (failure rate, 3%)
- 86% effective with typical use (failure rate, 14%)
- Helps prevent sexually transmitted infections and cervical dysplasia
- May help prevent premature ejaculation

RISKS²

- May cause decreased sensitivity and loss of erection
- Requires instruction for both partners and knowledge of use
- May break or slip
- May cause reaction/irritation in users with latex allergy
- Not always available when needed