

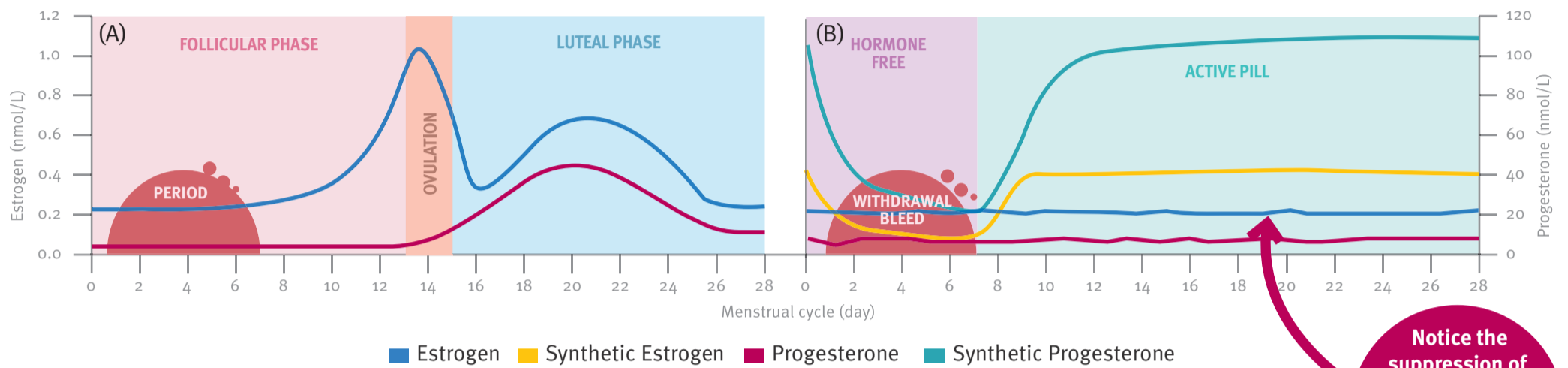
# Hormonal contraception: What are the options?

## The Basics

### Hormonal contraception

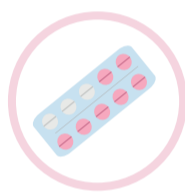
Synthetic female-sex hormones that alter the normal hormonal profile.

Figure (below): Fluctuations in female-sex hormone concentrations over one menstrual cycle without (A) and with (B) hormonal contraception



Notice the suppression of natural hormones when synthetic hormones are administered (B).

## Why would I consider using hormonal contraception?



Contraception/  
Birth control



Period  
predictability



Lighter  
periods



Reduce other  
menstrual symptoms  
(e.g.,acne, cramping, bloating)

## What hormonal contraception options are available?

Type	Device	Method	Frequency	Example brands	Formulation
Combined Pill		Self-administered Taken orally	Daily	>30 brands available	Progesterone and estrogen
Mini Pill		Self-administered Taken orally	Daily	>4 brands available	Progesterone only
Implant		Medically administered Implanted under skin of upper arm	3 years	Implanon™ Nexplanon™	Progesterone only
Intrauterine device (IUD)		Medically administered Inserted in the uterus	5 years	Mirena™	Progesterone only
Injection		Medically administered Intramuscular injection	3 months	Depo-Provera™	Progesterone only
Vaginal ring		Self-administered Inserted into vagina	3 weeks	NuvaRing®	Progesterone and estrogen