

Chapter 1 : Choosing a birth control pill - Mayo Clinic

Excerpt. In the following bibliography no attempt has been made to discriminate as between the author's varying avenues of approach to the problem of birth control.

Birth control pills are generally considered safe for most women. Newer low-dose birth control pills can reduce that risk. They contain about 20 micrograms mcg of estrogen. Compare these levels to those of birth control pills in the s, which contained as much as mcg of estrogen. How do birth control pills work? Estrogen and progesterone are hormones that signal your body to produce eggs and prepare for pregnancy. In response, your uterus sheds the lining that had built up. During your period, your body sheds this lining. Birth control pills contain either a combination of synthetic estrogen and progestin or progestin alone. Progestin is a man-made hormone that functions like progesterone. These hormones work in different ways to prevent pregnancy. Estrogen and progestin both prevent the pituitary gland from producing hormones that trigger ovulation. Progestin also thickens your cervical mucus. This makes it harder for sperm to reach any released eggs. Progestin also thins the uterine lining. This makes it harder for an egg to implant there if the sperm fertilizes one. Is It OK to miss a day of birth control? If you miss a dose, their effectiveness goes down to about 91 percent. Your periods are likely to be more regular. Your periods may be lighter. Any menstrual cramping you have may be less severe. You may not experience severe premenstrual syndrome. You may have added protection against pelvic inflammatory disease PID. You may have a reduced risk of ovarian cysts, ovarian cancer, and endometrial cancer. There are some disadvantages of taking a low-dose combination pill, though.

Chapter 2 : Birth control - Wikipedia

For one reason or another, many people are looking for a list of birth control calendrierdelascience.com different birth control pills are available. This article provides a list of different birth control pills currently available -- it does not include birth control pills that are no longer made.

Intermenstrual spotting Breakthrough vaginal bleeding is common between expected periods. This usually resolves within 3 months of starting to take the pill. During spotting, the pill is still effective, as long as it has been taken correctly and no doses are missed. Anyone who experiences 5 or more days of bleeding while on active pills, or heavy bleeding for 3 or more days, should contact a health care professional for advice. This bleeding may happen because the uterus is adjusting to having a thinner endometrial lining or because the body is adjusting to having different levels of hormones.

Nausea Some people experience mild nausea when first taking the pill, but symptoms usually subside after a while. Taking the pill with food or at bedtime may help. If nausea is severe or persists for longer than 3 months, you should seek medical guidance.

Breast tenderness Birth control pills may cause breast enlargement or tenderness. This normally resolves a few weeks after starting the pill. Anyone who finds a lump in the breast or who has persistent pain or tenderness or severe breast pain should seek medical help. Tips for relieving breast tenderness include reducing caffeine and salt intake and wearing a supportive bra.

Headaches and migraine Some people experience side effects with "the pill," such as irregular periods, nausea, headaches or weight change. The hormones in birth control pills can increase the chance of headaches and migraine. Pills with different types and doses of hormone may trigger different symptoms. Using a low-dose pill may reduce the incidence of headaches. Symptoms normally improve over time, but if severe headaches start when you begin taking the pill, you should seek medical advice.

Weight gain Clinical studies have not found a consistent link between the use of birth control pills and weight fluctuations. However, fluid retention may occur, especially around the breasts and hips. According to one review, most studies have found an average weight gain of under 4. Studies of other birth control methods showed the same gain. Some types of hormonal contraceptive have been linked to a decrease in lean body mass. Anyone experiencing mood changes during pill use should contact their medical provider.

Missed periods Even with proper pill use, a period may sometimes be missed. Factors that can influence this include stress, illness, travel, and hormonal or thyroid abnormalities. If a period is missed or is very light while using the pill, a pregnancy test is recommended before starting the next pack. It is not unusual for a flow to be very light or missed altogether on occasion. If concerned, seek medical advice.

Decreased libido The hormone or hormones in the contraceptive pill can affect sex drive or libido in some people. If decreased libido persists and is bothersome, this should be discussed with a medical provider. In some cases, the birth control pill can increase libido, for example, by removing concerns about pregnancy and reducing the painful symptoms of menstrual cramping, premenstrual syndrome, endometriosis, and uterine fibroids.

Vaginal discharge Changes in vaginal discharge may occur when taking the pill. This may be an increase or a decrease in vaginal lubrication or a change in the nature of the discharge. If vaginal dryness results, added lubrication can help make sex more comfortable. These changes are not usually harmful, but alternations in color or odor could indicate an infection. Anyone who is concerned about such changes should speak with their medical provider.

Eye changes Hormonal changes caused by the birth control pill have been linked to a thickening of the cornea in the eyes. Oral contraceptive use has not been associated with a higher risk of eye disease, but it may mean that contact lenses no longer fit comfortably. Contact lens wearers should consult their ophthalmologist if they experience any changes in vision or lens tolerance during pill use.

Risks The combined pill can increase the risk of cardiovascular problems, such as blood clots, deep vein thrombosis DVT, a clot on the lung, a stroke or heart attack. Birth control pills have also been associated with an increase in blood pressure, benign liver tumors, and some types of cancer. The pill should not be taken by:

Long-term effects Use of birth-control pills may increase the risk of long-term health problems.

Cardiovascular problems People with a history of blood clots, heart attacks or stroke are advised not to take the combination birth control pill. Combination pills can slightly increase the risk of cardiovascular side effects, such as heart attack, stroke, and blood clots. These can

all be fatal. The risk is higher with some pills. A doctor can advise on suitable options. Anyone who has uncontrolled high blood pressure or a personal or family history of blood clots, heart attack, or stroke should ask their medical provider about alternative methods.

Cancer risk Female hormones that occur naturally, such as estrogen, are thought to affect the chances of a woman developing some types of cancer. It is therefore possible that using a hormone-based method of birth control could have a similar effect.

Ovarian and endometrial cancer: These appear to be less likely among women who use the pill. There appears to be a slightly higher chance of breast cancer developing in women who have recently been using the contraceptive pill, and especially if they started using it during their teenage years. However, after 10 years of not using the pill, the risk appears to be the same as for someone who has never used it. Long-term use of the pill has been linked to a higher risk of cervical cancer, compared with those who have never used it. However, most types of cervical cancer are caused by the human papillomavirus HPV. Whether HPV is linked to the use of oral birth control pills has not yet been confirmed.

Oral contraceptives have been linked to a higher chance of developing benign liver tumors, but these rarely become cancerous. Some studies have suggested that liver cancer risk is higher after using oral contraceptives for at least 5 years, but other studies have not had the same results.

Alternatives For those who cannot use or do not wish to the birth control pill, other options are available.

Condoms This is a barrier method of birth control that prevents sperm from coming into contact with egg cells. Male condoms are sheathes that are placed over the penis. A female condom is a pouch with a ring at each end. It is inserted into the vagina. Condoms are widely available, but they are often made from latex, which can trigger an allergy in some individuals. Alternative materials include polyurethane or lambskin. For both types of condom, the risk of it not working is 18 percent or over in a year.

Diaphragm This is a shallow, dome-shaped rimmed cup that is placed in the vagina to block the cervix. Used with spermicide, it prevents the sperm and egg from meeting. Disadvantages include possible urinary tract infections and vaginal irritation. The irritation may stem from a reaction to the material the diaphragm is made from or the spermicide. Between 6 and 12 pregnancies occur annually in every women who use it, because of human error.

NuvaRing vaginal ring A plastic ring is inserted into the vagina, and it releases hormones to suppress ovulation. Each month, it is inserted for 3 weeks and removed for 1 week, during which menstruation occurs. These hormones are very similar to the pill, so similar side effects can occur. Every year, between 6 and 12 pregnancies occur in every women who use it, because of errors in use. As a hormonal method of birth control, the vaginal ring can have similar side effects to the pill, including intermenstrual spotting, headache, and reduced libido.

Intrauterine devices IUDs Intrauterine devices offer an alternative to the birth control pill. IUDs can be hormonal or non-hormonal. Hormonal IUDs thicken the cervical mucus and suppress ovulation. Non-hormonal IUDs produce an inflammatory response in the uterus that is toxic to sperm. It lasts for up to 10 years and is almost percent effective at preventing pregnancy. Adverse effects include intermenstrual spotting and irregular menses. Some IUDs can lead to heavier periods with worsened cramps.

*List Of References On Birth Control [Theodore Schroeder] on calendrierdelascience.com *FREE* shipping on qualifying offers. This scarce antiquarian book is a facsimile reprint of the original.*

The birth control pill is a popular and highly effective method of birth control if taken correctly. If you do not want to become pregnant, and if you are not likely to remember to take a pill each day, you probably should consider a longer-acting form of birth control, such as the injection , patch , implant , vaginal ring or IUD.

What Are Birth Control Pills? Birth control pills are an oral pill that a woman can take every day to prevent pregnancy. Birth control pills stop the ovaries from releasing eggs and thickens the cervical mucus, which keeps sperm from fertilizing the egg. Birth control pills come in two forms: Generally, combination birth control pills are slightly more effective than progestin-only birth control pills. All birth control pills require a prescription from a healthcare provider. Combination birth control pills are available in day packs, with 21 active tablets, or day packs with 21 active tablets, and 7 inactive tablets. Extended-cycle pills such as Seasonique contain 84 active tablets and 7 inactive tablets. The inactive pills are included to help the woman remember when she should start a new pack of pills. The menstrual cycle occurs during the time period when the inactive pills are taken. If the inactive pills are missed, there is no chance this would result in a pregnancy. However, it is important to start the new pack and active pills on the correct day.

Are Birth Control Pills Free? However, birth control pills can be affordable, depending upon health insurance coverage and generic availability. Many birth control pills are available generically and have a lower price. Check with your insurance company before getting a prescription to determine which birth control pills are on their formulary. Again, if you have prescription drug insurance, your birth control may be free under the Affordable Care Act.

Lighter periods, less frequent periods, or possibly no periods at all depending upon the type of pill taken and dosing schedule If the birth control pill is taken correctly, it has a high level of effectiveness to prevent pregnancy. The birth control pill can lessen heavy bleeding, pain and severity of endometriosis and fibroid tumors Acne or premenstrual dysphoric disorder PMDD may improve with some birth control pills The use of the birth control pill can lower the risk of pelvic inflammatory disease, uterine cancer and ovarian cancer The progestin-only forms may be used by women who are breast-feeding or cannot use estrogen for other reasons

What Are Some Names of Birth Control Pills? Examples of combination birth control pills include:

Chapter 4 : Birth control pill: Side effects, risks, alternatives, and the shot

How Effective is the Birth Control Pill? The birth control pill is a popular and highly effective method of birth control if taken correctly. The pill has a less than 1 percent (%) failure rate (meaning less than 1 out of women unintentionally become pregnant) when the pill is used correctly.

Barrier methods With so many choices when it comes to birth control, how do you decide which method is best? In this article, we will cover the most common forms of birth control and discuss their reliability and safety. The decision to use birth control and the method of choice is a personal one. A healthcare provider or birth control clinic can guide the decision and advise which method may be best for each individual to safely and effectively prevent pregnancy. While most methods of birth control are highly effective when used correctly, there is always a chance that any method will fail. Weighing the options with a doctor and partner is an important part of the decision-making process. Some things to consider when choosing a birth control method are: The desire for children in the future. Frequency of sexual contact and number of sex partners. Safety and efficacy of chosen method. Level of personal comfort with the chosen method. Fast facts on birth control: An estimated 45 percent of American pregnancies were unintended in Around 65 percent of women of reproductive age are using contraceptives. The most common form of contraceptive used by women is the contraceptive pill. Natural options There are several methods of birth control that require no device or medication, but they may be less reliable than other options. Abstinence Abstinence is a method of birth control that can be defined in different ways and includes no intercourse at all to simply no vaginal penetration. Not having any sexual intercourse including vaginal, anal, or oral, is referred to as continuous abstinence and is the only way to percent avoid both pregnancy and contracting an STD. Abstinence is both safe and effective and has many benefits; there are no side effects and it is free. However, there are times when abstinence is difficult to maintain. Breast-feeding The likelihood of conceiving before a baby is 6 months are lower if the mother is breast-feeding. Breast-feeding is not considered a method of birth control beyond 6 months of age, but the chances of becoming pregnant before the baby is 6 months are lower when exclusively breast-feeding. Exclusive breast-feeding means the baby is at the breast for all feedings, day and night. After delivery, exclusively breast-feeding mothers will not get their periods. What makes this method less than ideal is that the woman will ovulate first and then about 2 weeks later get her first period once the cycles have begun again. It is unlikely she will know she has ovulated and if she has unprotected intercourse, she will get pregnant and never get her first period. Most doctors will recommend another birth control method in addition to breast-feeding. The benefits of this method of birth control are its safety, efficacy, convenience, and low cost free. Breast-feeding itself has lifelong health benefits for both the mother and baby. Some of its disadvantages include the need for exclusive breast-feeding and reduced vaginal lubrication. When used correctly, approximately 2 percent of women will experience an unintended pregnancy, but this method is less likely to be used correctly. Outercourse One definition of outercourse is no vaginal intercourse but the practice of other forms of sexual activity; the other definition is no oral, anal, or vaginal penetration. Examples of outercourse include kissing, masturbation, manual stimulation, body-to-body rubbing, fantasy, sex toys, oral, and anal sex. This method of birth control is a nearly percent effective if carefully used, but it is seldom carefully used. Sometimes, semen or pre-ejaculate can come in contact with the vagina, making conception a risk. Because sperm are mobile, they can find their way inside the vagina and up to the egg. Benefits of outercourse include its safety, lack of side effects, decreased risk of fluid exchange, and new relationship and sexual experiences. The disadvantages include difficulty abstaining and the potential for vaginal contact with sperm. Outercourse does not protect from sexually transmitted diseases. Hormonal methods Hormonal contraception can be administered in a variety of ways, including pills, patches, injections, intrauterine devices, and vaginal rings. Serious risks associated with hormonal contraception include heart attack , stroke , blood clots higher in patch users , high blood pressure , liver tumors, gallstones , jaundice skin yellowing. These risks are higher in some women, including women who are: Pills Contraceptive pills contain either a combination of the hormones estrogen and progestin or just progestin. Contraceptive pills are an extremely

effective method of pregnancy prevention, however, as with all other methods, they must be used correctly. With correct use, only 1 percent of women will experience an unintended pregnancy. The pill works less well in women who are taking:

Chapter 5 : List of References on Birth Control

Legalization of birth-control, with special reference to the tuberculosis problem in the United States. Women's Medical Journal, v. 2;^, p. Medical, social, economical and moral aspects of birth control.

Birth Control Choices The oral contraceptive pill and female sterilization are the most widely used birth control methods in the United States, according to the most recent data available from the U. These two methods have been the leading contraceptives in the country since Male condom, vasectomy, and intrauterine devices IUD round out the top five contraceptive methods used. The Affordable Care Act requires insurance companies to cover all Food and Drug Administration-approved contraceptive methods and sterilization procedures without co-pays or deductibles beginning August on new policies. These new requirements are expected to have the biggest impact on the use of long-acting reversible methods such as the IUD and implants, which though shown to be extremely effective in preventing pregnancy, have high up-front costs. Their analysis of the nationally representative National Survey of Family Growth finds that 99 percent of all women who had ever had intercourse had used at least one contraceptive method. Nineteen percent of women reported ever using periodic abstinence based on the calendar rhythm method , while 5 percent reported ever using natural family planning. Current Contraceptive Method Used by U. Findings from the CDC report provide a comprehensive picture of U. Between and the two-year period from to , the percentage of women who had ever used emergency contraception rose from 4 percent to 10 percent. Over that same time frame, the share who had ever used the contraceptive patch rose from 1 percent to 10 percent. Hispanic, black, and Asian women were less likely to have ever used the oral contraceptive pill than non-Hispanic white women. Black women were more likely than white women to have used the three-month injectable contraceptive, DepoProvera. The proportion of women who used a method of contraception at their first premarital intercourse has risen steadily, from 56 percent before , to 76 percent between and , and to 84 percent between and Most of this increase was due to a greater use of the male condom at first premarital intercourse, from 34 percent to 72 percent. About 62 percent of the 62 million women ages 15 to 44 were currently using contraception on the day they were interviewed between and The remaining 38 percent were not using contraception for a variety of reasons. Non-Hispanic black women were more likely to use female sterilization as a method of contraception than non-Hispanic white women, and less likely to rely on male sterilization. However, considering male and female sterilization together, about the same percentage of white, black, and Hispanic women were using sterilization: Among women at risk of unintended pregnancy, 9 percent of Hispanic, white, and Asian women were not currently using contraception compared with 16 percent of at-risk black women. This finding may be related to higher rates of unintended pregnancy among black women than white women. Female sterilization is the leading contraceptive method among contraceptive users ages 30 to By ages 40 to 44, in fact, half of contraceptive users were using female sterilization. About 9 percent of unmarried women had a partner who was using male condoms as their most effective method of contraception between and Another 5 percent, however, were using condoms along with a more effective method such as the pill or an injectable contraceptive , meaning that a total of 14 percent were using the condom. Among married women, however, this kind of combination use was much less common. Half of all pregnancies in the United States are unintended, and the average probability of an unintended pregnancy in 12 months of contraceptive use is 12 percent, which is about the same as in Most pregnancies among contraceptive users are caused by inconsistent or incorrect use, not by a failure of the method itself.

Chapter 6 : Types of Birth Control Pills (Oral Contraceptives) from calendrierdelascience.com

Birth control pills are an example of a hormonal birth control method that prevents ovulation. The decision about what kind of birth control option to use is extremely personal, and there is no single choice that is safest or best for all women or couples.

Sign up now Choosing a birth control pill Choosing the right birth control pill can be a challenge. Learn the pros and cons of different types of birth control pills. Birth control pills are some of the most popular contraceptives. The variety of birth control pills available, though, can seem daunting. Fortunately, they can be sorted into just a few categories to make it easier to assess your options. What are the different kinds of birth control pills? There are two main kinds of birth control pills – combination birth control pills, which contain estrogen and progestin, and the minipill, which contains only progestin. Combination birth control pills come in different mixtures of active and inactive pills, depending on how frequently you want to have periods: Conventional packs usually contain 21 active pills and seven inactive pills, or 24 active pills and four inactive pills. Bleeding occurs every month when you take the inactive pills. Continuous dosing or extended cycle. These packs typically contain 84 active pills and seven inactive pills. Bleeding generally occurs only four times a year during the time when you take the inactive pills. Formulations containing only active pills – eliminating bleeding – also are available. Combination birth control pills are also categorized according to whether the dose of hormones stays the same or varies: In this type of combination birth control pill, each active pill contains the same amount of estrogen and progestin. In this type of combination birth control pill, the amounts of hormones in active pills vary. Combination birth control pills that contain less than 50 micrograms of ethinyl estradiol, a kind of estrogen, are known as low-dose pills. Women who are sensitive to hormones may benefit from taking a lower dose pill. However, low-dose pills may result in more breakthrough bleeding – bleeding or spotting between periods – than do higher dose pills. How do the different birth control pills work? Combination birth control pills suppress ovulation – keeping your ovaries from releasing an egg. Combination birth control pills also thicken cervical mucus and thin the lining of the uterus endometrium to keep sperm from joining the egg. The minipill thickens cervical mucus and thins the endometrium – preventing sperm from reaching the egg. The minipill also sometimes suppresses ovulation. The progestin dose in a minipill is also lower than the progestin dose in any combination oral contraceptive pill. Are all kinds of birth control pills appropriate for everyone? Your health care provider will ask about your medical history and any medications you take to determine which birth control pill is right for you. Your health care provider may discourage use of combination birth control pills if you: Are breast-feeding Are older than age 35 and smoke Have poorly controlled high blood pressure Have a history of or current deep vein thrombosis or pulmonary embolism Have a history of breast cancer Have a history of stroke or heart disease Have diabetes-related complications, such as nephropathy, retinopathy or neuropathy Have liver disease Will be immobilized for a prolonged period due to major surgery Take St. Have breast cancer Take anticonvulsant or anti-tuberculous agents What are the pros and cons of combination pills? You have many options for birth control. If you choose to take birth control pills, work with your health care provider to decide which type of birth control pill is right for you.

Chapter 7 : List of Generic Brands of Birth Control | calendrierdelascience.com

Birth control pills, or oral contraceptives, contain female hormones that suppress ovulation--the monthly release of an egg from the ovary. Suppressing ovulation prevents pregnancy because without an egg, conception cannot occur.

John runs a health communications and consulting firm. She is also an author and editor, and was formerly a senior medical officer with the U. Centers for Disease Control and Prevention. John holds an M. Generic contraceptives provide women with effective, affordable contraceptive options. Suppressing ovulation prevents pregnancy because without an egg, conception cannot occur. Women have several options for different types of birth control pills, with varying doses and hormone content. Food and Drug Administration-approved generic brands of birth control pills are equivalents of the brand name versions of these drugs. The pills come in a day pack with 21 hormone-containing pills, taken one per day for the first three weeks of the cycle, and seven inactive pills. Women should take oral contraceptive pills at the same time each day to maintain adequate hormone levels for the suppression of ovulation, notes the FDA-approved prescribing information for the brand name equivalent of these drugs. Each pill contains 0. Packs contain 28 pills, including 21 with hormones and seven inactive pills. According to the FDA-approved prescribing information for the brand name equivalent of these generic brands, the chance of becoming pregnant while on combination birth control pills is approximately 1 to 5 percent. Neocon and Nortrel Neocon and Nortrel are day combination birth control packs. Each of the 21 hormone pills contains 0. The pill packs include 21 combination hormone pills and seven inactive pills. The American Congress of Obstetricians and Gynecologists states that women age 35 and older who smoke should not take combination birth control pills because of an increased risk for blood clots, heart attack and stroke. The amount of the progesterone-like drug, norethindrone, varies in the pills. The first seven pills of the cycle contain 0. The next seven pills contain 0. This type of combination birth control pill, with three different hormone doses throughout the cycle, is known as a triphasic oral contraceptive, notes the medical information website eMedTV. Errin and Jolivette Errin and Jolivette are generic brands of a progestin-only birth control pill, sometimes called "mini pills" because they do not contain estrogen. Progestin-only birth control pills may prove slightly less effective at preventing pregnancy than combination birth control pills, notes eMedTV.

Chapter 8 : Birth Control Products : Brand to Generic Reference Guide

Condoms and other latex or plastic types of birth control can break down over time. Pills become less effective. Don't rely on birth control that's past its expiration date.

Chapter 9 : List of Birth Control Pills

What it does: Emergency contraception is a backup for regular birth control. Plan B contains a higher dose of the same synthetic hormones found in the combination pill.