

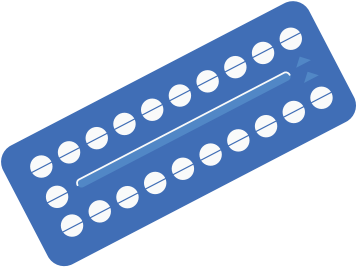
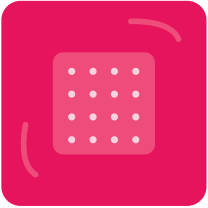

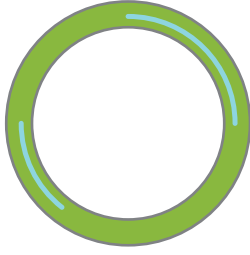

# WHICH BIRTH CONTROL IS RIGHT FOR ME?

WE ALL HAVE ACCESS TO MANY SAFE AND EFFECTIVE CONTRACEPTION METHODS, FROM PILLS AND PATCHES TO IMPLANTS AND IUDS.

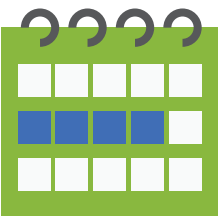
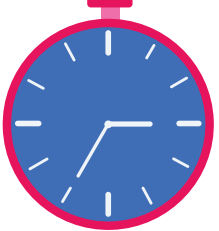
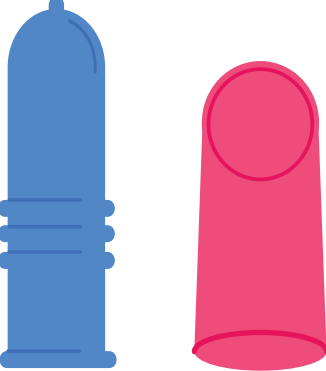

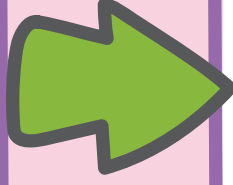
## MOST EFFECTIVE

 <p><b>IUD</b> LASTS 3-12 YEARS HORMONAL</p>	 <p><b>IMPLANT</b> LASTS 3 YEARS HORMONAL</p>	 <p><b>STERILIZATION</b> LASTS: FOR EVER SURGICAL</p>		<p><b>1%</b> CHANCES OF GETTING PREGNANT</p>
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## EFFECTIVE

 <p><b>PILL</b> DAILY USE HORMONAL</p>	 <p><b>PATCH</b> WEEKLY USE HORMONAL</p>	 <p><b>SHOT</b> EVERY 3 MONTHS HORMONAL</p>	 <p><b>RING</b> MONTHLY USE HORMONAL</p>		<p><b>6-9%</b> CHANCES OF GETTING PREGNANT</p>
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## LEAST EFFECTIVE

 <p><b>FERTILITY AWARENESS</b> NON HORMONAL</p>	 <p><b>PULLING OUT</b> NON HORMONAL</p>	 <p><b>CONDOMS</b> NON HORMONAL</p>	 <p><b>DIAPHRAGM</b> NON-HORMONAL</p>		<p><b>14-24%</b> CHANCES OF GETTING PREGNANT</p>
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WITHOUT BIRTH CONTROL 90% OF WOMEN  
COULD GET PREGNANT

If you are a patient and want to know more, schedule an appointment with your medical provider: (202)462-4788 or at [www.lcdp.org/paciente](http://www.lcdp.org/paciente)