

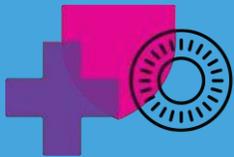


*Fertility no more a
Chance but a Science*

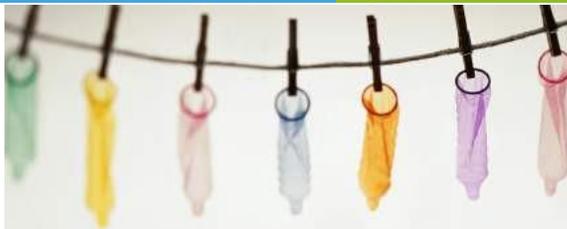
OVO

G - U - I - D - E

Birth Control



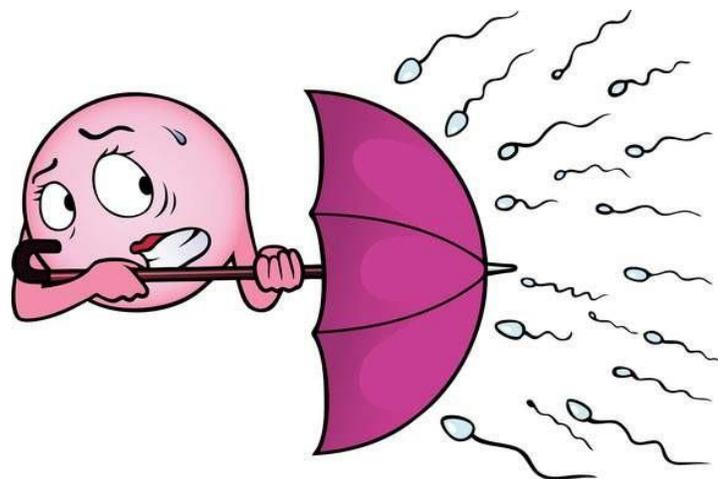
“Also known as **contraception** and **fertility control**, is a method or device used to prevent pregnancy.”



- *Around the world, 45% of those who are married and able to have children use birth control.*
- *Many doctors will not prescribe the Pill for women who smoke cigarettes because it increases the harmful effects of cigarettes.*
- *The typical U.S. woman wants two children. To achieve this goal, she must use birth control for about three decades.*
- *Although there is currently no male oral contraceptive, a birth control pill for men is currently in development.*

Basics

Birth control comprises of both hormonal & non-hormonal methods that works by interfering with ovulation, fertilization, and/or implantation of the fertilized egg. As of today, there are multiple birth control methods to choose from. The decision to use one should depend on what is best for yourself and your sexual partner. In the developed world, the most common birth control methods are condoms and oral contraceptives.





Birth Control Methods

There are several birth control methods but it is important to get educated about how they affect your health, your hormonal balance and their effectiveness.

If you are using **Hormonal based Birth Control** methods like pills, patch or ring, the hormones estrogen and progesterone present in them don't allow women to get pregnant.

While the **non-Hormonal based** methods like IUDs, diaphragm, condoms or the Fertility Awareness Methods vary in how they work. These methods are quite versatile unlike the pill or patch in which you need to stick to single option and are fast and fairly convenient options.

The comparison of various birth control methods below is to help you along the way in making the right decision. To make an informed choice, both partners need to understand how to use the method correctly and consistently.

Effectiveness figures* are based on 100 couples using the method for a year and show the percentage of women who did not get pregnant while using the method for 1 year.

**Adapted from Contraceptive Technology, 19th Revised Edition, Hatcher, et al (New York).*

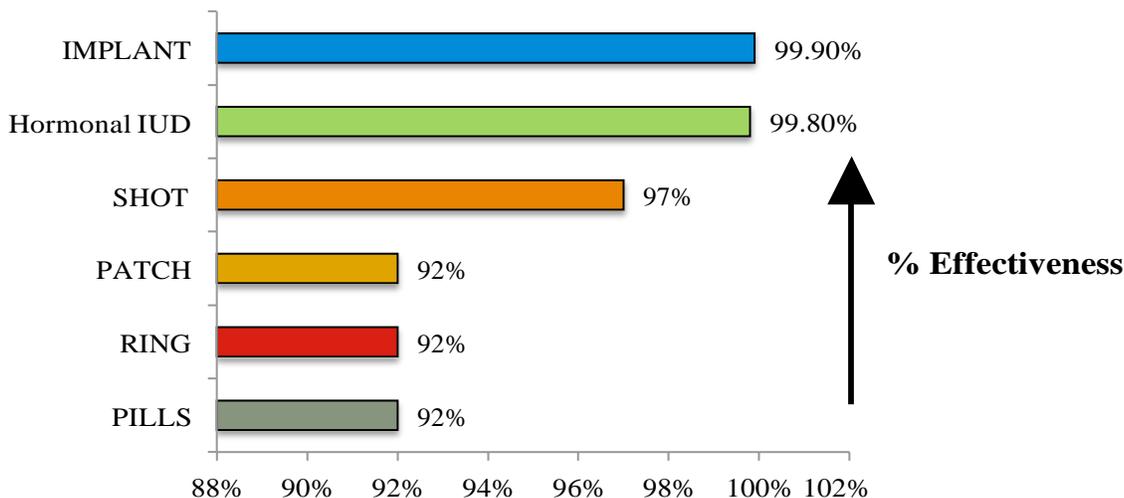
Hormonal Methods

IMPLANT

An implant the size of a cardboard matchstick is implanted underneath the skin of the upper arm. This birth control method will help protect against pregnancy for up to 3 years.



99.9%



Hormonal IUD

Intrauterine device (IUD) with progestogen releases hormones, which is helpful for birth control and heavy menstrual periods. The device is placed in the uterus.

99.8%

SHOT

It's a shot that a doctor gives you in the arm or buttocks. Each shot works for up to 12 to 14 weeks, but you must get the injection once every 12 weeks to get its full protection. It's made of a hormone similar to progesterone.



97%



PATCH

It is a 4cm x 4cm thin, beige patch that you wear on your body. The patch sticks to a woman's skin and continuously releases the hormones estrogen & progesterin into bloodstream.

92%

RING

Ring is a small, flexible vaginal ring used to prevent pregnancy. You put it in for 3 weeks, take it out, then put a new one in a week later.



92%

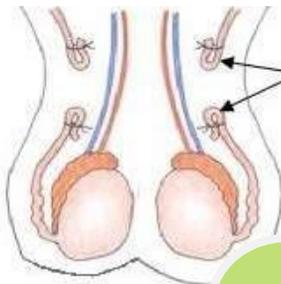


PILLS

Taken by mouth daily to prevent pregnancy, however, the pill does not protect against sexually transmitted diseases, including HIV.

92%

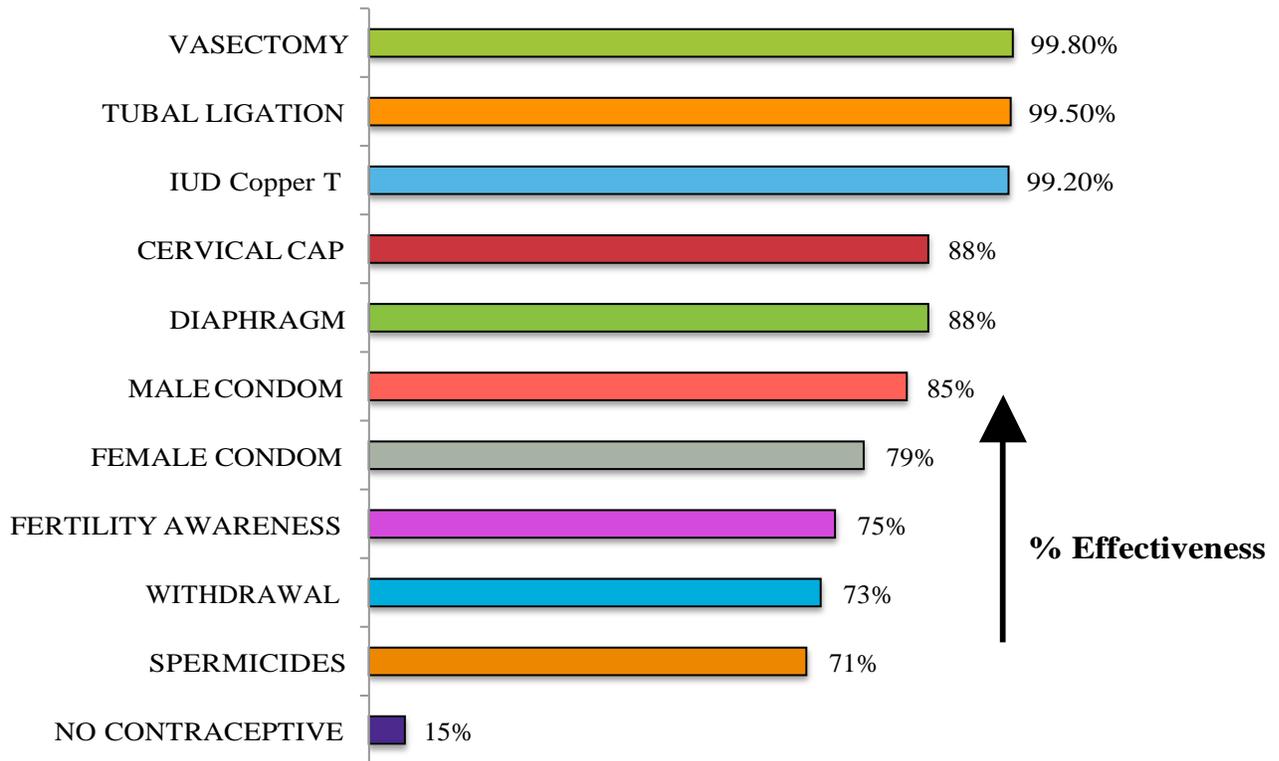
Non - Hormonal Methods



VASECTOMY

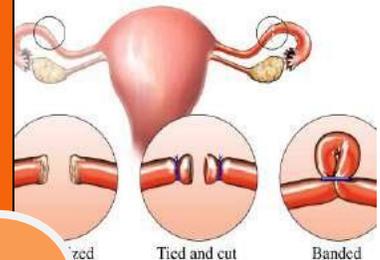
A Surgical procedure for male sterilization or permanent contraception. The male vas deferens are severed and then tied or sealed in a manner so as to prevent sperm from entering into the ejaculate and thereby prevent fertilization.

99.8%



TUBAL LIGATION

A surgical procedure for sterilization in which a woman's fallopian tubes are clamped and blocked or severed and sealed, either of which prevents eggs from reaching the uterus for implantation.



99.5%



IUD Copper-T

A type of intrauterine device, long-acting reversible contraception and is one of the most effective forms of birth control. It is inserted in the uterus by a medical practitioner and can be used for many years based on the brand

99.2%

CERVICAL CAP

The cervical cap (FemCap) is a soft, thimble-shaped cup made out of silicone or latex. It fits snugly over the cervix (where the uterus opens into the vagina). It's designed to block sperm from reaching the woman's egg.



88%



DIAPHRAGM

Thin silicone dome with a springy and flexible rim inserted into the vagina and fits over the cervix and is held in place by vaginal muscles. A diaphragm holds spermicide in place over the opening to the uterus. Spermicide kills sperm, preventing fertilization. After intercourse, it should be left in place for six to eight hours

88%

MALE CONDOM

Fine barrier that is rolled on to a man's penis before sex. It is used as a barrier to stop sperm and infection passing between sexual partners. It is usually made of rubber. It can be used for vaginal and anal intercourse.



85%



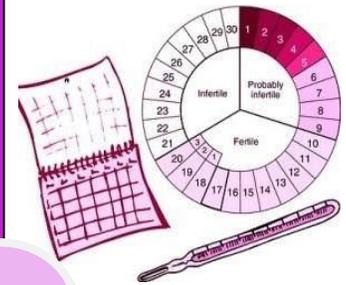
FEMALE CONDOM

A pouch inserted into woman's vagina during intercourse to prevent pregnancy. It reduces the risk of sexually transmitted infection. It can be used for vaginal & anal intercourse.

79%

FERTILITY AWARENESS METHOD

A way to predict fertile and infertile times in your cycle. FAM is based on body signs, which change during each menstrual cycle in response to the hormones that cause ovulation (the release of an egg).



75%

Withdrawal



WITHDRAWAL

Or the pullout method, in which a man, during sexual intercourse, withdraws his penis from a woman's vagina prior to orgasm (and ejaculation), and then directs his ejaculate (semen) away from the vagina.

73%

SPERMICIDES

Contains chemicals that stop sperm from moving and are available in different forms, including creams, film, foams, gels, and suppositories. Spermicide can be used alone, or it can be used with other birth control methods to make them more effective.



71%



ABSTINENCE

Being abstinent means not having any type of sexual intercourse with your partner. Abstinence is the only birth control method that is 100% effective.

15%

Getting off Birth Control modes when planning for Pregnancy



Contrary to popular myth, birth control methods do not affect your chances of getting pregnant in the future. Well that's a relief for all the women because all reversible birth control methods don't have long-lasting effects on your ability to get pregnant when you stop using them. That's why women who use the pill but accidentally forget to take it for a few days can get pregnant that month.

Pill, Ring, or Patch

In study found, women can get pregnant within two weeks after stopping the pill or using ring or patch. The median time to conception was three months. In other words, prior use of the pill, ring or patch seemed to make no difference to future conception.

Injections and Implants

Using long acting forms of birth control like injections & implants can stretch chances of getting pregnant. After removal of the implant, it may take 2-4 months for your cycle to be regular. For injections, it takes between 6-18 months for your hormonal cycles to be regular.

Intrauterine Devices

Women using IUDs experience longer delays in conception. It is delayed further in case when some synthetic hormone is used in IUDs. Women trying to conceive may be get pregnant between 12 – 18 months of IUD discontinuation.

OVO Fertility

OVO Fertility through its patented technology helps women learn about their fertility and understand their period cycles improves their reproductive health while trying to conceive or avoiding pregnancy smartly. OVO has been ranked as the best Women Health Portal since its launch while driving thousands of Research & Clinical Studies, Communications and White Papers in the field of Ovulation and Fertility.



Thank you!