

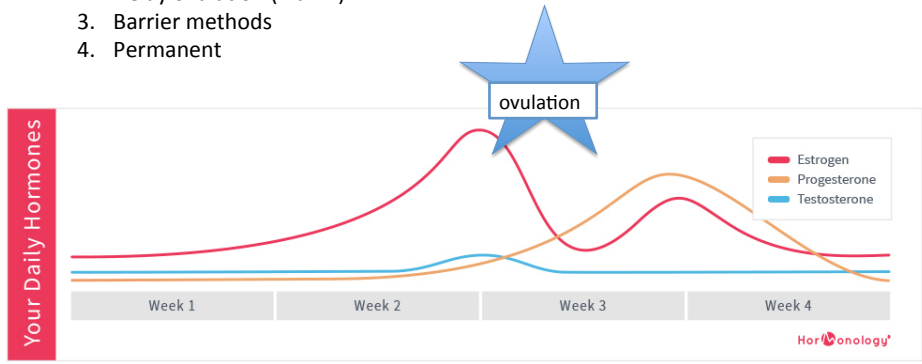
Sacred Cycle Bliss – The Path to Nirvana –
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A Quick Contraception Guide

Dr. Kayla Luhrs, MD

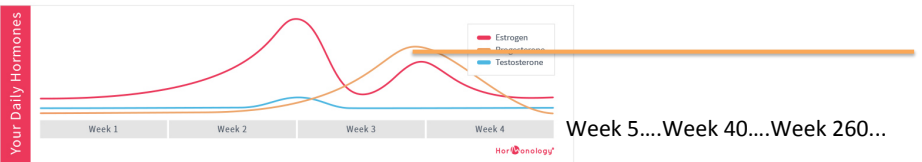
Four Types:

1. Stop ovulation (hormonal)
2. Delay ovulation (Plan B)
3. Barrier methods
4. Permanent



Type 1: Hormonal – Stop Ovulation

All hormonal methods use synthetic compounds (called progestins) that bind to receptors similar to the way progesterone does. This signals the body to stop the ovulation/bleeding cycle thereby preventing pregnancy.



These hormones can be ingested (pill: ~91-97% effective, \$4/month) or absorbed directly into the blood stream from the:



- uterus (IUD)
- soft tissue (implanon)
- muscle (depoprovera)
- skin (patch)
- vaginal mucous membrane (nuvaring)

Hormone Containing IUDs

Mirena	6 years
Kyleena	5 years
Liletta	4 years
Skyla	3 years

Type 2: Hormonal – Delayed Ovulation

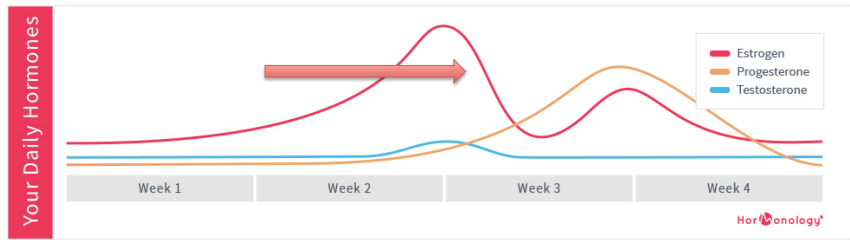
Plan B: High dose *levonorgestrol*. This is actually the same progestin contained in most birth control products, but used in a single, higher dose.

Works by delaying ovulation; stopping the release of an egg from the ovary.

Single tablet taken by mouth. Can use up to 120 hours (5 days) after event. Sooner is better. Available over the counter. \$20-35/pill.

ONLY protects against ONE incident of unprotected sex PER CYCLE!!!!!!

“About 7 out of 8 women who would have gotten pregnant will not become pregnant after taking Plan B.”



We have one non-hormonal IUD.

Type 3: Barrier

Paragard is a copper-releasing device that is placed in your uterus to prevent pregnancy for up to **10 years**.

The copper in paragard enhances its effectiveness. It interferes with sperm movement, egg fertilization and possibly prevents implantation.

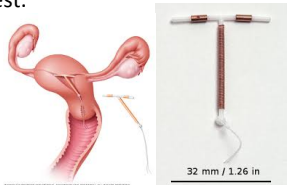
Because paragard is hormone free, you keep your menstrual cycle and can start trying to get pregnant **THE SAME DAY** it is removed.

Also FDA approved as emergency contraception with negative pregnancy test.



Typically covered by insurance!

No insurance?
Eligible for special rate and money-back guarantee if you don't like it.



Fem Cap:

Type 3: Barrier

- Has essentially replaced the formerly available devices “cervical cap” and “diaphragm”.
- More popular in Europe, approved there in 1999. Approved in USA by FDA in March 2003.
- FemCap has never been withdrawn from any market for any reason.
- Surgical grade silicone, shaped like a sailor’s hat, 3 sizes, must be fit by a practitioner.
- 98% effective**
- \$74, replace annually, covered by insurance
- www.femcap.com



Condoms:

Type 3: Barrier

- Still the **ONLY** contraceptive option that prevents pregnancies AND sexually transmitted infections.
- 98% effective (CDC)**
- www.factsaboutcondoms.com



Type 4: Permanent

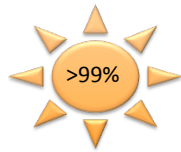
-Vasectomy

-Tubal Ligation

-ESSURE procedure

-Hysterectomy

-Menopause



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References of Note:

1. Toni Weschler, MPH. (2015 Edition) **Taking Charge of Your Fertility.**
Excellent, comprehensive guide for Fertility Awareness Method.
2. Gillson, G. (2007). **Clarifying hormone terminology.** Canadian Family Physician, 53(1), 29–30.

Progesterone: natural chemical made by the human body

Progestin: a synthetic form of progesterone. The correct medical term for this is a “synthetic progestogen”. When progestins bind to receptors they can produce effects both weaker and stronger than progesterone itself.

Levonorgestrel: the specific progestin used in Mirena, Skyla, Plan B, and many others.
3. Campagnoli, C., Clavel-Chapelon, F., Kaaks, R., Peris, C., & Berrino, F. (2005). **Progestins and progesterone in hormone replacement therapy and the risk of breast cancer.** The Journal of Steroid Biochemistry and Molecular Biology, 96(2), 95–108.
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Beyond the scope of this talk. Free on PubMed.