

Methods	Possible Side Effects	% Effectiveness		Continuation % Rate at One Year	Harmful to Fertility	Responsible for Use
		Theoretical	Actual			
<b>Natural Family Planning</b>						
Creighton Model FCS	None	99.5	96.8	89	No	Couple
Billings Ovulation Method	None	97-99	93-98	65	No	Couple
Sympto-Thermal Method - CCL	None	98-99	96-97	69	No	Couple
<b>Barrier Methods</b>						
Condoms	Allergic reaction or irritation	97	88	63	No	Man
Diaphragm	Allergic reaction or irritation, sometimes difficult to remove	94	82	58	No	Woman
<b>Sterilization Surgeries</b>						
Tubal Ligation	Operations may be complicated by bleeding &/or infections Increased rates of: hysterectomy, ectopic pregnancy, painful periods	99.8	99.6	100	Yes	Woman
Vasectomy	May Increase risk of prostate cancer	99.9	99.8	100	Yes	Man
<b>Intrauterine Device (IUD)</b> *Requires replacement every 5 years	Heavy, irregular or painful menses; painful intercourse; infection; ectopic pregnancy; perforation of the uterus; infertility.	98	97	80	Yes	Woman
<b>Birth Control Pills ( 2 Hormones)</b> *Contraceptive: suppresses ovulation (the release of an egg). If ovulation occurs, the sperm may be prevented from reaching the egg due to thickened cervical mucus *Abortifacient: if ovulations occurs (3-5% of cycles) and conception occurs, the "pill" acts by preventing the attachment of early human life to the uterus	<u>Common</u> : may delay return of normal fertility, breast tenderness, breast cysts, depression, wt. gain, headaches, nausea & vomiting, irregular bleeding  <u>Rare</u> : possible increased risk of breast cancer, liver tumors, elevated blood pressure, heart attack, blood clots, stroke	99.6	94	72	May Delay	Woman
<b>Progestational Agents ( 1 hormone)</b> *Contraceptive and Abortifacient: works like the birth control pill, but ovulation occurs more; 10-50% of cycles for Norplant (no longer available in USA) & 5% for Depo-Provera	Depo-Provera: injections every 3 mo, delays return of fertility by an average of 9 mo after last shot; irregular menses; acne; wt. gain; headaches; anxiety; breast pain; causes calcium loss which leads to osteoporosis.	99.7	99.7	70	Delays	Woman

Compiled by Peter Danis, M.D. & the American Academy of FCS



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