

Methods	Possible Side Effects	% Effectiveness		Continuation % Rate at One Year	Harmful to Fertility	Responsible for Use
		Theoretical	Actual			
Natural Family Planning						
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
Barrier Methods						
Condoms	Allergic reaction or irritation	97	88	63	No	Man
Diaphragm	Allergic reaction or irritation, sometimes difficult to remove	94	82	58	No	Woman
Sterilization Surgeries						
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
Intrauterine Device (IUD) *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
Birth Control Pills (2 Hormones) *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
Progestational Agents (1 hormone) *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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