

# sex talk.

answers to your questions about sex and relationships

## wildfact

Long-acting reversible contraceptives (LARCS) like IUDs and Nexplanon are up to 20 times more effective in preventing pregnancy compared to birth control pills, patches, and vaginal rings.

## I have a hard time remembering to take my pill every day. Is there something easier for me that is as reliable?

If you are looking for a highly effective method of birth control, LARCS, or long-acting reversible contraceptives, may be the birth control option for you. With a 99% effectiveness rate, LARCS can last for prolonged periods of time (3-10 years), and they do not require any action from the user following insertion. And if you decide you want to become pregnant or do not think it is the right fit for you, it can be removed by a medical provider at any time.

At Campus Health, we offer different types of LARCS including intrauterine devices (IUDs) and other implants like Nexplanon. IUDs are birth control devices that are inserted into the uterus. There are currently five different IUDs available at Campus Health: Skyla, Mirena, Kyleena, Liletta, and Paragard. The length of effectiveness varies depending on

the IUD you chose. Nexplanon, on the other hand, is implanted into the upper arm. This implant is effective for up to three years and continuously releases hormones over this time period. Again, both of these long-acting reversible contraceptives can be removed at any time!

Keep in mind that LARCS only prevent pregnancy – they do not prevent STIs. In order to protect yourself and your partner, use a condom to reduce your risk of infection. To learn more about LARCS or other contraceptives, make an appointment at UA Campus Health Service by calling (520) 621-9202.

*Guest Author: Shauna Rocha, Public Health Senior*

*References: "Birth Control Methods," UA Campus Health Service, Fall 2017*

Have a question? Email it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)



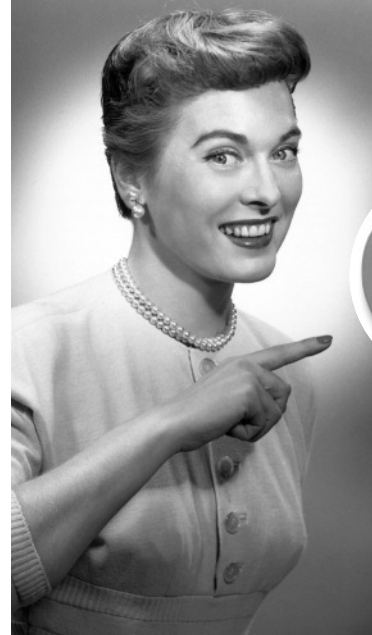
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**CAMPUS HEALTH**

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# WANT CONDOMS?



**FREE  
CONDOM  
FRIDAY!**

**Every Friday 12-2pm  
(Fall & Spring Semesters)**

Health Promotion & Preventive Services  
(3rd Floor NE corner of Campus Health)



**Come get your free condoms,  
latex dams, and gloves every Friday!**

**Open to all UA students. No catch!**



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HEALTH**

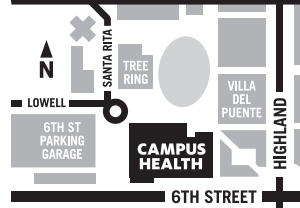
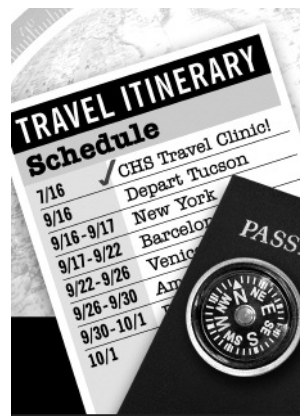


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The CHS Travel Clinic can provide  
your necessary vaccinations.  
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