

sex talk.

answers to your questions about sex and relationships

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Traveling outside the country for Spring Break? Make the Campus Health Service Travel Clinic your first destination! Call (520) 621-2292 for more info or to make an appointment.

Q Are some birth control methods more effective than others?

A. Yes. There are many different types of birth control methods, and most are very effective at reducing the risk of unplanned pregnancy. From abstinence and withdrawal, to condoms, pills, patches, shots, and IUDs there are many different options available.

Here are the effectiveness rates for some of the main methods of birth control. (A range of effectiveness represents typical to perfect use.)

Abstinence:	100% effective
Implanon®:	99.9% effective
IUD:	99.2-99.8% effective
Depo-Provera®:	94-99% effective
Nuva Ring:	91-99.7% effective
The Pill:	91-99.7% effective
Ortho Evra Patch®:	91-99.7% effective
Male Condom:	82-98% effective
Female Condom:	79-95% effective
Withdrawal:	78-96% effective

Emergency Contraception: 62-89% effective

Remember, most birth control methods reduce the risk of pregnancy but do not protect against sexually transmitted infections (STIs). Best advice for opposite sex partners: reduce the risk of unplanned pregnancy and STIs by using a barrier method (such as a condom) *and* a hormonal option.

Thinking about going on birth control? Call 621-9202 to make an appointment with our Women's Health Clinic to discuss the different options and find one that would work best for you. Already on birth control? Call 621-6516 to have your prescription transferred to the Campus Health Pharmacy. You'll be able to pick it up right on campus!



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Have a question? Send it to sextalk@email.arizona.edu

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