

GUIDE TO DIFFERENT TYPES OF CONTRACEPTION



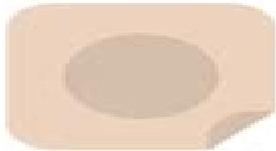
COMBINED PILL

- Hormonal
- 99% effective when used perfectly
- Remember to take it daily
- Can choose to have regular periods or skip them



PROGESTOGEN-ONLY PILL

- Hormonal
- 99% effective when used perfectly
- Remember to take it at the same time every day
- Periods can become lighter or stop



PATCH

- Hormonal
- 99% effective when used perfectly
- Remember to change it weekly
- Can choose to have regular periods or skip them



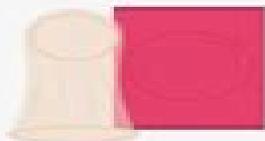
RING

- Hormonal
- 99% effective when used perfectly
- Remember to change it every 3 weeks
- Can choose to have regular periods or skip them



MALE CONDOMS

- No hormones
- 98% effective when used perfectly
- Remember to use every time you have sex
- Protection against STIs



FEMALE CONDOMS

- No hormones
- 95% effective when used perfectly
- Remember to use every time you have sex
- Protection against STIs



IMPLANT

- Hormonal
- Over 99% effective
- Works for 3 years
- Periods may be lighter or stop



INJECTION

- Hormonal
- Over 99% effective
- Works for 13 weeks
- Periods may be lighter or stop



DIAPHRAGMS AND CAPS

- No hormones
- 92-96% effective when used perfectly and with spermicide
- Remember to use every time you have sex



IUD (NON-HORMONAL COIL)

- No hormones
- Over 99% effective
- Works for 5-10 years
- Periods can become heavier



IUS (HORMONAL COIL)

- Hormones
- Over 99% effective
- Works for 3-5 years
- Periods may be lighter or stop

Contraception A Users Guide

Ying-Ying Zheng



Contraception A Users Guide:

The book delves into Contraception A Users Guide. Contraception A Users Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Contraception A Users Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Contraception A Users Guide
 - Chapter 2: Essential Elements of Contraception A Users Guide
 - Chapter 3: Contraception A Users Guide in Everyday Life
 - Chapter 4: Contraception A Users Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Contraception A Users Guide. This chapter will explore what Contraception A Users Guide is, why Contraception A Users Guide is vital, and how to effectively learn about Contraception A Users Guide.
3. In chapter 2, this book will delve into the foundational concepts of Contraception A Users Guide. This chapter will elucidate the essential principles that need to be understood to grasp Contraception A Users Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Contraception A Users Guide in daily life. The third chapter will showcase real-world examples of how Contraception A Users Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Contraception A Users Guide in specific contexts. The fourth chapter will explore how Contraception A Users Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Contraception A Users Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Contraception A Users Guide.

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Contraception A Users Guide Introduction

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begin with a captivating opener give some background talk about the awardee s work keep it on

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