

## Contraception

Several methods of birth control are now available, with varying degrees of reliability and health risk. Our office can help you decide which methods may be best for you.

Keep in mind that no birth control method will fully protect against sexually transmitted diseases (STDs). The use of condoms will reduce - but not eliminate - the risk of spreading an STD.

### **Methods of Birth Control**

- Birth Control Pills
- Mini-pills
- Depo-Provera (the birth control shot)
- Vaginal Ring
- Patch
- Condoms
- Diaphragm
- Spermicide
- IUD (copper or progesterone)
- Tubal Sterilization
- Vasectomy (referred)
- Natural Family Planning