



THE BEST BIRTH CONTROL FOR YOUR AGE GROUP

Exploring options for women in their 20s, 30s and 40s.



BIRTH CONTROL OPTIONS FOR WOMEN IN THEIR 20S

THE PEAK OF FERTILITY

Once you've hit your 20s, you have probably had the discussion with your OBGYN about sexual health and preventing pregnancy. You're at the peak of your fertility in your 20s and have the highest chance of getting pregnant if you are not properly protected.

However, there are so many types of birth control out there, you may be wondering which type works best for your lifestyle right now. Whether it be college or starting your career, it's important to find a birth control that has the highest percentage of effectiveness for you.

COMBO PILL

Most OBGYNS will recommend the daily combination contraceptive pill. The combo pill has both estrogen and progestin that work in combination to prevent the ovaries from releasing eggs.

This method only works if taken regularly, so if you're good with a schedule, this is a good option for you.

IMPLANTABLE DEVICE OR IUD

If your lifestyle is so crazy you forgot the last time you ate, maybe a more long-term option is better for you.

An Implantable Device is a tiny, flexible rod that contains progestin, which prevents sperm from reaching the egg. The device is implanted into your upper arm and is left in place for up to three years.

IUDs, on the other hand, are inserted vaginally and placed near your uterus. Once implanted, IUDs are good for up to five years. Be sure to ask your OBGYN for the best option for you.



" We help our patients make informed, careful decisions about what is best for their bodies and their overall health."

Walnut Hill

SECONDARY BARRIERS

All OBGYNs would recommend using a secondary barrier with your birth control, especially for women in their 20s, because of heightened fertility.

If you're sexually active and are intimate with multiple partners, using a secondary barrier is the best way to protect you from both pregnancy and STDs.

Secondary barriers work by keeping the sperm and egg apart. Usually, these methods have only minor side effects. The main possible side effect is an allergic reaction either to the material of the barrier or the spermicides that should be used with them.

TYPES OF BARRIERS

- Male or female condoms
- Diaphragm
- Sponge
- Cervical cap

PERSONAL MEDICAL HISTORY

Try not to jump on the bandwagon when it comes to the latest and greatest birth controls out there. Really take the time to discuss your personal and family medical history, physical health and habits, such as smoking, with your OBGYN.

All of the above factors play an important role in a birth control choice.



BIRTH CONTROL OPTIONS FOR WOMEN IN THEIR 30S

THE QUALITIES YOU WANT IN A BIRTH CONTROL

If you are between having kids, you may be looking for contraception momentarily. However, if you have already been there, done that, you may be looking for something more long-term and hassle-free. In this section, we will explore the many different birth control options for women in their early to late 30s.

THE PROGESTIN-ONLY PILL FOR BREASTFEEDING

This is for women who have recently had a child and are looking for something safe while breastfeeding. This daily oral contraceptive will not lower milk supply, so it's perfect for nursing mothers.

This pill protects against pregnancy via a low dose of hormones, but it's estrogen-free.

THE COMBINATION PILL FOR MENOPAUSE SYMPTOMS

The combo pill, commonly referred to as the pill, contains both progestin and estrogen. This is a daily oral contraceptive that's a good option for women who may be between having kids because this pill is easy to stop and start back up again.

The combo pill is also great for women in their late 30s experiencing early menopause symptoms. The pill contains estrogen and progestin and may help regulate the dreaded symptoms of hot flashes and irregular periods.



IMPLANTABLE DEVICES FOR BUSY MOMS

If you need a contraceptive method that is hassle-free — especially if you have a couple kids running around — an implantable device may be just what you need. A flexible, implantable rods, roughly the size of a matchstick, is inserted into the skin of the upper arm. By releasing progestin, it alters the lining in the uterus to prevent sperm from reaching the egg and is effective for up to three years.

INTRAUTERINE DEVICES FOR LONG PERIODS OF TIME

Intrauterine devices, also known as IUDs, are T-shaped devices that are inserted into your uterus. This method releases a small amount of copper into the uterus to prevent fertilization.

IUDs are a good option for women who may be done having kids, at least for a long period of time, because they're effective for up to five years.

SURGICAL STERILIZATION

If you know for a fact you are finished having kids, surgical sterilization may be the best solution. Surgical sterilization, or having your “tubes tied,” can involve tying, sealing, or cutting your fallopian tubes to prevent access to ovaries. It’s a surgical procedure that can be done numerous ways, and it’s important to discuss with your doctor which option would be best for you.



BIRTH CONTROL OPTIONS FOR WOMEN IN THEIR 40S

MENOPAUSE

Forget the horror stories you may have heard, and let's focus on the facts: menopause can begin as early as your 30s and as late as your 60s. It progresses in stages, but you aren't out of the woods until you haven't had a period for 12 consecutive months. Until then, you'll want some form of birth control.

This transition period can rough on your body. You're going to have irregular periods and mood swings when you're already a busy woman. Don't let it slow you down. Often, a hormonal birth control can help regulate what your uterus is doing without severely impacting the rest of your body.



INTRAUTERINE DEVICES

An intrauterine device (IUD) is an extremely effective form of contraception. This inflammatory response provides the contraceptive benefit. The effectiveness rate is 98% to 99.9%. This form of birth control is a good choice for someone in a monogamous relationship and is often a good choice for older women.

ORAL CONTRACEPTIVE

There has been no evidence in the literature that contradicts oral contraceptives in general in older women, nor is there associated increased risk of breast cancer. Oral contraceptive use is safe all the way to menopause.

INJECTIONS

DepoProvera is injected progesterone. Injections are administered every 3 months.

Effectiveness rate is 99.7%. The greatest complaint from users of DepoProvera is irregular bleeding.

IMPLANT

Norplant is time-released progesterone that is implanted in the form of six capsules under the arm. Norplant is effective for about 5 years. The effectiveness rate is 99.9%. The most common complaint with this form of contraception is irregular bleeding.

"During Menopause consultations, we help women from every walk of life understand what they can expect throughout menopause physically and emotionally."



DISCUSSING YOUR OPTIONS

Your Walnut Hill OBGYN physician will help you pick the birth control solution that is right for you and your body. Whether you need a traditional contraceptive pill or another solution, we have many options. All of these birth control options are available in our office or easily obtainable anywhere in the Dallas area with a prescription.

Call us today at (214) 363-7801 for an appointment.