



THE BEST BIRTH CONTROL FOR YOUR AGE GROUP

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

A photograph of three women sitting on a light-colored bench. The woman on the left is wearing dark blue pants and is looking at a smartphone. The woman in the middle is wearing a striped skirt and is looking down at her hands. The woman on the right is wearing a light pink shirt and blue jeans, and is looking towards the camera. There are several shopping bags on the ground in front of them, including a large white one with black handles and a brown one. The background is a bright, out-of-focus outdoor setting.

BIRTH CONTROL OPTIONS OFFERED BY WALNUT HILL

Whether you're in your 20s, 30s or 40s, we can help find the best birth control that fits your lifestyle and family plans. Our patients have access to every form of birth control, and it's our goal to help you make informed decisions about what contraceptive is best for your body, age, and overall health.

BIRTH CONTROL OPTIONS AT OUR OFFICES INCLUDE:

- Traditional daily contraceptive pills
- IUDs (intrauterine devices), such as Mirena
- Birth control implants, such as Nexoplanon
- Injections, such as Depo-Provera
- Vaginal rings, such as NuvaRing
- Birth control patches

KNOW WHAT YOU WANT OUT OF YOUR BIRTH CONTROL

Long Term

IUDs: Last from 3 to 12 years. Placed in your uterus.

Implants: Last from one to four years. Planted under your skin.

Avg. Cost: \$0 - \$1,300

Effectiveness: 99%

Low Maintenance

Injections: Taken every three months.

Vaginal Rings: Replaced monthly. Inserted near your cervix.

Avg. Cost: \$0 - \$200

Effectiveness: 91%

Cost Effective

Daily pill: Taken daily with a monthly prescription.

Patch: Releases hormones through the skin. Replace weekly.

Avg. Cost: \$0 - \$150

Effectiveness: 91%

Protective Barriers

Condoms: Male or female

Diaphrams: Must be fitted by a clinician. Placed before sex.

Cervical Caps: Prescription required. Placed before sex.

Avg. Cost: \$0 - \$70

Effectiveness: 79 - 85%

ALREADY KNOW WHAT KIND OF BIRTH
CONTROL YOU WANT?

CONTACT US FOR AN APPOINTMENT



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 OB/GYN 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.

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

COMBO PILL

The most common type of birth control among women in the United States is the combo pill.

The combo pill has both estrogen and progestin, which work in combination to prevent the ovaries from releasing eggs.

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

IMPLANTABLE DEVICE

If your lifestyle is so crazy you forgot the last time you ate, a long-term option might be 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 4 years.

IUDS

IUDs are T-shaped devices that are inserted vaginally and placed in your uterus by your doctor.

There are two types of IUDs. Some use a small band of copper, such as the brand Paragaurd, to protect against pregnancy,

Other IUDS, such as Mirena, use the hormone progestin to prevent pregnancy. Progestin is very similar to the hormone progesterone that our bodies make naturally. Be sure to ask your OB/GYN about the best option for you.

MANY BIRTH CONTROLS DO COME WITH SIDE EFFECTS

If this is your first time taking birth control, it is important to recognize and understand that there may be some side effects.

Side effects may range from mild to severe or even require a change in contraceptive method.

It's important to be open and honest with your doctor while voicing your concerns about birth control side effects.

MOST COMMON BIRTH CONTROL SIDE EFFECTS:

- Nausea
- Spotting (light bleeding between periods)
- Headaches
- Sore breasts
- Weight gain
- Mood changes
- Decreased libido

Fortunately, most side effects subside after a couple of months when your hormones become adjusted.

"62 million women in the United States within their childbearing years (15-44). 43 million of those women are at risk of unintended pregnancy, and of those 43 million, only 89% are currently using contraceptives." Guttmacher Institute



At Walnut Hill, we help our patients make informed, careful decisions about what is best for their bodies and overall health.

SECONDARY BARRIERS

All OBGYNs 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

The progestin-only pill is best for women who have recently had a child and are looking for something safe while breastfeeding. This daily oral contraceptive, aka the mini pill, will not lower milk supply and is perfect for nursing mothers.

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

THE COMBINATION PILL

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

BIRTH CONTROL RINGS

Like most birth control pills, birth control rings, like the NuvaRing, contain the hormones estrogen and progestin, which are similar to hormones our bodies make naturally. You wear the ring inside your vagina, where your vaginal lining absorbs the hormones.

The NuvaRing is better for women who don't want to take a pill every day but don't want the longevity of an IUD. NuvaRing is replaced monthly.



IMPLANTABLE DEVICES FOR BUSY MOMS

If you need a contraceptive method that is hassle-free — especially if you have a couple of kids running around — an implantable device may be just what you need.

By releasing progestin, it alters the lining of the uterus to prevent sperm from reaching the egg and is effective for three to 12 years.

IUDS FOR LONG PERIODS OF TIME

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. However, if plans change, IUDs are easily removable by your doctor.

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 in numerous ways.

It's important to discuss with your doctor which option would be best for you.



BIRTH CONTROL OPTIONS FOR WOMEN IN THEIR 40S

MENOPAUSE

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 are in the pre-menopausal period, and you'll want some form of birth control.

This transition can be 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.

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



IUD DEVICES

IUDs are an extremely effective form of contraception.

This form of birth control, with its extended wear and effectiveness, is often a good choice for older women.

ORAL CONTRACEPTIVE

The combo pill may be recommended for women experiencing pre-menopausal symptoms. Birth control may help regulate the dreaded symptoms of hot flashes and irregular periods.

Some literature states that oral contraceptives in older women may be associated with an increased risk of breast cancer.

However, it's best to speak with your doctor for the most up-to-date information about potential side effects.

INJECTIONS

Birth control injections are administered by a nurse or doctor once every three months. They are a safe, convenient, and private birth control method that works really well if you always get it on time.

Depo-Provera is a popular brand and has an effectiveness rate of 99.7%. The greatest complaint from users of Depo-Provera is irregular bleeding.

IMPLANTABLE DEVICE

Nexoplanon is time-released progesterone that is implanted in the form of six capsules under the arm. Norplant is effective for four years and is 99.9% effective.



DISCUSSING YOUR OPTIONS

Your Walnut Hill OB/GYN 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.