

CONTRACEPTION DECISION-MAKING

BIRTH CONTROL IS YOUR CHOICE. MAKE IT SAFE.

Multiple factors go into the decision-making process that surrounds the selection of a birth control method. Get the facts and make an informed decision to meet your personal preferences and needs.

IT'S ABOUT YOU Consider all the options

Make a decision that is right for you. The birth control method you choose should meet your specific lifestyle needs and suit your short- and long-term pregnancy plans. Don't be pressured by partners, friends, family, or healthcare providers. It's your choice. Get all the information you need about the benefits and risks linked to the various contraception options available to you.

Click [here](#) for information about contraception considerations.

COMPARE OPTIONS Hormonal vs. non-hormonal

Hormonal and non-hormonal birth control options exist. Hormonal contraception has been used safely for many years by millions of women, but estrogen-based methods of birth control, including the pill, patch and ring, may increase a woman's risk for dangerous blood clots, heart attack, and stroke. Speak to your healthcare provider about the pros and cons of your hormonal and nonhormonal contraception options.

Click [here](#) to review hormonal and nonhormonal options.

ADVOCATE FOR YOURSELF Ask Questions

Talk to your healthcare provider about your medical history when considering your birth control options. The hormones in birth control can pose health risks for women who smoke, have heart disease, severe diabetes, breast cancer, severe hypertension, or a personal or family history of clotting. Consider all of your potential risk factors, and make sure to get all of your questions answered.

Click [here](#) for a list of questions and risks questionnaire.