Contraception

Managing your contraception decisions

There are many different methods of contraception available, and it is important to consider all of them before making a decision. This section will help you and your partner to decide on the method of contraception that is best for you.

Using contraception

How effective are contraceptive methods? The effectiveness of contraception depends on the type of method used. For example, the effectiveness of the pill is lower than that of the IUD, a type of intrauterine device.

User failure

In general, user failure is defined as a failure to use contraceptive methods correctly. Some methods require users to take action at a specific time, such as taking the pill at the same time every day.

Failure rates

The failure rates of different contraceptive methods vary. For example, the failure rate of the pill is 9% per year, while the failure rate of the condom is 10% per year.

Contraception

Contraception is a method used to prevent pregnancy. There are many different methods of contraception available, ranging from hormonal to non-hormonal methods.

How to find a family planning doctor

If you live in a state or territory that provides free family planning services, you can contact your local family planning service to find a doctor who provides contraceptive services.

Ask an expert

For a free copy of the following leaflets:

- Contraception: The facts
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<thead>
<tr>
<th>Conditions</th>
<th>Early symptoms</th>
<th>Preventive measures</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breast cancer</td>
<td>Lump or thickening in the breast, unusual discharge from the nipple</td>
<td>Regular self-exams, mammograms, and breast cancer screenings</td>
</tr>
<tr>
<td>Prostate cancer</td>
<td>A change in urine habits, such as pain or difficulty urinating</td>
<td>Early detection through PSA testing and digital rectal exams</td>
</tr>
<tr>
<td>Colon cancer</td>
<td>Rectal bleeding, change in bowel habits</td>
<td>Regular colorectal cancer screening, such as stool tests and colonoscopies</td>
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**Methods with user failure**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Failure mechanism</th>
<th>Frequency</th>
<th>Prevention</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>Ignoring early symptoms, neglecting insulin injections</td>
<td>Frequent</td>
<td>Regular blood sugar monitoring, diet, and exercise</td>
</tr>
<tr>
<td>Asthma</td>
<td>Failing to use inhalers as prescribed</td>
<td>Often</td>
<td>Proper medication use, environmental control, and regular follow-up</td>
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**Diagnosing with specialists**

<table>
<thead>
<tr>
<th>Specialty</th>
<th>Common tests</th>
<th>Next steps</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oncology</td>
<td>Biopsy, CT scan, MRI</td>
<td>Treatment plan, surgery, chemotherapy, radiation</td>
</tr>
<tr>
<td>Cardiology</td>
<td>ECG, echocardiogram</td>
<td>Medication, lifestyle changes, surgery</td>
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<tr>
<td>Neurology</td>
<td>MRI, EEG</td>
<td>Medication, surgery, physical therapy</td>
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**Natural family planning**

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<tr>
<th>Method</th>
<th>Benefits</th>
<th>Drawbacks</th>
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<tr>
<td>Birth control pills</td>
<td>Effective contraception, optional for breastfeeding</td>
<td>Hormonal side effects, potential for pregnancy if missed</td>
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<tr>
<td>Intrauterine devices (IUD)</td>
<td>Long-term contraception, reversible</td>
<td>Initial discomfort, potential for pregnancy if inserted incorrectly</td>
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<tr>
<td>Contraceptive injections</td>
<td>Effective for 3-12 months</td>
<td>Initial discomfort, requires regular injections</td>
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**Fertility awareness**

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<tr>
<th>Method</th>
<th>How it works</th>
<th>Effectiveness</th>
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<tbody>
<tr>
<td>Basal body temperature (BBT)</td>
<td>Measures changes in body temperature</td>
<td>90-95% if used perfectly</td>
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<tr>
<td>Cervical mucus</td>
<td>Examines changes in cervical mucus</td>
<td>75-85% if used perfectly</td>
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