

Compare Family Planning and Contraceptive Methods

Adapted from brochure by American Academy of Natural Family Planning Feb. 1999

Methods	Possible Side Effects	Effectiveness % Theoretical	Effectiveness % Actual	Continuation Rate at 1 year
Creighton Model FertilityCare™ System	None	99.5	96.8	89%
Barrier Methods (condom diaphragm, sponge)	Allergic reactions and irritation, higher risk of toxic shock syndrome	97 94 80-91	88 82 64-82	63% 58% 52%
Vaginal Spermicides	Allergic reaction or irritation	94	79	43%
Sterilization Surgeries	Surgical bleeding and infection, higher risk of hysterectomy, ectopic pregnancy, painful periods, prostate cancer	99.8 99.9	99.6 99.8	100% 100%
Tubal ligation and vasectomy				

<p>Intrauterine Device (IUD) - requires replacement every 5 years</p>	<p>Heavy, irregular or painful periods, painful intercourse, infection, ectopic pregnancy, perforation of uterus, infertility</p>	<p>98</p>	<p>97</p>	<p>80</p>
<p>Birth Control Pill (2 hormones)</p>	<p>Breast tenderness, weight gain, headaches, nausea and vomiting, depression. May delay return of fertility and has higher risk of heart disease and some cancers</p>	<p>99.6</p>	<p>94</p>	<p>72</p>
<p>Progestational Agents (Norplant, and Depo-Provera)</p>	<p>Local infection and bruising , anxiety, acne, weight gain, headaches, breast pain and irregular menstrual periods</p>	<p>99.9 99.7</p>	<p>99.9 99.7</p>	<p>85 70</p>