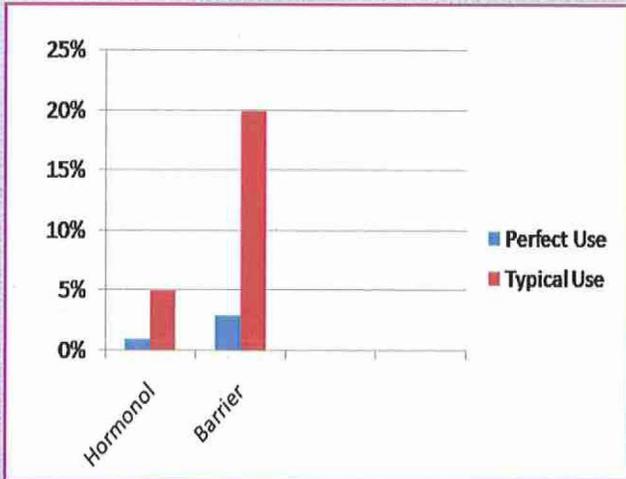


Can I Get Pregnant While Using Contraceptives?

Answer: **YES**

According to the Guttmacher Institute, up to 57% of unplanned pregnancies are conceived while using contraceptives.

Pregnancy in One Year of Contraceptive Use



Abstinence is the only 100% effective way to prevent STDs and pregnancy

Sources Cited:

1. Am J Obstet Gynecol. 2001 Aug; 185 (2): 280-5
2. www.cdc.gov/std/HPV/STDFact-HPV.htm
3. www.cdc.gov/std/Chlamydia/STDFact-Chlamydia.htm
4. www.cdc.gov/std/PID/STDFact-PID.htm
5. Chart adapted from: Hatcher RA et al, eds., Contraceptive Technology, 17th rev.ed., New York: Ardent Media, 1998.

Confidential Services Include:

- Pregnancy Options Consultation
- Medical Consultation
- Pregnancy Confirmation
- Limited STD Testing
- Personalization Solutions Assessment



Healthy Life Choices

How Do You Match Up?

Did you know that using birth control can INCREASE your Sexually Transmitted Disease (STD) risk by 30% (1)?

Inside you will read about Contraceptive Choices and the Effectiveness in Preventing Sexually Transmitted Diseases and Pregnancy

Can I Get an STD if I Am Using Contraceptives?

Answer: **YES**

• Hormonal Contraceptives

(i.e.: birth control pills, Depo, etc.)

- Do not prevent STDs
- Actually alter the female genital tract, increasing a woman's risk of contracting Chlamydia (a bacterial STD) and HIV.

• Barrier Methods

(i.e.: condoms, diaphragm, cervical cap)

- Can increase vaginal infection, increasing STD risk.
- People who use condoms have "safe" sex more often, increasing their risk of STD exposure.

"HPV (genital warts) is not preventable by any contraceptive, including condoms."

-From a January, 2004 Congressional Report from the Center for Disease Control.)

What STDs am I at a Higher Risk for Contracting if I use Condoms or Hormonal Contraceptives?

Answer: **You are at higher risk for contracting at least three different STDs:**

• Genital Warts (HPV)

- A primary cause of cervical Cancer.
- No contraceptives protect against it.

• Chlamydia

- The most prevalent STD
- Use of hormonal contraceptives increase risk of contracting it

• HIV

- Contraceptive use creates a genital environment that makes contracting HIV easier.

(Note: Genital Herpes infects one out of five Americans over the age of 12. It can cause recurring painful sores around the genital region, mouth or throat. It can also cause complications in pregnancy for years to come. There is currently no cure for herpes. **Condoms reduce the risk of acquiring herpes, but does not prevent the virus from spreading.**)

Can I Die From Having an STD?

Answer: **YES**

Most STDs have silent symptoms and therefore go untreated, sometimes leading to:

- Pelvic Inflammatory Disease (PID) in a woman, which causes infertility and could also cause an **Ectopic Pregnancy** (a pregnancy in the fallopian tubes.)
- Cervical Cancer, most often caused by HPV, a common STD.

Symptoms of viral STDs can be treated, but they reoccur and are infectious for life.

Men and women who have any STD are up to five times more likely to contract HIV, the virus that causes AIDS. There is no cure for AIDS.