

## **Contraception**

There are many different types of contraceptives on the market now for men and women to choose from. Many women will change the type of contraception that they are on in their lifetime due to different medical circumstances. What is suitable for a woman in her 20's may be completely inappropriate in her 40's.

With changing technology the Pill is no longer the only option out there. Some women do not wish any hormonal contraceptives like the copper coil, others want long term effective contraception which is revisable- the mirena is excellent.

The pill is still an effective and good contraceptive. Many millions of women each day around the world take the oral contraceptive pill. It has two different types of hormones in it oestrogen and progesterone. Depending on the pill that you are on or prescribed there are varying amounts of each hormone. The pill is cheap effective and has some great qualities.

No hormonal contraception protects against sexually transmitted infections (STI) and so barrier methods should always be used to protect against STI. Remember ladies if its not on its not on.

If you would like to discuss these or other forms of contraception please phone the rooms on 4931 3870 or fill in the enquiry form on the website

Dr Tanya Davenport 2015