

Birth Control - Athlete Edition

What is birth control?

- ▶ Any method, medicine, or device used to prevent pregnancy



Medicine for menstrual cycle dysfunction

Types of birth control

- 1 Hormonal vs Non-Hormonal
- 2 Long Acting vs Short Acting
- 3 Estrogen & Progesterone
- 4 Progesterone Only

Considerations when selecting birth control

Efficacy

- ▶ All options are designed to prevent pregnancy, but do so at different levels
- ▶ Choose an option that will prevent unplanned pregnancy to the level that you need/desire

Lifestyle

Choose an option that you can (and will) take consistently and comfortably

Performance Impact

Research was inconclusive when studying the impact of oral contraceptive pill use on exercise performance when compared to naturally menstruating women.

Duration of Use

How long do I need the birth control to last?

Short Acting

- ▶ Pills
- ▶ Patches
- ▶ Vaginal Rings
- ▶ Injections

VS

Long Acting

- ▶ Implant
- ▶ IUD

Bleeding Pattern

Choose the bleeding pattern that will be most ideal for you:

- ▶ Scheduled withdrawal bleeding
- ▶ No bleeding
- ▶ Potentially irregular bleeding

Bleeding while on birth control is **not** your period (it is an induced bleed)

Contraindications & Safety

- 🔍 Use of contraceptive methods is generally safer than pregnancy
- 🔍 United States Medical Eligibility Criteria for Contraceptive Use (USMEC)
- ↪ Information on safe use of contraceptive methods for those with various medical conditions and other characteristics