

NFP Methods vs CONTRACEPTION

- Possible Side Effects
- Harmful to Future Fertility
- % Effectiveness Avoiding Pregnancy with proper teaching and use of the method
- Responsible For Use

Conception: union of sperm and egg; the beginning of human life.

Contraceptive: Prevents conception.

Abortifacient: Agent may end human life after conception has occurred.

Credit: Peter Danis, MD, Family Physician, Certified FertilityCare Medical Consultant, Gavin Puthoff, MD, Ob/Gyn, Certified FertilityCare Medical Consultant 2019. See page 11 for sources.

For a complete listing of side effects and relevant statistics, please visit STLouisNFP.org.

NATURAL METHODS *all natural*

Billings Ovulation Method

* avoid OR achieve pregnancy

NONE &

NO 98

Creighton Model Services

* avoid OR achieve pregnancy

NONE &

NO 99.5

Couple to Couple League

* avoid OR achieve pregnancy

NONE &

NO 99.4

Marquette Model

* avoid OR achieve pregnancy

NONE &

NO 98

SymptoPro Fertility Education

* avoid OR achieve pregnancy

NONE &

NO 99

ARTIFICIAL METHODS

The Pill, Patch or Vaginal Ring

Combination hormonal

artificial hormones

* contraceptive & *potentially abortifacient

Common: breast tenderness/cysts, depression, weight gain, headaches, irregular bleeding.
Less common: increased risk of breast cancer, liver tumors, stroke, heart attack, blood clots, elevated blood pressure.

MAY DELAY 99.6

Depo Provera Shot

Progestin only

artificial hormone

* contraceptive & *potentially abortifacient

Irregular bleeding; acne; weight gain; headaches; depression, vaginal dryness; breakthrough ovulation. Decrease in bone density.

DELAYS 99.7

Mirena IUD

Intrauterine Device with progestin

device + artificial hormone

* contraceptive & *potentially abortifacient

Irregular bleeding; acne; weight gain; headaches; depression, vaginal dryness; breakthrough ovulation; perforation of the uterus. Replace every 5 years.

DELAYS 99.8

Implanon

Progestin implanted under skin

artificial hormone

* contraceptive & *potentially abortifacient

Irregular bleeding; acne; weight gain; headaches; depression; vaginal dryness; breakthrough ovulation. Replace every 3 years.

DELAYS 99.9

Condom

barrier

* contraceptive

Allergic reaction or irritation.

NO 98

Diaphragm

barrier

* contraceptive

Allergic reaction or irritation; Sometimes difficult to remove

NO 94

IUD

Intrauterine Device

device

* contraceptive & *potentially abortifacient

Heavy, irregular or painful menses; painful intercourse; infection; ectopic pregnancy; perforation of the uterus. Replace every 10 years

POSSIBLE 99.4

Tubal Ligation

surgical

* contraceptive

Surgery may be complicated by bleeding and/or infection. Increased rate: hysterectomy, ectopic pregnancy, painful periods.

YES 99.5

Vasectomy

surgical

* contraceptive

Surgery may be complicated by bleeding and/or infection. May increase risk of prostate cancer.

YES 99.9