

Birth Control

Also called: Contraception

Birth control, also known as contraception, is designed to prevent pregnancy. Birth control methods may work in a number of different ways.

These include:

Preventing sperm from getting to the eggs - condoms, diaphragms and intrauterine devices (IUDs) work this way

Keeping the woman's ovaries from releasing eggs that could be fertilized - birth control pills work this way

Sterilization, which permanently prevents a woman from getting pregnant or a man from being able to get a woman pregnant

Your choice of birth control should depend on several factors. These include your health, frequency of sexual activity, number of sexual partners and desire to have children in the future.

Your health care provider can help you select the best form of birth control for you.

