

GET IT & FORGET IT

Effective ways to prevent unintended pregnancy

FACTS

Long-acting reversible contraception (LARC), a form of birth control, has the potential to dramatically reduce the problem of unintended pregnancy.

Low Failure Rate

<1%

They're Safe

It's safe for teens and women, regardless of whether they've given birth.

Cost Effective

fewer doctor visits
= cheaper for everyone

EFFECTIVENESS

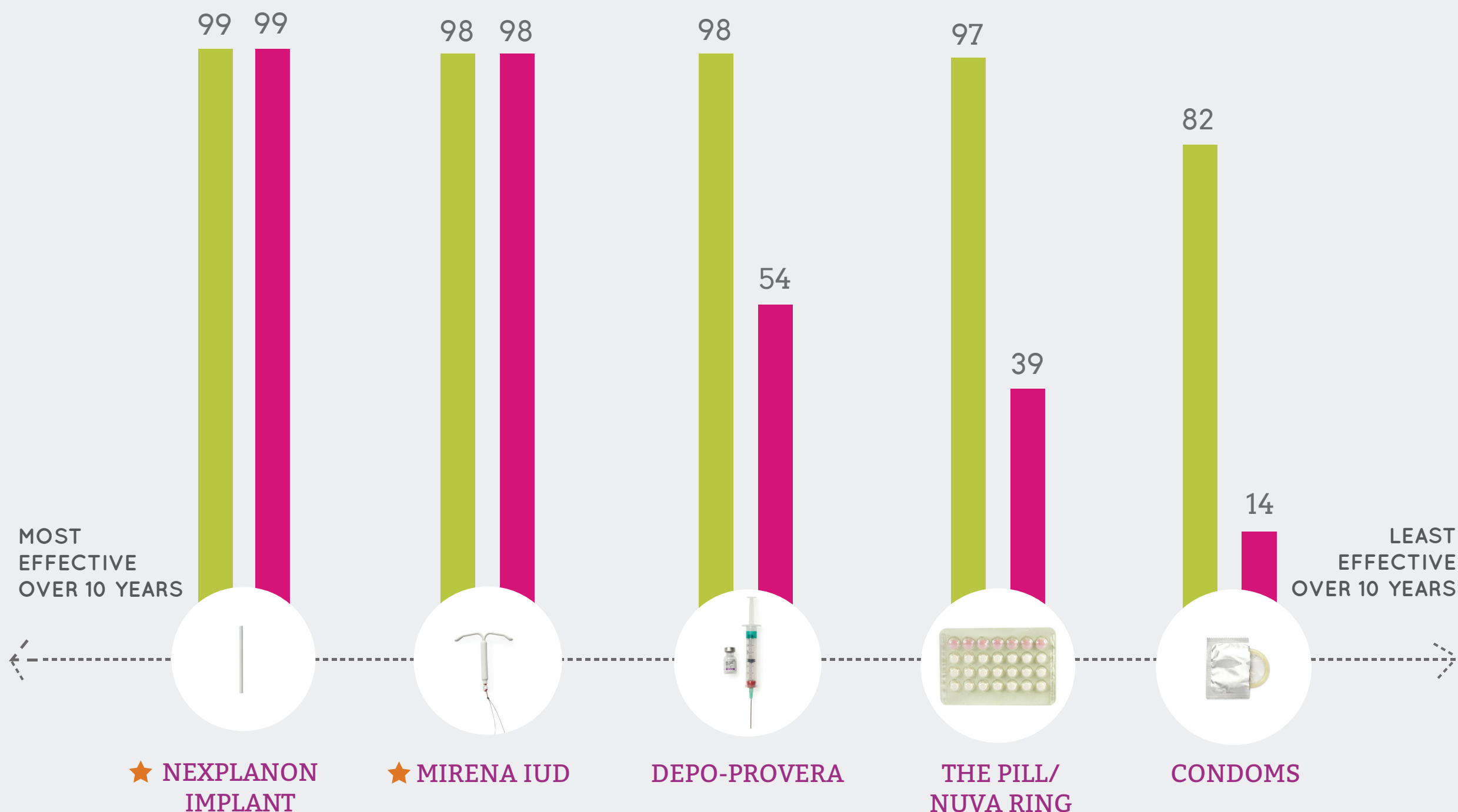
KEY

Perfect Use

Typical Use

★ LARC (long lasting reversible contraception)

For every 100 women, this is the percent of success in preventing pregnancy over **10 years** with typical and perfect use. The first two options, Nexplanon (hormonal implant) and Mirena (hormonal IUD), are commonly used LARCs.



Note: Neither IUDs nor implants protect against sexually transmitted infections. While condoms are not the best form of birth control, they offer the best protection against STIs.

Sources available at:

http://www.nytimes.com/interactive/2014/09/14/sunday-review/unplanned-pregnancies.html?_r=0

Photos of implant, IUD and Depo-Provera: Bedsider.org

WHERE TO FIND THEM

+ Find the closest location to get LARCs at: www.knowwhatuwant.org

ABELL
FOUNDATION