

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

May 2024

Contraceptives

Birth control options currently available:

- Combined hormonal contraceptives: oral pills with estrogen plus a progestin, vaginal rings, transdermal patch
- Progestin-only options: depot medroxyprogesterone injection, levonorgestrel-releasing IUD, etonogestrel implant (Nexplanon), progestin-only pill
- Nonhormonal options: barrier methods (e.g., condoms), fertility awareness-based methods, withdrawal
- Emergency contraception

Important considerations when picking birth control:

- If you are 35 years or older and smoke, estrogen-containing contraceptives can increase your risk of cardiovascular events.
- If you experience migraines with aura, you should avoid birth control options that include estrogen due to increased risk of cardiovascular events.
- If you have cardiovascular disease (dyslipidemia, hypertension, etc) or are at high risk of CV complications, estrogen containing contraceptives are not recommended. Estrogen may increase blood pressure and lipid levels.
- Postpartum women should not start hormonal contraceptives within 21 days of giving birth, due to increased risk of blood clots during that time.

Emergency Contraceptives:

- Emergency contraception pills with levonorgestrel (Plan B One Step, Take Action, My Way, etc) don't work as well when you weigh more than 165 pounds. Ella is another emergency contraception pill that may work better for you, but this is not as effective if you weigh over 195 pounds.
- No matter how much you weigh, getting certain IUDs as emergency contraception is effective if placed within 120 hours (5 days) after having unprotected sex

Common Myths about Contraceptives

- "It Causes Weight Gain"**
Outside factors such as poor diet or physical activity have a more direct link to weight gain than the use of contraceptives.
- "Protects from STIs & STDs"**
Contraception does NOT guarantee protection from sexually transmitted infections or diseases. They are most effective at preventing pregnancies.
- "Birth Control Causes Cancer"**
Various methods of birth control have actually decreased the risk of developing ovarian and uterine cancer.
- Condoms & Pills are the Only Methods**
There are various forms of contraceptives. A few more to mention are IUDs, vaginal rings, implants, and etc.
- "Affects Future Fertility"**
Contraceptives do not permanently make you infertile. However, unsafe practices and STDs can affect your future fertility.

Links for more information:
<https://healthy.kaiserpermanente.org/health-wellness/birth-control/myths>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC589320/>

HOW WELL DOES BIRTH CONTROL WORK?

Effectiveness	Method	Duration	Notes
Really, really well (★★★★★)	The Implant (Nexplanon)	3 years	Works, hassle-free, for up to...
Really, really well (★★★★★)	IUD (Skyla)	3 years	No hormones
	IUD (Mirena)	5 years	
Really, really well (★★★★★)	IUD (ParaGard)	12 years	Forever
	Sterilization, for men and women		
Okay (★★★)	The Pill	Every Single Day	Needful for STI protection. Use with any other method.
Okay (★★★)	The Patch	Every week	
	The Ring	Every month	
Okay (★★★)	The Shot (Depo-Provera)	Every 3 months	
Not so well (★)	Withdrawal		12-24 in 100 women, depending on method.
Not so well (★)	Diaphragm		
	Fertility Awareness		
Not so well (★)	Condoms, for men and women		12-24 in 100 women, depending on method.

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At Pequot Health Care, we are dedicated to maintaining your good health!
 Source: Pharmacist's Letter

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