

Teens and Birth Control

The Latest in Contraceptive Counseling for Teenagers

A brief history of modern birth control in the US



- 1960- The first oral contraceptive is marketed in the US
- 1965- The Supreme Court establishes the right of married couples to use birth control. Millions of unmarried women are denied access.
- 1960s- IUDs are first manufactured and marketed in the US
- **1972- The Supreme Court legalized birth control for all citizens, regardless of marital status**
- 1975- The Dalkon Shield, a popular IUD, is recalled under charges that it caused infertility in thousands of women. All IUD designs are taken off the market.
- **1988- The Paragard- or "copper" IUD is introduced**
- Late 90s-early 2000s- Rapid expansion of methods and improvements in safety & effectiveness with the addition of the hormonal patch, vaginal ring, new injectables, and single rod implants
- **2001- Mirena IUD is introduced**
- **2013- FDA approves Skyla, a new IUD geared at teens and young women**

Long Acting Reversible Contraceptives

- Over 99% effective in preventing pregnancy
- Incredibly easy to use- once placed, little/nothing is required of patient!
- Safe
- Quickly reversible
- Work for up to 3-10 years





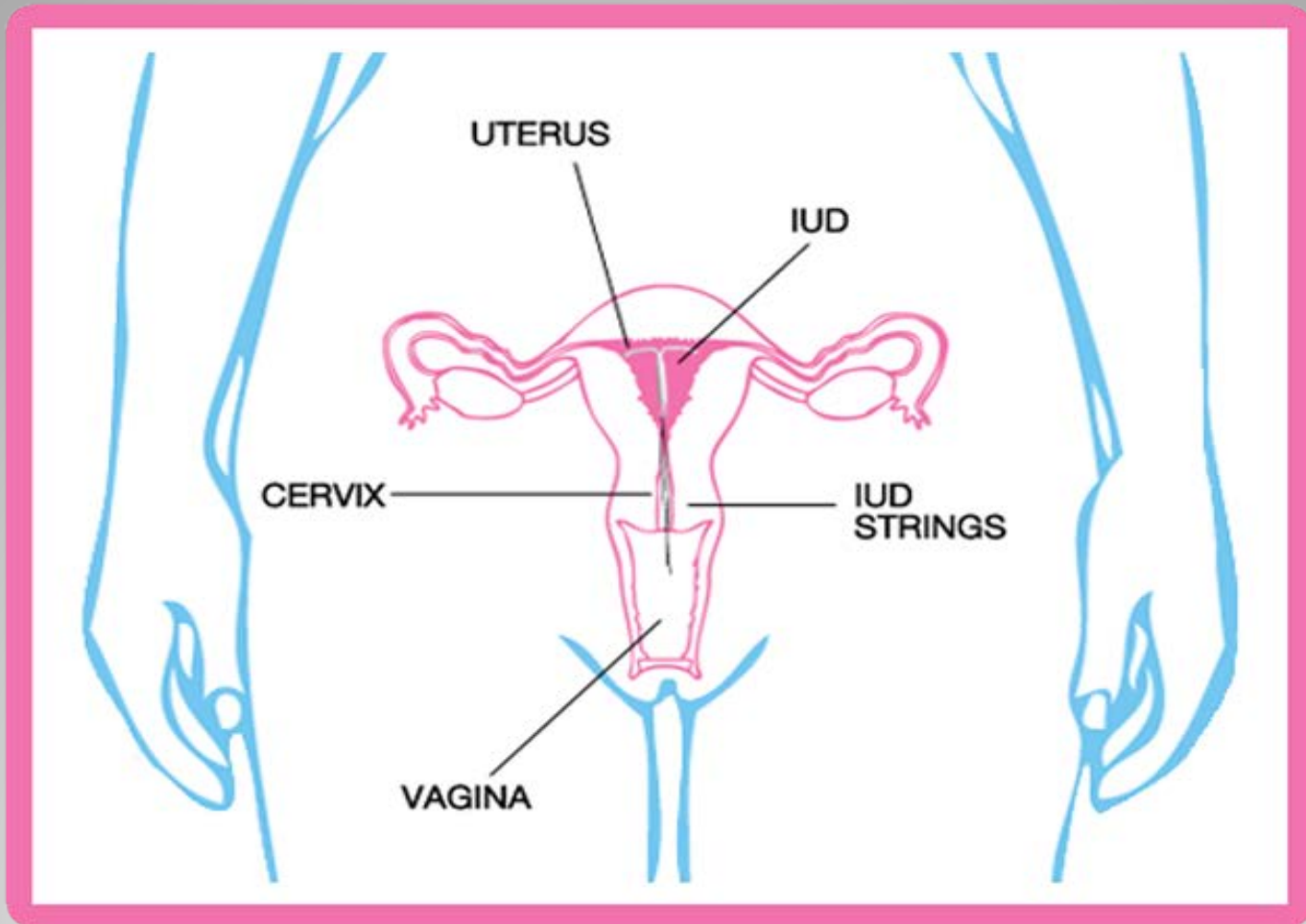
IUDs & Implants: Ideal for teens!

- According to the American College of Obstetricians and Gynecologists, **Implants and IUDs should be offered as first-line contraceptive options for sexually active adolescents**
- Why?
 - Higher effectiveness (over 99% vs. 85-91% of other typical birth control methods)
 - Easier to use
 - Higher satisfaction
 - Found to be safe- including for teens
 - Discreet

Mirena (or hormonal) IUD

- Over 99% effective for up to 5 years
- Contains small amounts of progestin
- Minimal side effects except for period changes:
 - 90% less bleeding
 - Improved menstrual cramping
 - 20% of women stop having period altogether



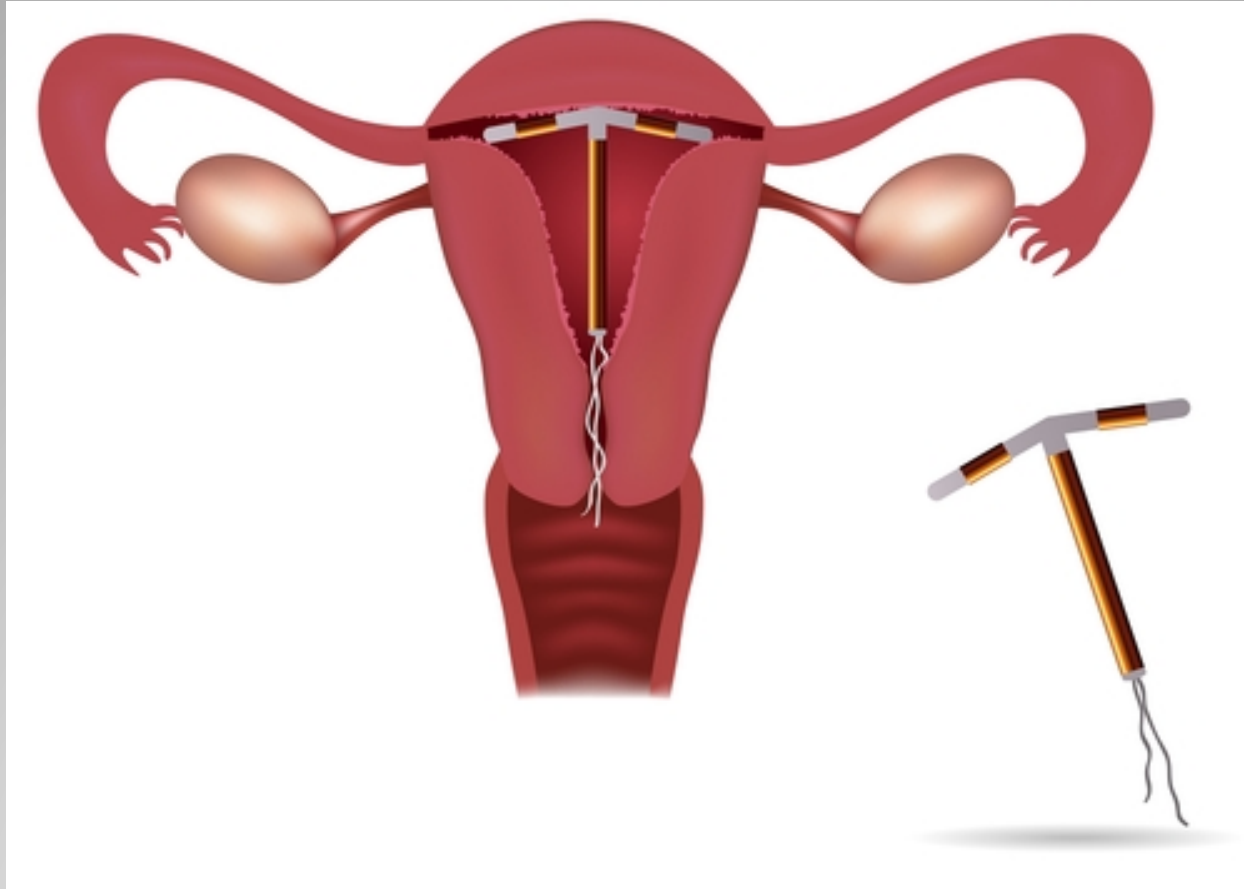


- The Mirena IUD works primarily by thickening the cervical mucus, thereby preventing sperm from entering the uterus and reaching the egg

ParaGard (or copper) IUD

- Contains NO hormones
- Over 99% effective in preventing pregnancy, works for up to 10 years
- Causes heavier periods with more cramping





- Copper in the Paragard IUD changes the environment of the uterus, rendering sperm ineffective and unable to reach the egg

Hormonal Implant/Nexplanon



- Over 99% effective for up to 3 years
- Releases small amounts of progestin, which prevents the ovaries from releasing an egg
- Changes menstruation: spotting and irregularity for first several months, with possibility of continued irregularity for entire duration of use

Teen patient rights

Teens in California have the right to privately access the following services without parent/guardian consent:

- Receive the birth control method of their choice
- Receive STD testing and treatment
- Receive vaccinations for STDs (Hep B & HPV)
- Take a confidential pregnancy test
- If pregnant:
 - Choose to keep the baby, give it up for adoption, or terminate the pregnancy
 - Receive a confidential pregnancy termination

Family PACT

- Provides no-cost family planning services to patients who meet income eligibility guidelines
- Available for teens and adolescents who have coverage under parents' policy
- Is easy to apply for- takes minutes
- Covers birth control, STI testing and treatment, pap smears, pregnancy tests, etc.

UCLA OB/GYN CLINIC

Services

- Birth control method counseling
- IUD and Implant placement
- STD tests and treatment
- Pregnancy tests
- Ob care
- Pregnancy terminations- including high risk patients
- Can sign teens up for insurance programs- Family PACT and emergency pregnancy Medi-Cal

UCLA OB/GYN CLINIC

Highlights

- High-quality, progressive medical care
- In-depth counseling and individualized patient attention- ideal for teens
- Specialize in placing IUDs and Implants
- Specialize in family planning for patients with medical complications
- Easy to access- located on major bus routes
- Open 8-5, Monday through Friday

UCLA OB/GYN CLINIC

- Located on major bus routes, including:
 - Metro rapid 720 (east-west along Wilshire)

