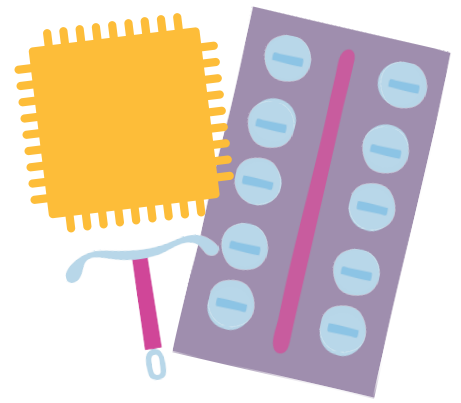


# MYTH BUSTING BIRTH CONTROL



## — How does this work?

Short-acting hormonal methods, such as the pill, patch, shot, and ring, prevent your ovaries from releasing eggs or prevent sperm from getting to the egg.

## Is it safe?

Hormonal birth control methods, such as the pill, are **safe** for most women. Women should talk with their doctors to make the determination about which method is right for them.

## — What is short acting hormonal birth control?

Birth control your doctor prescribes that **you have to remember to take every day** or month. The pill, patch, shot, and ring are examples. The shot requires you to get see your doctor every 3 months.

## Are these methods reversible?

Yes, there is no evidence that hormonal contraceptives affect fertility over the longterm. There was a 2011 review of 17 studies that compared pregnancy rates in women after using hormonal birth control. Overall, pregnancy rates were similar among prior users of birth control and those who had never used it.

## — Why should I support birth control access?

Birth control gives women the ability to participate fully in society. It creates economic opportunity for families that cannot afford to have children at a young age or have multiple children. Hormonal birth control methods have been widely used in the United States for over 50 years. Research shows that other health benefits of hormonal birth control may include: more regular and lighter periods, fewer menstrual cramps, less acne, and a lower risk of ovary, endometrial (uterus), and colon cancers.



Texas Women's  
Healthcare Coalition

More information can be found from the Office of Women's Health, the National Cancer Institute & the Centers for Disease Control & Prevention