

Seventeen Days

SEVENTEEN DAYS HANDOUT

Preventing Pregnancy and STIs.

The most reliable way to prevent pregnancy and STI transmission is not to engage in sexual activity at all, but if one chooses to have sex, using a condom and another reliable form of birth control is an effective way to reduce the risks.

About IUDs.

The video mentions Mirena, which is just one of several types of IUDs currently available. Others include: ParaGard, Skyla, and Liletta.

Notes about using condoms.

With perfect use, condoms can be 98% effective at reducing the risk of pregnancy over a year of sexual behavior. However, with “typical” use – including not always putting them on correctly or not using a condom every single time – they are only about 82% effective. It is important to use condoms correctly and consistently. Using a latex or polyurethane condom is much more effective than not using any method.

For STI prevention, it is recommended that latex condoms be used. If one is allergic to latex, polyurethane condoms may be used instead. Although natural-membrane condoms can help to prevent pregnancy, they are not recommended for prevention of STDs and HIV.

It is important to check the expiration or manufacture date on the box or individual condom package. Latex condoms should not be used beyond their expiration date or more than 5 years after the manufacture date.

Reference Links:

<http://www.cdc.gov/condomeffectiveness/brief.html>; <http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception.htm>; <http://www.cdc.gov/std/tg2015/clinical.htm>

<http://www.hhs.gov/opa/reproductive-health/contraception/iud/>

<http://www.contraceptivetechnology.org/CTFailureTable.pdf>

<http://www.cdc.gov/std/tg2015/clinical.htm>

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