



## **Sex, Contraception & Maintenance**

In today's world, there are many options for preventing an unwanted pregnancy. These options can include oral contraceptive pills (OCPs), intrauterine devices (IUDs), implantable (Nexplanon), vaginal rings (NuvaRing), and quarterly injectable (Depo Provera), just to name a few. Some of the above mentioned options can give coverage as high as 99% and as long as 10 years. If you are seeking a more reliable form of birth control, speak with your doctor about which options will be the best fit for you.

Sexually Transmitted Infections, or STIs, are infections that are spread by sexual contact. STIs can cause permanent damage to your body – even death. Aside from common colds and flu, STIs are the most common contagious (easily spread) infections in the United States. Although some STIs can be treated and cured, others cannot. It is important to seek guidance from a medical professional should you exhibit symptoms you feel may be associated with a STI, have multiple sexual partners, engage in unprotected intercourse, or have a current or past history of IV drug abuse.

Click on the links below to find out more.

Birth Control -

<https://www.acog.org/-/media/For-Patients/faq112.pdf?dmc=1&ts=20160927T1244504737>

Birth Control (Especially for Teens) -

<https://www.acog.org/Patients/FAQs/Birth-Control-Especially-for-Teens>

Sexually Transmitted Infections -

<https://www.acog.org/Patients/FAQs/Chlamydia-Gonorrhea-and-Syphilis>

How to Prevent Sexually Transmitted Infections -

<https://www.acog.org/Patients/FAQs/How-to-Prevent-Sexually-Transmitted-Infections-STIs>

Genital Herpes - <https://www.acog.org/Patients/FAQs/Genital-Herpes>

Gonorrhea, Chlamydia, and Syphilis

<https://www.acog.org/Patients/FAQs/Chlamydia-Gonorrhea-and-Syphilis>

Protecting Yourself Against Hepatitis B and Hepatitis C -

<https://www.acog.org/Patients/FAQs/Protecting-Yourself-Against-Hepatitis-B-and-Hepatitis-C>

Human Papillomavirus (HPV) Vaccination -

<https://www.acog.org/Patients/FAQs/Human-Papillomavirus-HPV-Vaccination>

When Sex is Painful - <https://www.acog.org/Patients/FAQs/When-Sex-Is-Painful>