

QUESTION OF THE WEEK

What is the best method of contraception?



Dr. Anita Del Bianco

Certain methods are better for particular situations in a woman's life cycle. Young women who want to put off pregnancy for several years but are in monogamous long-term relationships are encouraged to use long-acting reversible contraceptives, such as IUD's or implanted birth control devices.

For women who would like to become pregnant in one to two years, oral contraceptives, condoms or natural family planning may be best. Women who have completed child-bearing can consider permanent sterilization, which now can be done in the office without any incisions.

Women who are not in long-term relationships should always use condoms to protect themselves from infection.

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