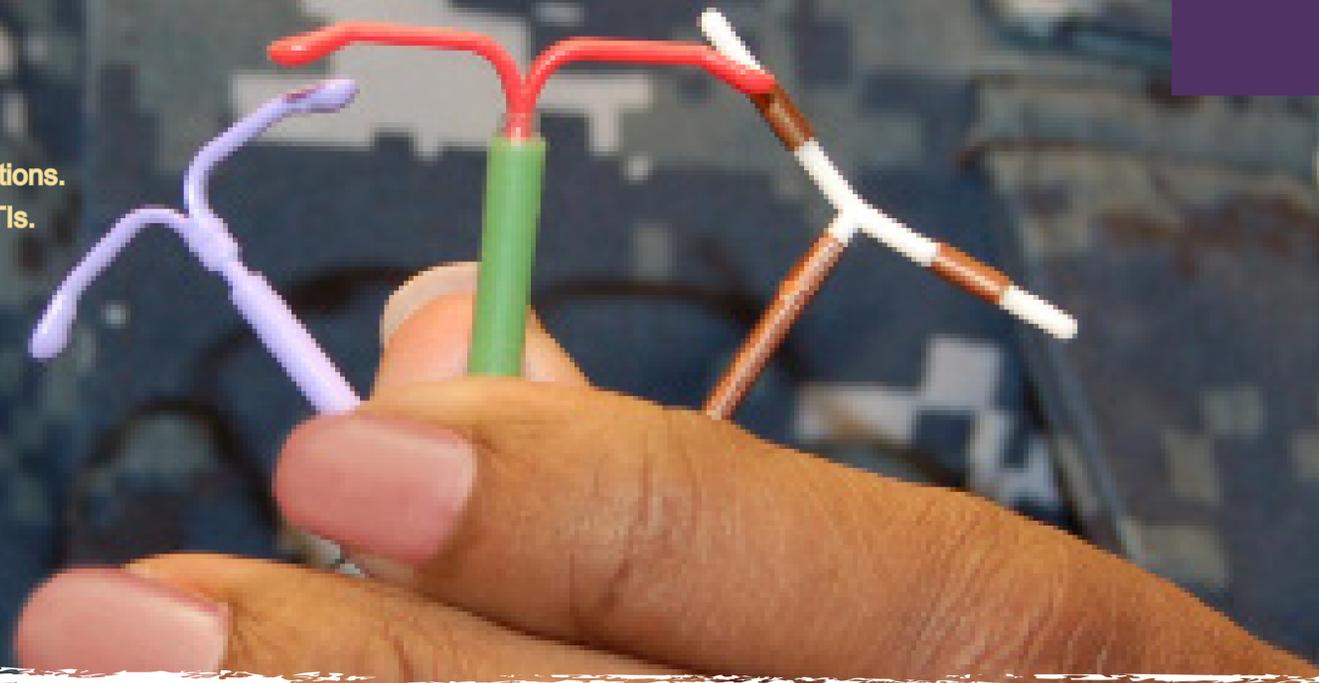


Hormones or no Hormones?

You Decide

- >> IUDs are very reliable as birth control - over 99%
- >> Quickly placed.
- >> Very Safe.
- >> Nothing to remember.
- >> Work for 3, 5 or 12 years.
- >> Quick removal and you're ready to have a baby.
- >> OK for women who have never had a baby and for those who have.

The IUD does not protect against sexually transmitted infections.
Use condoms with the IUD if you are concerned about STIs.



**NAVY AND MARINE CORPS
PUBLIC HEALTH CENTER**

PREVENTION AND PROTECTION START HERE

November 2018

Some birth control methods,
like intrauterine devices (IUDs),
are much more reliable than others.

Learn more about your birth control options >

