

The Fallopian tubes are the main source of ovarian cancer. Removing the tubes greatly reduces your risk for cancer.

Ovaries
Uterus
Cervix
Vagina

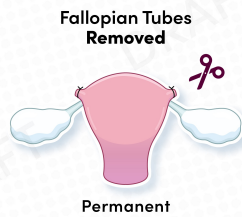
Know Your Birth Control Options

Pregnancy Prevention (PP) Effectiveness

Ovarian Cancer (OC) Risk Reduction

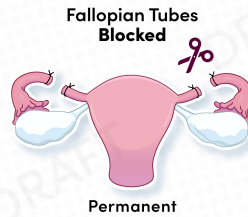
Most Effective
Pregnancy Prevention

Less than
1 pregnancy
per 100 users
in a year



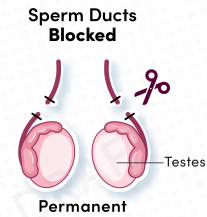
Salpingectomy

99.9% PP Effectiveness
Best OC Risk Reduction



Tubal Ligation

99.5% PP Effectiveness
Low OC Risk Reduction



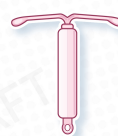
Vasectomy

99.9% PP Effectiveness
None OC Risk Reduction



Implant

99% PP Effectiveness
Moderate OC Risk Reduction*



Hormonal IUD

99% PP Effectiveness
Low OC Risk Reduction*



Copper IUD

99% PP Effectiveness
None OC Risk Reduction

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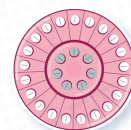
Injection

96% PP Effectiveness
Moderate OC Risk Reduction



Combination Pill

93% PP Effectiveness
Moderate OC Risk Reduction*



Progestin Pill

93% PP Effectiveness
Low OC Risk Reduction*

6 to 12
pregnancies
per 100 users
in a year



Vaginal Ring

93% PP Effectiveness
Moderate OC Risk Reduction*



The Patch

93% PP Effectiveness
Moderate OC Risk Reduction*



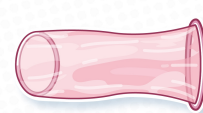
External Condom

87% PP Effectiveness
None OC Risk Reduction



Diaphragm

83% PP Effectiveness
None OC Risk Reduction



Internal Condom

79% PP Effectiveness
None OC Risk Reduction

13 or more
pregnancies
per 100 users
in a year



Spermicide

79% PP Effectiveness
None OC Risk Reduction



Cervical Cap

78% PP Effectiveness
None OC Risk Reduction



Fertility Planning

77% PP Effectiveness
None OC Risk Reduction

Least Effective
Pregnancy Prevention

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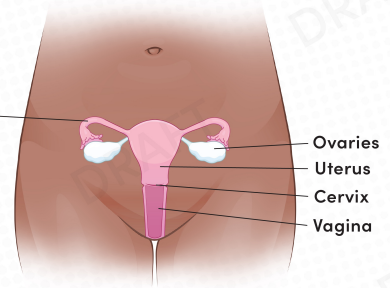
*Must use for 5+ years to have this risk reduction benefit.

Know Your Birth Control Options

■ Ovarian Cancer (OC) Risk Reduction

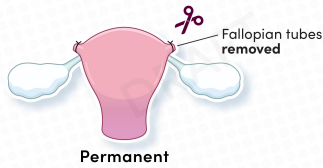
■ Pregnancy Prevention (PP) Effectiveness

The Fallopian tubes are the main source of ovarian cancer. Removing the tubes greatly reduces your risk for cancer.



Most Effective
Cancer Risk Reduction

Best risk
reduction
(50-75%)



Salpingectomy

Best OC Risk Reduction
99.9% PP Effectiveness

Moderate risk
reduction
(40-50%)



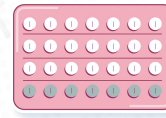
Implant

Moderate OC Risk Reduction*
99% PP Effectiveness



Injection

Moderate OC Risk Reduction
96% PP Effectiveness



The Pill

Moderate OC Risk Reduction*
93% PP Effectiveness



Vaginal Ring

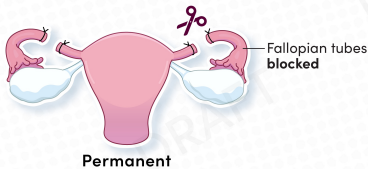
Moderate OC Risk Reduction*
93% PP Effectiveness



The Patch

Moderate OC Risk Reduction*
93% PP Effectiveness

Low risk
reduction
(10-30%)



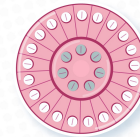
Tubal Ligation

Low OC Risk Reduction
99.5% PP Effectiveness



Hormonal IUD

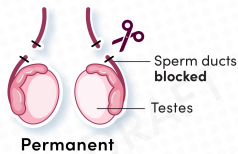
Low OC Risk Reduction*
99% PP Effectiveness



Progestin Pill

Low OC Risk Reduction*
93% PP Effectiveness

No risk
reduction



Vasectomy

None OC Risk Reduction
99.9% PP Effectiveness



Copper IUD

None OC Risk Reduction
99% PP Effectiveness



External Condom

None OC Risk Reduction
87% PP Effectiveness



Diaphragm

None OC Risk Reduction
83% PP Effectiveness



Internal Condom

None OC Risk Reduction
79% PP Effectiveness



Spermicide

None OC Risk Reduction
79% PP Effectiveness



Cervical Cap

None OC Risk Reduction
78% PP Effectiveness



Fertility Planning

None OC Risk Reduction
77% PP Effectiveness

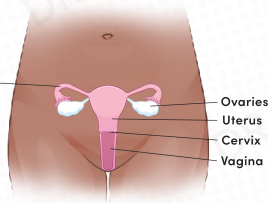
Least Effective
Cancer Risk Reduction

*Must use for 5+ years to have this risk reduction benefit.

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The Fallopian tubes are the main source of ovarian cancer. Removing the tubes greatly reduces your risk for cancer.



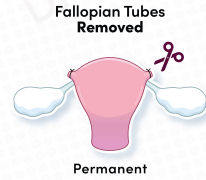
Know Your Birth Control Options

Pregnancy Prevention (PP) Effectiveness

Ovarian Cancer (OC) Risk Reduction

Most Effective
Pregnancy Prevention

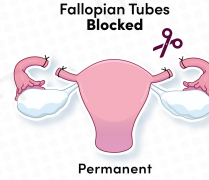
Less than
1 pregnancy
per 100 users
in a year



Salpingectomy

A **salpingectomy** is a permanent surgery where the fallopian tubes are completely removed from your body.

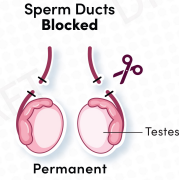
99.9% PP Effectiveness
Best OC Risk Reduction



Tubal Ligation

A **tubal ligation** is a permanent surgery where the fallopian tubes are blocked to prevent pregnancy.

99.5% PP Effectiveness
Low OC Risk Reduction



Vasectomy

A **vasectomy** is a permanent surgery where the sperm ducts are blocked to prevent pregnancy.

99.9% PP Effectiveness
None OC Risk Reduction



Implant

The **implant** is a small rod placed under the skin of the upper arm. It releases hormones to prevent pregnancy. It can last for up to 4 years.

99% PP Effectiveness
Moderate OC Risk Reduction*



Hormonal IUD

A **hormonal IUD** is a small device inserted into the uterus that releases hormones to prevent pregnancy. It can last for 3-5 years.

99% PP Effectiveness
Low OC Risk Reduction*



Copper IUD

A **copper IUD** is a small device inserted into the uterus that uses copper to stop sperm from moving. It can last for 8-10 years.

99% PP Effectiveness
None OC Risk Reduction

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Injection

The **injection** is a form of hormonal birth control injected into the thigh or arm once every 3 months to prevent pregnancy.

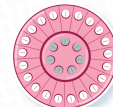
96% PP Effectiveness
Moderate OC Risk Reduction



Combination Pill

The **combination pill** is a birth control medication that releases the hormones progesterin and estrogen to prevent pregnancy. Taken daily.

93% PP Effectiveness
Moderate OC Risk Reduction*



Progestin Pill

The **progestin pill** is a birth control medication that releases the hormone progesterin to prevent pregnancy. Taken daily.

93% PP Effectiveness
Low OC Risk Reduction*

6 to 12
pregnancies
per 100 users
in a year



Vaginal Ring

A **vaginal ring** is a plastic ring inserted into the vagina that releases hormones to prevent pregnancy. Replaced monthly.

93% PP Effectiveness
Moderate OC Risk Reduction*



The Patch

The **patch** is a small, sticky patch you wear on your skin to release hormones and prevent pregnancy. Replaced weekly.

93% PP Effectiveness
Moderate OC Risk Reduction*



External Condom

An **external condom** is a thin covering worn on the penis during sex to prevent pregnancy. It also prevents STDs.

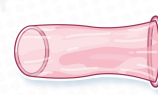
87% PP Effectiveness
None OC Risk Reduction



Diaphragm

An **diaphragm** is a dome shaped silicone cup that fits over your cervix to prevent pregnancy. It is used with spermicide.

83% PP Effectiveness
None OC Risk Reduction



Internal Condom

An **internal condom** is a pouch inserted into the vagina before sex to prevent pregnancy.

79% PP Effectiveness
None OC Risk Reduction

13 or more
pregnancies
per 100 users
in a year



Spermicide

Spermicide is a cream, foam, or gel that kills sperm. It is inserted into the vagina before sex to prevent pregnancy.

79% PP Effectiveness
None OC Risk Reduction



Cervical Cap

A **cervical cap** is a silicone or rubber cup that fits over your cervix to prevent pregnancy. It is used with spermicide.

78% PP Effectiveness
None OC Risk Reduction



Fertility Planning

Fertility planning is a tracking method to predict your menstrual cycle, and the days you're most likely to get pregnant.

77% PP Effectiveness
None OC Risk Reduction

Least Effective
Pregnancy Prevention

*Must use for 5+ years to have this risk reduction benefit.

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