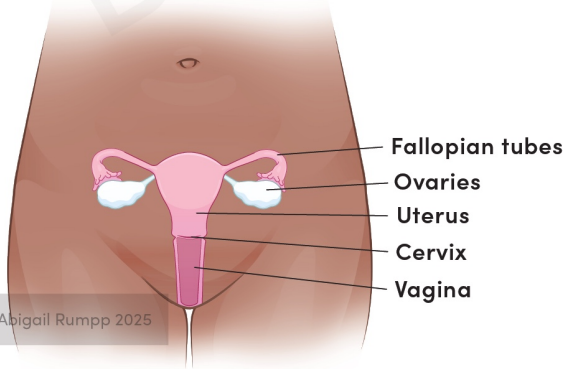


Permanent Birth Control

overview

Permanent birth control is a method that provides a lifelong solution to prevent pregnancy. For women, it affects the female reproductive system, which includes the **vagina**, **uterus**, **fallopian tubes**, and **ovaries**.



✓ Know your options

There are two types of permanent birth control for women:

Salpingectomy fallopian tubes removed

Tubal ligation fallopian tubes blocked

Both methods prevent pregnancy. Only salpingectomy significantly reduces your risk for **ovarian cancer**. Despite its name, ovarian cancer often starts in the fallopian tubes—removing them eliminates this risk, while a tubal ligation does not.

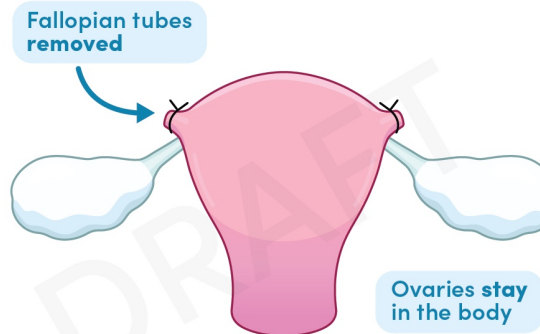
If you are considering permanent birth control, understanding these differences helps you make the best choice for your reproductive health.

Salpingectomy

fallopian tubes • removed

? About the procedure

A **salpingectomy** (sal-pin-jek-tuh-me) is a permanent surgery where the fallopian tubes are **completely removed** from your body. Removing both tubes permanently prevents pregnancy. It **can significantly reduce** your risk for ovarian cancer.



♥ How it affects you

99.9% **Effective pregnancy prevention**
You can still get pregnant using **in vitro fertilization (IVF)**

50-75% **Ovarian cancer risk reduction**
Salpingectomy is the **most effective** way to reduce your risk for ovarian cancer

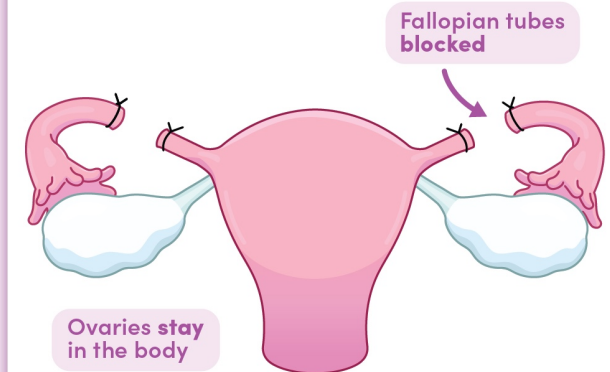
100% **Permanent surgery**
This procedure is **permanent** and **cannot be reversed**

Tubal Ligation

fallopian tubes • blocked

? About the procedure

A **tubal ligation** (too-bull lie-gay-shun) is a permanent surgery where the fallopian tubes are **blocked or interrupted**. Blocking both tubes permanently prevents pregnancy. It **does not significantly** reduce your risk for ovarian cancer.



♥ How it affects you

99.5% **Effective pregnancy prevention**
You can still get pregnant using **in vitro fertilization (IVF)**

10-25% **Ovarian cancer risk reduction**
Tubal ligation is the **least effective** way to reduce your risk for ovarian cancer

100% **Permanent surgery**
This procedure is **permanent** and **cannot be reversed**

Frequently Asked Questions

What is ovarian cancer?

Ovarian cancer is a type of cancer that starts in the female reproductive system. Despite its name, the most common form actually begins in the fallopian tubes. Ovarian cancer often has no noticeable symptoms in its early stages, making it difficult to detect. By the time it is diagnosed, it may have already spread to other organs in the abdomen, such as the stomach or colon. Ovarian cancer is one of the deadliest cancers, with only about 50% of women surviving five years after diagnosis.

Who is at risk for ovarian cancer?

1 in 80 women will develop ovarian cancer in their lifetime. Women of any age can develop ovarian cancer. The risk increases as you get older. Other risk factors include: having a family history of ovarian or breast cancer, genetic mutations like BRCA1 or BRCA2, conditions like endometriosis, or not having children.

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I thought tying my tubes was reversible?

Tubal ligation, often referred to as "tying your tubes," is considered permanent. The fallopian tubes are not actually tied; they are blocked or interrupted, which is not reversible. Some women may have a surgery to try to reverse it, but it is rarely successful.

Why do the ovaries stay behind?

During surgery (tubal ligation or salpingectomy) the fallopian tubes are removed or blocked. The ovaries remain in the body. Ovaries are responsible for producing eggs and hormones that support your bones and cardiovascular health. Additionally, removing both ovaries can lead to hormonal changes and early menopause, so they are often left in place unless there is a medical reason to remove them.

Are there non-permanent ways to reduce my risk?

There are several ways to reduce your risk of ovarian cancer without permanent procedures. Some options include different types of birth control (the pill, IUDs, etc.) breastfeeding, or even taking aspirin. Lifestyle choices like maintaining a healthy weight and eating a balanced diet may also help reduce risk.

Resources



Notes



Contact information



Phone

555-555-555

Name of office/clinic



Location

Clinic address

Baltimore, MD 21230



Looking for more info?

Scan the QR code below to visit our website.



Outsmart Ovarian Cancer

Scan to access our website with expert-backed information on ovarian cancer prevention, including research, educational resources, and helpful tips for staying informed.

Permanent Birth Control

pregnancy prevention & ovarian cancer risk reduction

your tubes,
your life,
your future.