

	<b>BCP</b>	<b>Pills</b>	<b>Gel</b>	<b>Suppository</b>	<b>Shot</b>	<b>Implant</b>	<b>IUD</b>
<b>Name</b>	Micronor NorQD	Provera	Crinone	Prometrium	DMPA	Nexplanon	Mirena
<b>Route</b>	Mouth	Mouth	Vagina	Vagina	Arm	Arm	Uterus
<b>Frequency</b>	Daily	Daily OR 10 days/mo	Daily	Daily	3 months	3 years	5 years
<b>Birth Control</b>	+	-	-	-	+	+	+
<b>Alleviate Menopause Symptoms</b>	-	-	+	+	-	-	-
<b>Bioidentical</b>	-	-	+	+	-	-	-
<b>Side Effects</b>	Fatigue Drowsiness Depression PMS Irreg. bleed	Breast pain Depression Headache Dizziness PMS	Discharge	Discharge	Painful	Irreg. bleed Wt. gain Acne Breast pain Stom. ache Mood swings Depression Nausea Dizziness	Cramping Expulsion
<b>Advantages</b>	Controls periods ↓Uterine CA	Lower dose	Lower dose Fewer side effects Less absorption	Lower dose	Reliable	Long term	Long term Fewer side effects
<b>Disadvantages</b>	Higher dose	Long term risk of stroke & blood clots	Messy Expensive	Messy	↓Bone density	Surgical insertion & removal	Insertion & removal