



## Long Acting Contraceptives a Good Choice For Those Considering Future Pregnancies

While research shows that almost half of U.S. pregnancies are unintended, long-acting reversible-contraceptives, or LARCs, are now giving American women more say over when, and with whom, they have children.

LARCs are birth control methods that provide contraception for an extended period without repeated user actions. They are a great option for women who may want to become pregnant in the future, but also desire long-term, highly effective pregnancy prevention.

Among the most popular of the long acting and reversible options are intrauterine devices (IUDs) and contraceptive implants like Nexplanon.

IUDs – Top choices are Mirena and Kyleena, plastic IUDs that provide a low dose of hormones that provide more than 99% effectiveness in preventing pregnancy that lasts up to five years. ParaGard, an IUD made of copper and contains no hormones, is 99% effective in preventing pregnancy, lasts for up to 10 years and is used for women taking medication that

might interact with hormones found in Mirena and Kyleena.

Nexplanon is a thin, matchstick-sized plastic rod that's implanted under the skin of the upper arm that is 99% effective in preventing pregnancy and lasts up to four years. It works by stopping the release of an egg from the ovary and changes cervical mucus to help keep sperm from reaching the egg.

“The decision between birth control methods is an important personal choice, said Amy Boots, DO. “Long-acting reversible contraceptives are just one option, and they are an option of which women should be aware when deciding what is right for them.”

IUDs and implants are reversible: any time you decide to become pregnant, you can have them removed by a health care provider. While tremendous progress has been made in LARC design, safety, and efficacy it's important to note that they do not prevent sexually transmitted disease.

For more information, talk to your Desert West OB/GYN provider.



### Meet Amy Boots, DO, FACOG

Now in her third year at Desert West, Dr. Boots enjoys all aspects of her work, especially the variety between seeing patients in the office, performing surgery and delivering babies. A graduate of the Midwestern University, Arizona

College of Osteopathic Medicine in Glendale, she completed her internship and residency in obstetrics

and gynecology at the University of Florida College of Medicine – Jacksonville.

“I became an OB/GYN because I love women's healthcare,” she said, “and I love taking care of women during each phase of their reproductive life.” She is especially interested in high risk obstetrics and minimally invasive surgery. Away from the office, Dr. Boots enjoys spending time with her husband and son.