

# TODAY'S CHICAGO WOMAN

## Expert Q&A



Dayna Salasche, MD

### **I don't want to get pregnant. What's the best birth control method for me?**

There are permanent and non-permanent forms of birth control. If you've completely finished having children and are sure you don't want to be pregnant again, permanent forms of birth control include having your tubes tied, or a less invasive procedure called Essure. Intrauterine devices (IUDs) are a great long-term, yet non-permanent form of contraception. These are inserted by your physician and can be left in place for five to 10 years. There are also a number of other non-permanent forms of birth control suitable for women who are not interested in childbearing "right now." Hormonal contraception comes in several forms, such as a pill you take every day, a patch that is changed once a week or a vaginal ring that is changed once a month. Barrier forms of contraception, like condoms or a diaphragm, are good options for people who cannot take hormones. Be sure to talk to your physician about which birth control method is most suitable for you.

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