



CAPE

Caring And Providing Empowerment

MYTHS VS FACTS

About IUDs (Intra-Uterine Devices)

Important Health Note:

IUDs do not protect against HIV or other Sexually Transmitted Infections. Please use a condom or other latex barriers as part of safer sex practices.

Myth IUDs cause pelvic inflammatory disease

Fact Pelvic Inflammatory Disease (PID) is usually caused by sexually transmitted infections, so someone's chance of PID is usually related to their risk of other sexually transmitted infections, not to IUD use. The long term rate of PID in IUD users is the same as in the general population.

Myth IUDs cause permanent infertility

Fact Womxn who have IUDs removed can get pregnant at the same rate as womxn who have never used an IUD. They do not cause damage to future fertility. Removing your IUD is followed by a quick return to your own normal fertility.

Myth IUD increase the chance of ectopic (out of the uterus) pregnancy

Fact IUDs work so well to prevent pregnancy that the overall risk of ectopic pregnancy is much lower in womxn using the IUD, when compared to womxn who are not using any form of birth control.

Myth The main way IUDs work is by causing abortions

Fact IUDs work in several ways to prevent pregnancy.

- Thickening cervical mucus, preventing sperm from entering the uterus
- Inhibiting sperm movement so it's more difficult to reach and fertilize an egg
- Thinning the lining of your uterus, making it less likely for an egg to attach to the uterus
- Hormonal IUDs may prevent the release of eggs from the ovaries

For information and bookings: call: 780-990-9079

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