

Ortho Evra ("The Patch")

Effectiveness

- 95% - 99% **chance of NOT getting pregnant**
- **Between 1 and 5 per 100 women may become pregnant if method is not used as prescribed.**

What is the Patch?

- The Patch contains synthetic hormones (progesterone and estrogen); these hormones are similar to those produced by a women's body.
- The patch is placed directly on the skin; these hormones are released from the patch directly through the skin into the bloodstream.
- Pregnancy is prevented because the patch stops ovulation and/or thickens the cervical mucus and stops sperm from passing through.
- The patch is a reversible method of birth control available only by prescription.
- The patch is less effective in women weighting more than 198lbs.

Advantages of the Patch

- Does not interfere with sex.
- No need to remember to put it on daily. Apply a new patch once a week.
- Reduces menstrual flow and cramping.
- Decreases acne outbreaks.
- Reduces the risk of ovarian and endometrial cancer.
- Ability to become pregnant immediately after discontinued use, if seeking pregnancy.

Disadvantages of the Patch

- May cause slight skin irritation at the patch site.
- Increased risk of heart attack, stroke, or blood clots (in lungs, legs, or arms), especially if you smoke more than 15 cigarettes a day, or are over 35 and smoke.
- Possible mood swings or depression.
- Women are encouraged not to use creams, lotions, or oils near the patch site these agents may cause the patch to detach.
- Does not prevent sexually transmitted diseases (see warning below).

“Recent news stories overstate the blood clot risk from the Ortho Evra contraceptive patch, experts tell WebMD.” For more information visit:

<http://www.my.webmd.com/content/Article/108/109067.htm>
http://www.orthoevra.com/about/manufacturing_statement.html

How Do I Decide?

- Can you remember to put on a new patch once a week?
- Are you smoking more than 15 cigarettes a day? If yes this method may not be good for you.
- Do you have liver disease, breast cancer and/or blood clots in lungs, legs, or arms?
- Does this method fit with your religious or moral beliefs?

In the Philadelphia area, click [here](#) for a list of local family planning clinics. Outside of Philadelphia, please click [here](#) for a clinic near you.

REMINDER: This method does not provide any protection against sexually transmitted diseases (STD's) including HIV and Hepatitis B. Using a condom consistently can help to protect you from STD's.