



T E X A S

Women's Healthcare  
COALITION

## Long-Acting Reversible Contraceptives Information

### What are LARCs?

- Long-acting reversible contraceptives (LARCs) are low-maintenance forms of birth control — the most effective methods available.
- LARCs include intrauterine devices (IUDs) and subdermal (under the skin) implants.
- The medical consensus is that LARCs are extremely safe.

### How effective are LARCs?

- LARCs are highly effective.
- Fewer than one in 100 women become pregnant in one year of LARC use.<sup>1</sup>
- This is 1/20 the rate of pregnancy of the birth control pill, patch, or ring.<sup>2</sup>

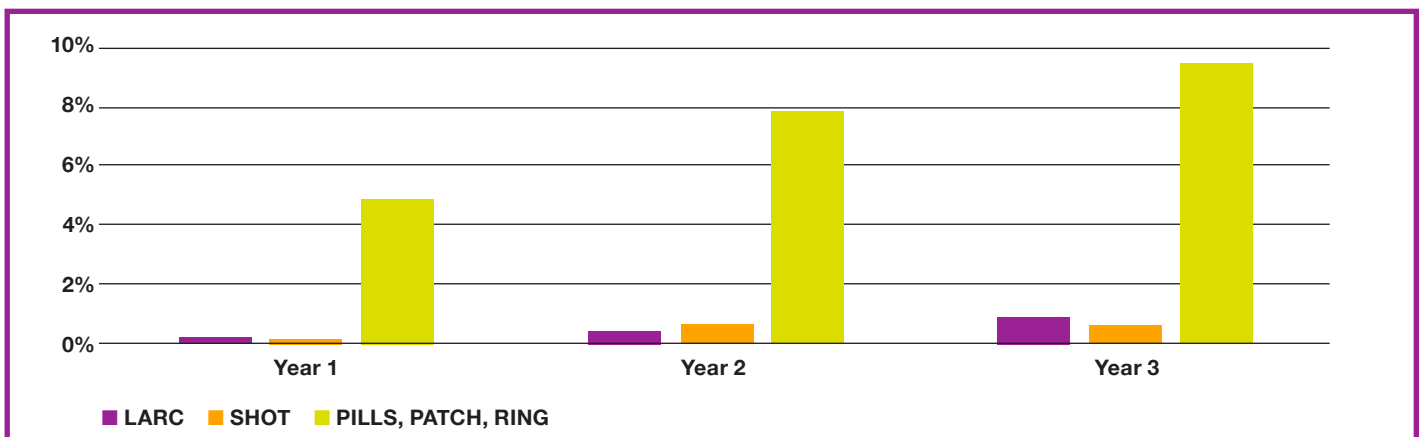
### How do LARCs work?

- LARCs work primarily by preventing fertilization of the egg by sperm.
- Implants prevent release of the egg from the ovary and prevent sperm from reaching the egg.
- IUDs interfere with sperm reaching the egg.<sup>3</sup> IUDs can also prevent a fertilized egg from implanting in the uterus.
- LARCs are reversible: Upon their removal, women can quickly become pregnant.
- LARCs do not terminate pregnancies.

### Who should use LARCs?

- The American College of Obstetricians and Gynecologists deems LARCs “first-line recommendations for all women and adolescents.”<sup>4</sup>
- The American Academy of Pediatrics calls LARCs “first-line contraceptive choices for adolescents.”<sup>5</sup>
- When financial and information barriers are removed, 75 percent of women seeking contraception choose LARCs.<sup>6</sup>

## Contraceptive Failure Rates



Source: Winner B, et al. Effectiveness of long-acting reversible contraception. *N Engl J Med* 2012; 366: 1998–2007.

# Coalition Membership

as of November 2014

Members of the Texas Women's Healthcare Coalition are organizations that endorse the TWHC Principles. By endorsing the Principles, Organizational Members agree to be publicly associated with the coalition.

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Women's & Men's Health Services of the Coastal Bend, Inc.

## References

- <sup>1</sup> Winner B, et al. Effectiveness of long-acting reversible contraception. *N Engl J Med* 2012; 366:1998–2007.
- <sup>2</sup> Ibid.
- <sup>3</sup> Dean G, Schwarz EB. Intrauterine Contraceptives (IUC). In: Hatcher RA, et al., eds. *Contraceptive Technology*, 20th Edition. New York: Ardent Media, Inc; 2011: 147-191.
- <sup>4</sup> Adolescents and long-acting reversible contraception: implants and intrauterine devices. Committee Opinion No. 539. American College of Obstetricians and Gynecologists. *Obstet Gynecol* 2012; 120:983–8. Accessed at [www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Adolescents-and-Long-Acting-Reversible-Contraception#13](http://www.acog.org/Resources-And-Publications/Committee-Opinions/Committee-on-Adolescent-Health-Care/Adolescents-and-Long-Acting-Reversible-Contraception#13)
- <sup>5</sup> Contraception for adolescents. American Academy of Pediatrics. *PEDIATRICS* 2014; 134(4): e1244–e1256. Accessed at <http://pediatrics.aappublications.org/content/134/4/e1244.full>
- <sup>6</sup> Piepert JF, et al. Preventing Unintended Pregnancies by Providing No-Cost Contraception. *Obstet Gynecol* 2012; 120(6): 1291–7.



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"Serving Humanity to Honor God"

The Texas Women's Healthcare Coalition gratefully acknowledges Methodist Healthcare Ministries of South Texas, Inc. (MHM) for their support of this report. The findings and conclusions expressed in this report, however, are solely TWHC's, as are any errors or omissions. To learn more about MHM, visit [www.mhm.org](http://www.mhm.org).



Healthy Futures  
of Texas

Development and leadership of the Texas Women's Healthcare Coalition is a project of Healthy Futures of Texas

November 2014