



USAID
FROM THE AMERICAN PEOPLE



Staying Healthy, Organized and Beautiful!



Using family planning methods can help a woman stay healthy and maintain her youthful energy!

Families who practice modern family planning can stay healthy and happy!

Answer these questions to see if a modern family planning method is right for you.



Initial assessment

- Do you want to have a baby in the next 18 months?
- Are you 35 or older?
- Have you had at least five births?



If you said yes to two or more of the questions above, you and your future baby are at greater risk of a complicated pregnancy or birth. Now answer the following question:

In-depth assessment

Have you ever suffered from any of these problems during pregnancy or delivery?

- High blood pressure (hypertension)?
- Problems with the placenta?
- Diabetes during pregnancy?
- Weakness due to low blood (anemia)?
- Surgery to help deliver your baby (Caesarean section)?
- Heavy bleeding after delivery (postpartum hemorrhage)?
- (Very) early delivery of your baby (pre-term delivery)?
- Delivered a baby who was dead (still birth)?



If you are 35 or older, or have already had at least five births, and you have experienced any of the problems listed, you should consider using a modern family planning method to avoid pregnancy to preserve your health and that of your children.

A woman is considered of advanced maternal age (AMA) when she is age 35 or older. A woman is considered high parity (HP) when she has had five or more births (including stillbirths). Pregnancy in AMA and HP women carries an increased risk of diabetes, pre-term delivery, hypertension and other conditions that are dangerous to the mother and baby's health. If you are nearing 35, or have had five or more births, you should carefully consider how to manage or avoid health risks associated with pregnancy.

Talk with your partner about staying safe from the risks of advanced maternal age (AMA) and high-parity (HP) pregnancy.



Talk with a health care provider about your risk of unsafe AMA and HP pregnancies and using a modern family planning method to stay healthy.



Find out what methods are available in your health center, and which is right for you and your family.



Family Planning Methods



Pill

- Effective short-acting method that must be taken every day, at the same time of day.
- Safe for women of any age, including women who have not yet had a baby.
- The mini-pill is safe for breastfeeding mothers with a baby older than six weeks.



Injectable

- Effective short-acting method that lasts two to three months.
- Safe for women of any age, including women who have not yet had a baby.
- Safe for breastfeeding mothers with a baby older than six weeks.



Implant

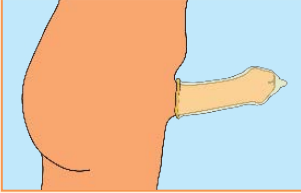
- Effective long-acting method that lasts three to five years.
- Safe for women of any age, including women who have not yet had a baby.
- Safe for breastfeeding mothers with a baby older than six weeks.



IUD

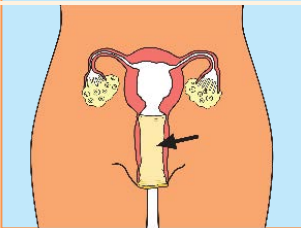
- Effective long-acting method that lasts five to ten years.
- Can use within 48 hours of childbirth.
- Safe for breastfeeding mothers.

As with all pharmaceutical products, contraceptive methods can have side effects. Contraceptive method side effects are rare or are often temporary or easy to manage. When choosing a method, make sure to discuss side effects with a health care provider. If you experience side effects, return to the health center to learn how to manage them or to choose a different method.



Male Condom

- Effective short-acting method that is used at the time of sex.
- If used correctly, every time it:
 - Prevents pregnancy.
 - Prevents sexually transmitted infections (STIs), including HIV/AIDS.



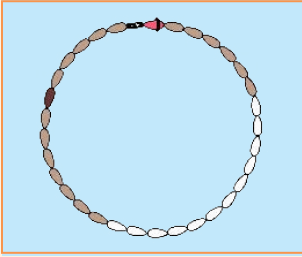
Female Condom

- Effective short-acting method that is used at the time of sex.
- If used correctly, every time it:
 - Prevents pregnancy.
 - Prevents sexually transmitted infections (STIs), including HIV/AIDS.
- Safe for breastfeeding mothers.



Exclusive Breastfeeding Method (LAM)

- Works by naturally delaying when a woman can become pregnant again.
- Effective post-partum method when women meet all three criteria:
 - Are breastfeeding exclusively (day and night).
 - Have an infant younger than six months old.
 - Have not had menses return.



Standard Days Method

- A natural method that uses Cyclebeads® to track the menstrual cycle.
- Only for women with a regular menstrual cycle of 26 to 32 days.
- Safe for breastfeeding mothers whose menstrual cycle has returned, is regular and lasts 26 to 32 days.

For more information about the methods that interest you,
talk with a family planning or health care provider.

All for your health and a good life!

Space for Your Notes

