

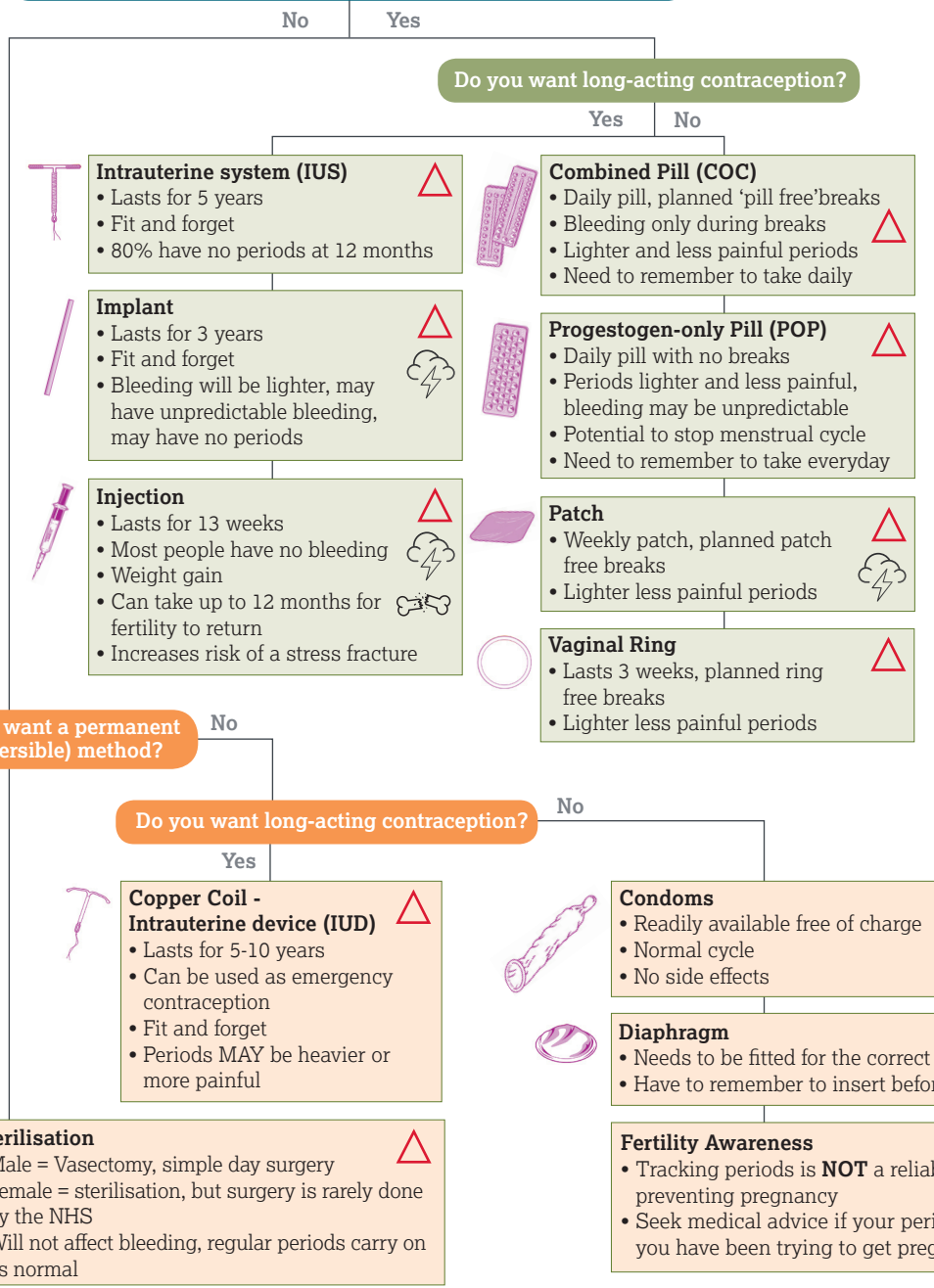
CONTRACEPTIVE CHOICES FOR SERVICEWOMEN



Are you happy to change your period pattern and use hormones?

HORMONAL OPTIONS

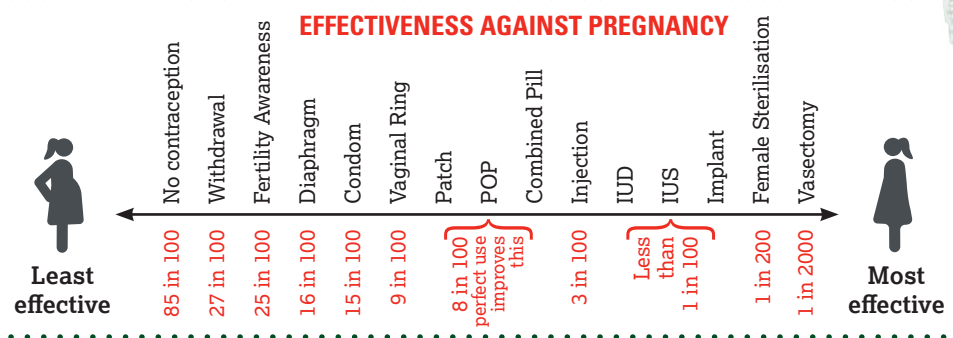
NON-HORMONAL OPTIONS



SERVICEWOMEN CONSIDERATIONS

- Regular periods indicate adequate nutrition for good bone health - hormonal contraceptives can mask the signs that you are not getting the right balance and some may increase the risk of a stress fracture
- Hormonal contraceptives can help you manage periods but some can cause irregular bleeding - how will you manage this in the field?
- Some contraceptives will require medical intervention which may need to be planned around postings and deployments
- Some contraceptives will need to be regularly replaced and stored appropriately - how will you manage this in the field?
- Some contraceptives may affect your mood
- Most contraceptives will not protect against Sexually Transmitted Infections

A ONE-TO-ONE CONSULTATION WITH A UNIT MEDICAL OFFICER IS ESSENTIAL TO ASSESS YOUR INDIVIDUAL CONTRACEPTIVE REQUIREMENTS



For more information visit www.contraceptionchoices.org and speak with your Unit Medical Officer



FIT FOR LIFE | FIT TO FIGHT

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