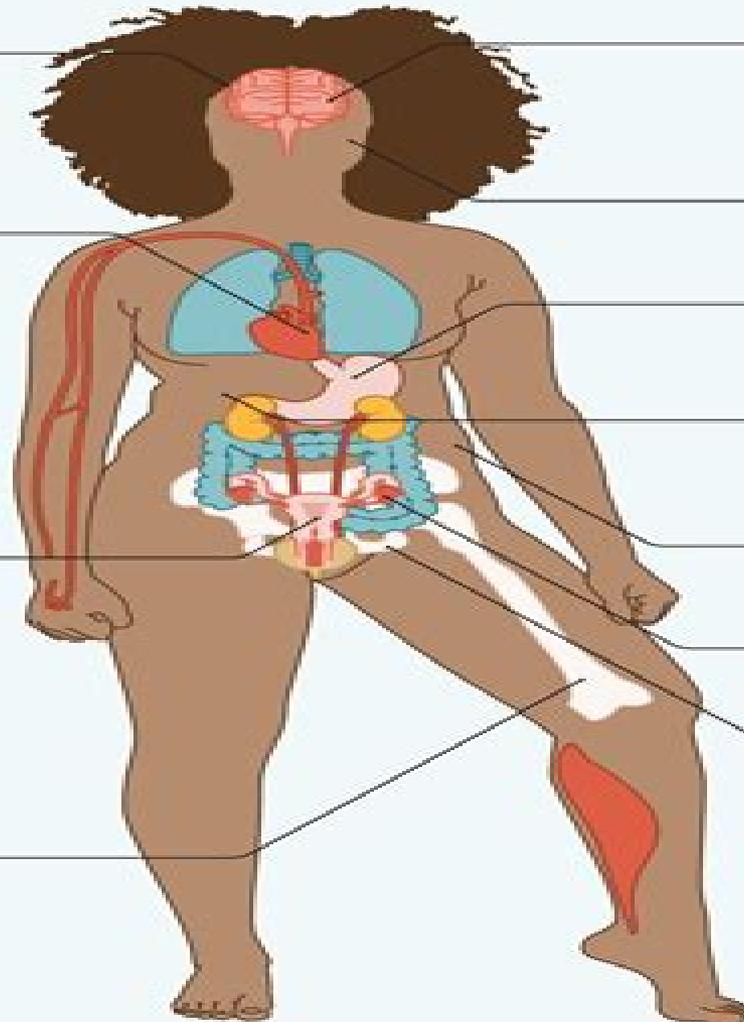


SIDE EFFECTS AND RISKS OF BIRTH CONTROL



Headache

Birth control, headaches, and migraine episodes are linked.

Sleep

The pill might impact your sleep-wake cycle due to its effect on estrogen.

Cardiovascular disease

Combined methods increase the risk of hypertension, clots, and stroke. The shot can increase cholesterol.

Anemia

Heavy bleeding is linked to anemia.

Menstrual cycle

Menstruation can't occur without ovulation. But many experience period-like bleeding.

Vaginal dryness

Low libido can make it difficult to become aroused, resulting in less lubrication.

Libido

Fatigue, nausea, irregular bleeding and other side effects can negatively impact sexual desire.

Osteoporosis

The pill and the shot can negatively affect bone mineral density.

Condition management

Artificial hormones help regulate your natural levels, minimizing the highs and lows that worsen certain conditions.

Mood

The pill is linked to more depression and anxiety than other methods.

Stress

The pill might interfere with your ability to adapt to stress.

Acne

Estrogen may decrease testosterone, which may lead to fewer breakouts.

Nutrition

The pill is linked to vitamin and mineral deficiencies, leading to fatigue, brain fog, and low mood.

Gallbladder disease

Long-term combined pill use may slightly increase the risk of gallbladder disease.

Weight

Some methods are linked to slight weight gain over years of use.

Ovarian cysts

Many methods help prevent cysts. Certain IUDs may increase your risk.

Pelvic inflammatory disease (PID)

Progestin may help protect against PID.

Cancer

It decreases ovarian, endometrial, and colorectal cancer risk. It slightly increases breast and cervical cancer risk.

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