

INTRAUTERINE DEVICE (IUD)

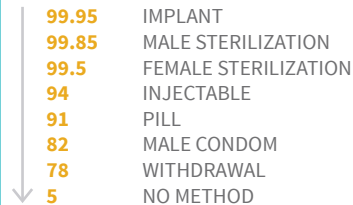


The copper IUD is a T-shaped plastic device wrapped in copper wire. The hormonal IUD is a T-shaped plastic device that contains 52 milligrams of levonorgestrel (progestin hormone). Both are long-acting reversible contraceptive methods. The copper IUD is effective for 10 years and the hormonal IUD is effective for three to five years. This method must be inserted and removed by a trained provider and does not contain estrogen.

MECHANISM OF ACTION

The IUD works by preventing fertilization. The copper IUD releases copper ions into the uterine cavity which are toxic to the sperm entering the uterus and fallopian tubes. The hormonal IUD releases 20 micrograms of levonorgestrel each day which thickens the cervical mucus and inhibits sperm movement and viability. Both IUDs affect the endometrial lining and may prevent implantation of a fertilized egg. However, the primary mechanism of action for the IUD is to prevent fertility earlier in the reproduction process before the egg reaches the uterus. Insufficient evidence exists to support the main mechanism of action is destruction of the fertilized egg.

METHOD EFFECTIVENESS



99.8%
HORMONAL IUD

99.2%
COPPER IUD

Note: Method effectiveness is the percent of women NOT experiencing pregnancy within the first year of use of each methods

It's a common misconception that IUDs:



...INCREASE THE RISK OF PELVIC INFLAMMATORY DISEASE (PID)

RESEARCH SHOWS the rate of PID is the same as the general population. The risk is greatest in the first 20 days after insertion.

...INCREASE THE RISK OF ECTOPIC PREGNANCY

RESEARCH SHOWS the rate of ectopic pregnancy for IUD users is about one-tenth lower than non-contraceptive users.



...CAUSE INFERTILITY

RESEARCH SHOWS that after discontinuing use, women promptly return to their previous state of fertility. Approximately 71%-96% of women report a desired pregnancy within the first year.

...ARE NOT SAFE FOR YOUTH

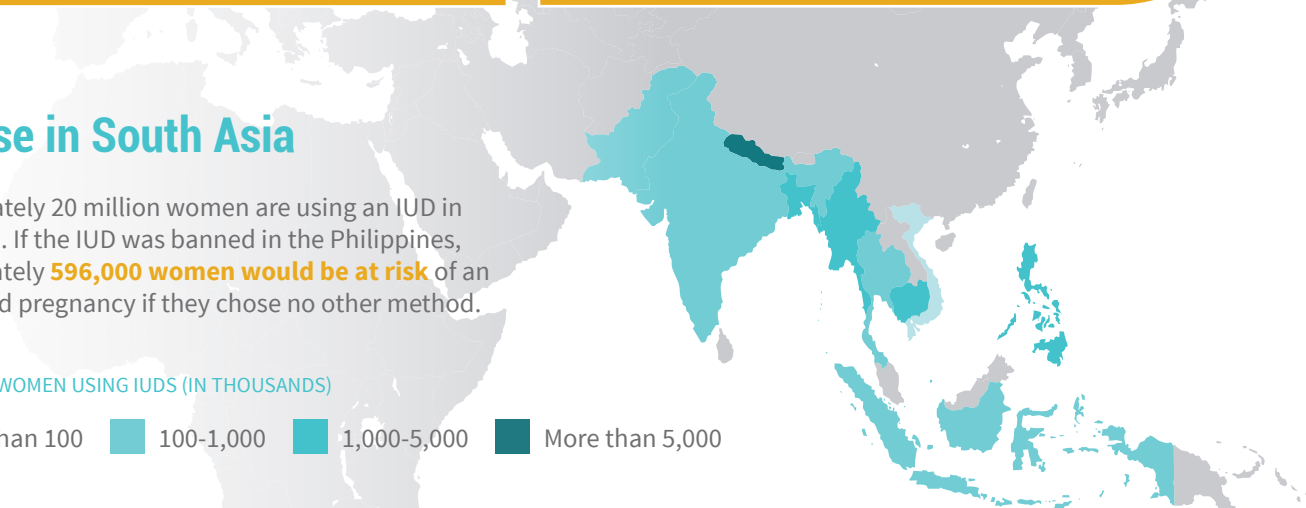
THE WORLD HEALTH ORGANIZATION deems contraception appropriate for youth and states no medical reason to deny contraception based solely on age.



IUD Use in South Asia

Approximately 20 million women are using an IUD in South Asia. If the IUD was banned in the Philippines, approximately **596,000 women would be at risk** of an unintended pregnancy if they chose no other method.

NUMBER OF WOMEN USING IUDS (IN THOUSANDS)



INTRAUTERINE DEVICE (IUD)



SOURCES

World Health Organization (WHO) Department of Reproductive Health and Research (WHO/RHR) and Johns Hopkins Bloomberg School of Public Health/Center for Communication Programs (CCP), Knowledge for Health Project, “Family Planning: A Global Handbook for Providers (2011 update),” (Baltimore and Geneva: USAID, 2011).

Roberto Rivera, Irene Jacobson, and David Grimes, “The Mechanism of Action of Hormonal Contraceptives and Intrauterine Contraceptive Devices,” *American Journal of Obstetrics and Gynecology* 181, no. 5 (1999): 1263-69; and María Elena Ortiz and Horacio B. Croxatto, “Copper-T Intrauterine Device and Levonorgestrel Intrauterine System: Biological Bases of Their Mechanism of Action,” *Contraception* 75, no. 6 (2007): S16-S30.

Timothy M. Farley et al., “Intrauterine Devices and Pelvic Inflammatory Disease: An International Perspective,” *Lancet* 339 no. 8796 (1992): 785-88; Jennefer A. Russo, Elizabeth Miller, and Melanie A. Gold, “Myths and Misconceptions About Long-Acting Reversible Contraception (LARC),” *Journal of Adolescent Health* 52, no. 4 (2013): S14-S21; and Amy Stoddard, Colleen McNicholas, and Jeffrey Peipert, “Efficacy and Safety of Long-Acting Reversible Contraception,” *Drugs* 71, no. 8 (2011): 969-80.

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David Hubacher et al., “Use of Copper Intrauterine Devices and the Risk of Tubal Infertility Among Nulligravid Women,” *New England Journal of Medicine* 345, no. 8 (2001): 561-67; and Amy M. Stoddard et al., “Fertility After Intrauterine Device Removal: A Pilot Study,” *The European Journal of Contraception and Reproductive Health Care* 20, no. 3 (2015): 223-30.

Irving Sivin, “Dose- and Age-Dependent Ectopic Pregnancy Risks With Intrauterine Contraception,” *Obstetrics and Gynecology* 78, no. 2 (1991): 291.

Russo, Miller, and Gold, “Myths and Misconceptions About Long-Acting Reversible Contraception (LARC).”

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WHO, *Medical Eligibility for Contraception Use, 5th Edition* (Geneva: WHO, 2015).

Method Effectiveness

Note: Estimates are based on a typical couple’s use of the method. Estimates for perfect use of the method are higher.

Source: Robert Hatcher et al., ed. *Contraceptive Technology*, 20th edition (New York: Ardent Media, 2011).

Number of Women Using IUDs

Sources: Cambodia Demographic and Health Survey (DHS) 2014, Indonesia DHS 2012, Myanmar DHS 2015-16, Philippines DHS 2013, Thailand DHS 1987, Timor-Leste DHS 2009-10, Vietnam DHS 2002, Bangladesh DHS 2011, India DHS 2005-06, Maldives DHS 2009, Nepal DHS 2011, and Pakistan DHS 2012-13.