

# When Your Family is Complete, Permanent Birth Control Brings Peace of Mind

By Amy L. Johnson, MD and Heather M. Keene, MD of Full Circle Health

Most women come to a point in their lives when they know their family is complete. Some of our patients say they have always had a 'magic number' of children in mind, and when they reach that number, they are done. Other women have less concrete plans, and simply decide they have all the children they want or can handle.

When a woman is absolutely sure her family is complete, it is important for her to carefully evaluate what type of birth control method she wants to use going forward. Of course, she wants to be protected from an unplanned pregnancy, but it's also important for her to choose the best form of birth control for her lifestyle. Unfortunately, many women simply assume that their current birth control is the best fit, when there may be a better solution for them.

At some point in their lives, most women will use a form of hormonal contraception.

It may be an oral contraceptive, a patch or ring, or an IUD that contains hormones. While The Pill and its counterparts can be a perfectly good solution for some women, many women do not want to remain on hormones throughout their 30s and 40s due to blood pressure, heart disease or lifestyle concerns (such as smoking or obesity).

When evaluating birth control methods, women need to consider how well they will fit into their daily routine. Most temporary birth control methods are only as effective as the user, and unplanned pregnancies are more common than people think. If a woman cannot remember to take a pill at the same time every day, or is inconsistent in using condoms or a diaphragm, she runs the risk of having an unplanned pregnancy. While fertility does decline in a woman's late 30s and 40s, it is very important to be vigilant about practicing proper birth control to avoid an "oops" pregnancy. In fact, nearly half of the pregnancies in women over the age of 40 are unplanned.



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The best option for women who are looking for a simple, hormone-free solution is permanent birth control. Most women associate permanent birth control with tubal ligation, which requires surgery, general anesthesia and recovery time. I am happy to report that tubal ligations are quickly becoming obsolete, because there is a widely available non-surgical method of permanent birth control now available. It's called Essure, and it can be performed in a doctor's office in a matter of minutes.

The Essure procedure uses small inserts to block the fallopian tubes, without cutting, burning or general anesthesia. During the procedure, the fallopian tubes are accessed through the cervix and these soft, flexible inserts are placed in each tube. Within three months, the body forms a natural barrier around the inserts, which prevents sperm from reaching the egg, so conception will never occur.

One of the greatest advantages of Essure over other permanent procedures is the quick recovery time. Normally, a woman can resume her regular activities in less than a day, with little or no discomfort. Essure is covered by most health insurance plans, and when performed in a physician's office the cost for the procedure can be as low as a simple co-pay. It is also 99.74 percent effective, making it the most reliable birth control available.

*Our patients have had overwhelmingly positive responses to the Essure procedure. Permanent birth control is a big decision — the procedure cannot be reversed so you need to be sure that your family is complete — but if you think you may be ready and would like to learn more, call 303-682-1122 or visit our website at [www.fullcirclehealth.com](http://www.fullcirclehealth.com) or [www.essure.com](http://www.essure.com).*



## When your family is complete, choose Essure®

Essure® is a gentle, hormone-free birth control procedure that frees you from worrying about unplanned pregnancy—and birth control—for good. Performed in our office in less than an hour, Essure offers women what no other permanent birth control option does: a proven solution that doesn't require cutting, going under general anesthesia, or slowing down to recover. Trusted by women and doctors since 2002, you can rely on Essure to let you worry less, and enjoy every moment more.

Let's talk about whether Essure is right for you. Call our office today 303-682-1112.



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The Essure procedure may not be suitable for all women and there are risks. The procedure is not reversible, and you must use another form of birth control for at least three months after the procedure. Risks may include cramping/pain, nausea/vomiting, dizziness/light-headedness, bleeding/spotting. Visit [www.essure.com](http://www.essure.com) for a complete list of risks and considerations. ©2009 All rights reserved. Conceptus and Essure are registered trademarks and Your Family Is Complete Your Choice Is Clear is a service mark of Conceptus, Inc. CC-3831A-01 01AUG08F