

New Study Shows Long-Term Supply of Birth Control Pills Helps Women Stay Consistent With Contraception

Planned Parenthood offers a year's supply of birth control pills

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Planned Parenthood of the Pacific Southwest offers a year's supply of birth control pills in one easy visit. We know that women running out of pills is one of the most common reasons for inconsistent use.

When women are able to get many months of birth control pills in one visit, they are more likely to stay with the contraceptive than women who can only get a short-term sup-

ply, says a new research study published in the *Journal of Obstetrics & Gynecology*. In a separate study, researchers found that low-income women in California's Medi-Cal program were less likely to have an unplanned pregnancy when they were given a year's supply of birth control pills.

Both studies are important as we continue the discussion about reducing the rate of unintended pregnancy. They also confirm what we've known for years at Planned Parenthood – removing barriers to access to contraception improves outcomes.

Planned Parenthood provides the contraceptive patch, implants, and injection, as well as intrauterine contraception, condoms, and vaginal rings.

Planned Parenthood of the Pacific Southwest also offers permanent birth control, including tubal ligation, Essure and vasectomy.

Visit our website at planned.org to take the confidential "My method" questionnaire to see what birth control method is best for you! Or call 1-888-743-PLAN (7526) to make an appointment at one of our 19 health centers in San Diego and Riverside counties.