

## Specialized Contraceptive Care for Women

We serve women whose concerns range from dissatisfaction with their current form of birth control to medical or social factors that complicate their contraceptive options.

Women with certain medical conditions may need to delay or avoid becoming pregnant. However, their contraceptive needs are often overshadowed by ongoing health issues. Our goal is to balance each woman's medical history with her desire or need to avoid or delay pregnancy.

Wherever possible, a contraception plan is made and implemented the same day for the patient's convenience.



### Center for Contraception and Family Planning

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## Center for Contraception and Family Planning



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## Magee-Womens Hospital of UPMC

## The best contraceptive is the one that fits a woman's individual needs.

Our experts specialize in contraceptive care for women and teens with complex medical histories. Our services include management of hormonal and non-hormonal contraception, placement and removal of intrauterine devices (IUDs) and implantable contraceptives, and surgical sterilization.

### Patients who may benefit from our services include those with:

- Cancer or a history of cancer
- Cardiac or pulmonary disease
- Migraines or chronic headaches
- Seizure disorders
- Weight issues or a history of gastric bypass
- Rheumatologic or autoimmune diseases
- History of or future organ transplant
- Renal disease or dialysis
- A use of teratogenic medications (medications that could cause birth defects)
- Clotting or bleeding disorders
- Neurologic disease
- Spinal cord injuries
- A uterine anomaly
- Difficult IUD or implant insertions or removals
- A dissatisfying experience or side effects from current or previous contraception methods

## Our Experts



Audrey Lance, MD, MS



Colleen Krajewski, MD, MPH



Beatrice Chen, MD, MPH



Sharon Achilles, MD, PhD

Our Family Planning physicians are board-certified, fellowship-trained, and national leaders in their field. They have extensive experience in reproductive health care and family planning.

Our team is dedicated to providing individualized care and will partner with you to develop a plan that fits your unique needs.

## Contact Us

To schedule an appointment, or for more information about the Center for Contraception and Family Planning at Magee-Womens Hospital of UPMC, call 412-641-6412.

## Before Your Appointment

The Center for Contraception and Family Planning is committed to empowering women through reproductive decision making. Think about what's important to you in a birth control method, what you have or haven't liked about methods you've used in the past, and what would best suit your health and sexuality. The list below will help you to prioritize. Check the qualities that matter most to you, and bring this list to your appointment to share with your doctor.

### I want contraception that:

- won't interfere with my medical issue or medication.
- is the most effective at preventing pregnancy.
- doesn't contain hormones.
- allows me to get pregnant quickly once I stop it.
- protects me from sexually transmitted infections.
- is hands-off. It should require little effort from me.
- is easy to hide. My partner won't know I'm using it.
- spaces out or prevents my period.
- gets rid of my period cramps.
- is safe to use while I'm breastfeeding.
- I can stop using whenever I want.
- doesn't reduce sexual pleasure.
- helps with acne.
- will not require frequent trips to the doctor.
- will not cause weight gain.
- starts working immediately.
- is easily reversible.

### Notes:

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