

More than Just Birth Control

Hormonal birth control methods like the pill, the patch, the ring, and the shot are great for making sure you don't get pregnant when you don't want to, but did you know they pull double duty by providing other great benefits? Let me tell you what else your birth control does for you!

- **Decrease painful periods.** No one wants to be doubled over in pain every month. It sucks and it affects up to 9 out of 10 girls so chances are you get pretty bad cramps during your time of the month. Hormonal birth control decreases painful periods in up to 80% of users. Sounds like a good deal to me!
- **Control when you get your period.** Hormonal birth control allows you to be able to predict when you are going to start your period. You can also use it to decrease frequency of periods or even get rid of them altogether. This is especially useful for people who get really sick from their periods! Say goodbye to unexpected bleeding and stained clothes!
- **Lighter periods.** Basically your period is going to be better in every way with using hormonal birth control! For girls and women who have really heavy period's hormonal birth control can greatly decrease bleeding. For women with serious conditions like endometriosis and fibroids, birth control might even save them from having to get a surgery!
- **Treatment of PMDD.** PMDD is like PMS but way worse. It affects 3-5% of women during their reproductive years. Birth control that has 24 active pills and 4 placebo pills (or skipping the placebo pills altogether) can be used to help treat it.
- **Treatment of Acne.** Oral birth control can help get your acne under control! Unfortunately this benefit isn't seen with the ring, the patch, and the shot so if you are looking for a decrease in acne you might want to go with a combined oral pill. Ask your pharmacist about which pill formulation would be best for you.

Lots of girls and women use birth control for these other benefits even when they aren't sexually active. So being on birth control doesn't mean you have to be having sex!