

A Proposed Framework for Menstrual and Contraceptive Management

- Caveats: Everyone is different.
- The best contraception is the one you will use.
- Your Mileage May Vary.
- This is based only on Dr. Roden's opinion

Heavy Menstrual Bleeding?	Specific Estrogen contraindication?	Hip contractures?	History of fragility fracture?	Limited manual dexterity with self-management
<ul style="list-style-type: none"> • LNG-IUD • Copper IUD • Implant • Depo-Provera • Progesterone-only pills • Combined Hormonal Contraceptive Pills/Patch/Ring • Non-Contraceptive Progesterone-only pill 	<ul style="list-style-type: none"> • LNG-IUD • Copper IUD • Implant • Depo-Provera • Progesterone-only pills • Combined Hormonal Contraceptive Pills/Patch/Ring • Non-Contraceptive Progesterone-only pill 	<ul style="list-style-type: none"> • LNG-IUD • Copper IUD • Implant • Depo-Provera • Progesterone-only pills • Combined Hormonal Contraceptive Pills/Patch/Ring • Non-Contraceptive Progesterone-only pill 	<ul style="list-style-type: none"> • LNG-IUD • Copper IUD • Implant • Depo-Provera?? • Progesterone-only pills • Combined Hormonal Contraceptive Pills/Patch/Ring • Non-Contraceptive Progesterone-only pill 	<ul style="list-style-type: none"> • LNG-IUD • Copper IUD • Implant • Depo-Provera • Progesterone-only pills • Combined Hormonal Contraceptive Pills/Patch/Ring • Non-Contraceptive Progesterone-only pill

