

## **Hormonal contraception in different phases of life**

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Hormonal contraception comprises several regimens that are considered to be the most effective methods of reversible contraception. However, for most women one contraceptive method may not suit their needs for their entire reproductive lifespan. From changing desires for fertility to economics to personal choice, those methods that may seem most suitable at age 20 may become least suitable at age 35. Having a wide variety of methods encompassing oral and non oral as well as daily and nondairy methods thus allows a woman to personalize their choice and thus increase the likelihood that the chosen method of contraception will provide an optimal regimen for her at that time. This presentation will not only look at the various methods of contraception but also the epidemiological and sociological factors that impact proper contraceptive choice and use throughout the reproductive years.