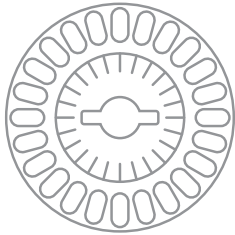


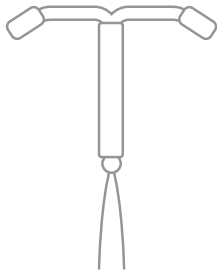
Birth Control for Acne-Prone Clients

Birth control pills, IUDs, implants and shots are often prescribed as a means to control acne. Most forms of birth control can have the potential to cause acne in those susceptible. Typically birth control is divided up as estrogen or progestin dominant and have varying degrees of androgenic (testosterone like) effects. As a general rule, those with the potential for higher androgenic symptoms should be avoided for people prone to acne because they promote breakouts. As an acne sufferer it is important to speak with your doctor about selecting a form of birth control that is higher in **estrogen and lower in androgen potency**.



THE MOST COMMONLY PRESCRIBED IN THIS CATEGORY ARE:

Brevicon	Necon	Tri-Nessa
Demulan	Ortho Tricyclen	Tri-Previferm
Femcon	Ortho-Novum	Tri-Sprintec
Kelnor	Ovcon	Zovia
Modicon	Previfem	
MonoNessa	Sprintec	



Avoid the following that are high in androgen activity and low in estrogen:

Allesse	Lessina	Norplant
Amethyst	Levora/Levonest	NuvaRing
Apri	Linessa	Ogestrel
Azurette	Loestrin	Ortho Tricyclen Lo
Caziant	Lo-Feminol	Ovral
Cryselle	Lo-Ogestrel	Paragard/Copper IUD*
Cyclessa	Lo-Ovral	Portia
Depo-Provera	Lutera	Reclipsen
Desogen	Marvelon	Seasonale/Seasonique
Emoquette	Microgestin	Sronyx
Estrostep Fe	Mircette	Triphasil/Trivora
Implanon	Mirena or Skyla IUD	
Jolessa	Nexplanon	
Kariva	Nordette	

Only you and your doctor can determine what form of birth control is right for you. The above is just a basic guideline that should be used to initiate the conversation. If you are considering using birth control, it is important to know that it can be associated with a high risk of blood clots, weight gain, nausea, mood changes, depression and breast tenderness. Serious side effects include strokes, digestive issues and embolism.

Birth control is not required to clear acne.

**Although the Paragard/Copper IUD does not contain any hormones, we have observed that it has aggravated acne with our clients.*



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