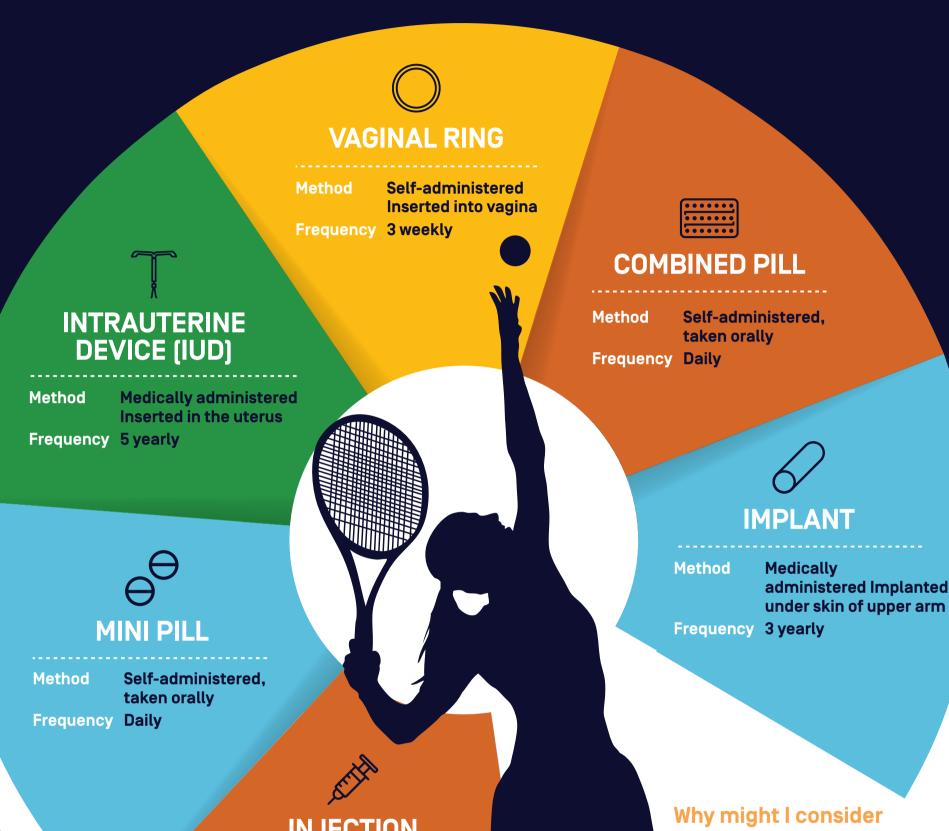
## HORMONAL CONTRACEPTION WHAT ARE THE OPTIONS?



## INJECTION

Method Medically administe

administered Intramuscular injection

Frequency 3 monthly

## Why might I consider using hormonal contraception?

- > Contraception / Birth control
- > Period predictability
- > Lighter periods
- > Reduce other menstrual symptoms e.g. acne, cramping, bloating
- Not everyone needs hormonal contraception. Visit the website for more information.



**FEMALE PERFORMANCE & HEALTH INITIATIVE** 

For further information visit: www.ais.gov.au/fphi

