

2015

## Expanding access to long-acting reversible contraceptives

Population Council

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### Recommended Citation

"Expanding access to long-acting reversible contraceptives," fact sheet. New York: Population Council, 2015.

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# EXPANDING ACCESS TO LONG-ACTING REVERSIBLE CONTRACEPTIVES



**LONG-ACTING REVERSIBLE CONTRACEPTIVES (LARCs)** like IUDs, implants, and vaginal rings provide long-lasting protection, yet these highly effective methods are often out of reach for women in developing countries. Because not all health care providers are trained to provide LARCs—and not all family planning programs supply them—women often lack access to methods that can be the most effective and appropriate when they want to postpone their first pregnancy, delay their next pregnancy, or limit future pregnancies.

The Population Council is working to expand contraceptive options worldwide, with a focus on LARCs. We conduct groundbreaking biomedical research, develop new contraceptive options, and shape policies and programs to expand access to LARCs.

## CONTRACEPTIVES DEVELOPED BY THE POPULATION COUNCIL



**COPPER T 380-A/PARAGARD:** A non-hormonal IUD offering the contraceptive properties of copper to prevent pregnancy. Approved in the U.S. for up to 10 years of use. The most widely used contraceptive product in the world.



**MIRENA:** A hormonal intrauterine system containing the progestin levonorgestrel. Approved in the U.S. for up to 5 years of use.



**JADELLE:** A two-rod levonorgestrel implant system inserted in the skin of a woman's upper arm to prevent pregnancy for 5 years. Offers the same level of protection as Norplant, an earlier six-rod implant that was also developed, tested, and brought to market by the Population Council.

## SHAPING POLICIES THAT EXPAND ACCESS TO LARCS

Annually, the Population Council, the Reproductive Health Supplies Coalition, and the International Federation of Gynecology and Obstetrics convene leading experts to map and measure an action plan for increasing access to LARCs and advancing the goal of universal access to reproductive health services.

## COMING SOON: ONE-YEAR CONTRACEPTIVE VAGINAL RING



Today, Council scientists have developed an investigational one-year contraceptive vaginal ring that will provide protection for 13 menstrual cycles. The ring does not require refrigeration. Because it is effective for one year, it will help women in developing countries overcome the potential barrier of monthly access to a fully stocked pharmacy.

Currently, 170 million women worldwide are using a highly effective contraceptive developed by the Council or based on our technology.

For more information about the Population Council's work on LARCs, visit [www.popcouncil.org](http://www.popcouncil.org)

The Population Council conducts biomedical, social science, and public health research to deliver solutions that lead to more effective policies, programs, and technologies that improve lives around the world.

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