Choosing Wisely – The SOGC has an online tool to help Canadians select the contraception method that is right for them

Ottawa (Ontario) – On World Contraception Day (26 September), the Society of Obstetricians and Gynaecologists of Canada (SOGC) encourages all Canadians of reproductive age to consider their contraception options. To facilitate this task, the SOGC has refreshed its Choosing Wisely online application designed by obstetrician-gynaecologists to help women choose the birth control option that is best for them and their lifestyle.

The SOGC has seized the opportunity to refresh its Choosing Wisely online application providing it with a new look and feel that is meant to be more current and user friendly. This application helps put things into perspective by suggesting the most appropriate contraceptive options for individual Canadians based on their response to a series of personal questions. The results then allow women to engage in a meaningful discussion with their health-care provider about contraception.

As women evolve and change throughout the life cycle, so can their contraceptive needs. Choosing Wisely is not only useful for young Canadians exploring the possibility of becoming sexually active, but can also help women who wish to explore an alternative to their current method of contraception. The application can also respond to questions from women who have just had a child, are perhaps breastfeeding, and wish to resume their contraception routine. Perhaps women are re-entering the dating scene at a more mature age. Whatever a woman’s stage of life or situation, as long as they have not attained menopause, they have birth control options to consider.

Contraception has evolved significantly over the past fifty years, following the introduction of the birth control pill. Today, not only have dosage options changed, but how and when birth control is administered has evolved. In addition to the daily intake of 21-day, 28-day and 91-day oral contraception, women also have the option of a weekly contraceptive patch or vaginal ring, the 3-month contraceptive injection or the 5-year intrauterine device. Of course, the use of the female or male condom is always encouraged as dual protection to help prevent both pregnancy and sexually transmitted infections.

With so many different women, so many different contraceptive options, and so many information resources available on the market today, the SOGC wishes to remind Canadians that our Society has an evidence-based online application to help them choose their method of contraception. It is housed on one of the world’s most respected and visited sexual health websites, the SOGC’s www.sexualityandu.ca.

The SOGC and its members are proud to provide Canadian women with the information and support they need, both personally and … virtually.

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For more information please contact:

Natalie Wright
SOGC Communications and Public Education
Tel: (800) 561-2416 or (613) 730-4192 ext. 366
Fax: (613) 730-4314
Mobile: (613) 240-0169
Email: nwright@sogc.com  Web: www.sogc.org