



Scott Kramer MD
Comprehensive, Contemporary, Compassionate Care for Women

Annovera Gives You Birth Control for One Year

[Annovera](#) was FDA approved last year and has just become available to patients in the United States. It's a soft, flexible vaginal ring that delivers similar hormones like oral contraceptive pills. And it lasts for one year! No need to trek to the pharmacy to pick up refills every month.



The best thing about Annovera is it allows you to take control of your period: When you get your period. How long you want your period to last. You insert Annovera into your vagina. You won't feel it when you're wearing it, nor does it interfere with sexual relations or pleasure. Typically you'll leave the ring in for three weeks and remove it for one week to allow menstrual flow. But here's the cool part you can safely extend the use so you can avoid getting your period around social events (eg. Vacations, weddings) or travel. You can also remove it for a shorter duration (I recommend a minimum of 3 to 4 days) to shorten the duration of your period when it's convenient for you.

Annovera delivers one of the lowest amounts of hormones and the progesterone is unique so there's no increase in weight nor acne. It's 97% effective at preventing an unplanned pregnancy (contrast to birth control pills at 95% and condoms at 85%).

So if you have trouble remembering to take your pills [Annovera](#) may be a solution for you. It's covered by most health insurance plans usually with no co-pay or at most \$5 per month. Schedule an appointment and we can discuss if Annovera is a good choice for you.

Kindly,

Scott Kramer MD

"If you don't take time to care for yourself, you won't be able to care for those you care about most"