

Birth Control



FOR ACNE SIMPLIFIED

Birth control pills, IUDs, implants and shots are widely used today and prescribed often as a means to control acne. Most forms of birth control can have the potential to cause acne and weight gain 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 of thumb, 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

Demulan

Femcon

Kelnor

Modicon

MonoNessa

Necon

Ortho-

Tricyclen

Ortho-Novum

Ovcon

Previferm

Sprintec

Tri-Nessa

Tri-Previferm

Tri-Sprintec

Zovia

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It is best to **avoid** the following that are high in androgen activity and low in estrogen:

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

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 a conversation between you and your physician. 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.

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Finally, it is entirely possible to treat acne without using birth control. If you have no underlying health issues that require you to be on birth control and are considering using birth control only to control your acne, please feel free to talk with one of the estheticians to get some additional perspective on how we can help you with the use of topical products and treatments.

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

The notion that that copper IUD is related to acne is widely dismissed by the medical profession, but when I consulted with a few naturopaths specializing in skin - Copper toxicity can occur from copper water pipes, pesticides, oestrogen based contraception, IUD's and nutritional deficiencies (mainly zinc)!

Excess copper in your body builds up in the liver and disrupts the liver's ability to detoxify excess oestrogen (which causes acne). In addition, excess copper prevents your body absorbing zinc - which is an essential mineral for our skin; it plays a role in the function of sebum (oil) secretion in skin cells, as well as being essential for healthy skin repair and healing.

This information is NOT intended as medical advice, nor is it intended to replace the care of a qualified health care professional. This content is not intended to diagnose or treat any diseases. Always consult with your primary care physician or licensed healthcare provider for all diagnosis and treatment of any diseases or conditions, for medications or medical advice as well as before changing your health care regimen.