



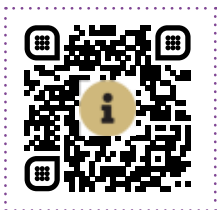
IUDs for Teens with Special Needs

There are many safe options for people who do not want to have regular menstrual periods. For teens with special needs, menstrual hygiene can be difficult. Also, periods can make other issues like headaches, mood changes, and seizures worse.

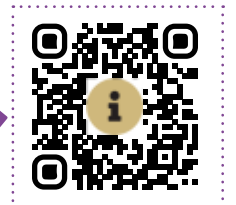
In our practice, many teens and their families decide to have a progestin IUD (brand names: Mirena or Liletta) placed to stop or reduce menstrual bleeding. Here are some of the reasons they may choose an IUD over other options:



- + The IUD is very safe. The medicine in the IUD is just released inside the uterus. For teens with complex medical issues (especially blood and heart problems) the IUD does not interfere with other medications and does not affect other body systems.
- + The IUD works for 7 years without doing anything. After 7 years, the current IUD can be removed and a new one placed.
- + Some people can't or don't like to swallow pills. The IUD works without having to remember to take a pill each day.
- + The IUD is a treatment for pelvic pain and cramps. For most people, menstrual pain will be less or go away after the IUD is placed.
- + The IUD is an excellent type of birth control. Even if this is not the main reason for getting an IUD, teens and families may be interested in an option that prevents pregnancy.



- + The IUD can be placed under anesthesia. This means that someone will be asleep during the pelvic exam and placement procedure. Once placed inside the uterus, a person cannot tell that they have an IUD.
- + What else have you heard about IUDs? Check out these [myth and facts](#) to make sure you have the most up-to-date information.



Interested in learning more? Check out our online IUD Toolkit!



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Find out more at: cupag.org/iud

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