

This chart compares the limitations of birth control methods and their effectiveness. It was prepared for Good Housekeeping by Dr. Christopher Tietze, associate director of the Bio-Medical Division of the Population Council, a private organization concerned with human fertility and its control.

Effectiveness if used correctly	* Number indicates level of effectiveness 0 Number indicates degree of limitations compared to other methods ? Undetermined	Need for sustained motivation	Need for action at time of coitus	Need to replenish supplies	Need for medical services	Need for careful instruction	Reduced opportunity for coitus	Unsuitable for menstrually irregular women	Early side effects (common, not serious)	Early side effects (rare, serious)	Late side effects
****	Oral pills	0		0	0	0			0	0	?
***	IUD (intrauterine device)			0					0	0	?
***	Diaphragm with jelly or cream	0	0	0	00						
***	Condom	0	00	0							
***	Temperature rhythm	0			00	0	0	0			
**	Calendar rhythm	0			00	0	0				
**	Chemicals (foams, etc.)	0	0	0							
**	Withdrawal	0	000								
*	Douche	0	00								