



KNOW YOUR OPTIONS

Take a look and see if you can find the right one for you.

YOUR-LIFE.COM
or ask your healthcare provider

SUPER EFFECTIVE

99%



The Implant
2-5 YEARS



IUS
Intrauterine System
3-5 YEARS



IUD
Copper Intrauterine Device
3-10 YEARS



Sterilization
FOREVER

LESS THAN 1 PREGNANCY
PER 100 WOMEN IN 1 YEAR

HIGHLY EFFECTIVE

91-94%



The Pill
EVERY DAY



The Patch
EVERY WEEK



Vaginal Ring
EVERY MONTH



Injection
1-3 MONTHS

0-3 PREGNANCIES
PER 100 WOMEN IN 1 YEAR

LESS EFFECTIVE

72-82%



Withdrawal
EVERY TIME



Cervical Cap,
Diaphragm & Sponge
EVERY TIME



Fertility
Awareness
EVERY DAY



Spermicides
EVERY TIME



Female & Male
Condom
SINGLE USE

10 OR MORE PREGNANCIES
PER 100 WOMEN IN 1 YEAR

FUNDING DIALYSIS AT HOME

THE National Kidney Foundation of Malaysia recently announced its programme to resume funding and sponsorship of peritoneal dialysis (PD) patients, where dialysis is done in the home of patients. In conjunction with NKF's announcement, Lucenia Malaysia donated RM76,800 to NKF to support this initiative.

