

# How does your choice of birth control affect sexual desire?

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(HealthDay)—Many women use birth control pills or other hormone-

based contraceptives to enjoy sex without fear of an unplanned pregnancy. But could they kill your mojo?

There has been some concern that a woman's sex drive can drop after starting a new form of hormone-based [birth control](#). Sex drive studies involving the pill, the patch and hormone-releasing intrauterine devices (IUDs) have been mixed, but new evidence could provide answers for some [women](#).

For a study published in *The Journal of Sexual Medicine*, University of Kentucky researchers found that while women using hormone-based contraceptives actually had higher desire levels than women on other types of birth control, being in a long-term relationship was a greater factor than the form of birth control used.

A separate study, done at Washington University School of Medicine and published in *Obstetrics & Gynecology*, asked 2,000 women about their interest in sex when starting a contraceptive and again six months later. Nearly one in four women using a vaginal ring, contraceptive implant or Depo-Provera injections reported a lower sex drive at the end of the study compared to those who used a copper IUD. Women who used [birth control pills](#), the patch or a hormone-releasing IUD had no change in sex drive.

Adding to the confusion, a Swedish study involving thousands of women in their 20s found that those using any type of [hormone](#)-based contraceptive were more likely to have a drop in their sex drive.

What's the answer? It's possible that, for some women, the re-balancing of hormones that occurs when starting or switching to a new contraceptive may cause changes in [sexual desire](#). But remember, your connection to your partner also plays a big role in the bedroom. If reduced sex drive continues after changing contraceptives, talk to your

doctor about different options.

**More information:** The U.S. Centers for Disease Control and Prevention has more on [contraception choices](#) to help you evaluate them.

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