**Dr. Jennifer Ashton - 5 Questions you should ask your doctor or health care provider about your birth control:**

****

1. **What are the risks (given in actual numbers) of this method? What is the worst thing that can happen to me on this particular type of Birth Control?**
2. **What are the benefits?**
3. **What are some options/alternatives?**
4. **Specifically, what is the risk of developing a blood clot on this particular form of birth control and how does this compare to other forms.**
5. **What other factors can increase the risk of a blood clot while I am taking this form of birth control?**