

## Mayo Clinic Minute

### Birth control and perimenopause

<b>Video</b>	<b>Audio</b>
<b>Vivien Williams</b>	As women age, they may wonder, when can I stop using birth control?
<b>Petra Casey, M.D.</b> <b>OB-GYN</b> <b>Mayo Clinic</b>	“Birth control is one of those things that women tend to start not worrying about a little too soon.”
<b>Vivien Williams</b>	Dr. Petra Casey says in your 40s is too soon.
<b>Petra Casey, M.D.</b>	“By the time a woman reaches the age of 55, she is 95 percent likely to have gone through menopause. Menopause is defined as one year of no periods.”
<b>Vivien Williams</b>	So if you go 11½ months of no periods and then have a period, the clock starts all over again.
<b>Petra Casey, M.D.</b>	“And you’re still not in menopause.”
<b>Vivien Williams</b>	Until that time arrives ...
<b>CLIP 785G1038 at 1:02</b> <b>Petra Casey, M.D.</b>	“... she should continue using contraception. Once she reaches age 55, regardless of what’s happening, she is OK to stop.”
<b>Vivien Williams</b>	Because the chances of her getting pregnant are super low. But, until then, Dr. Casey says women should talk to their health care providers about the type of contraception that’s best for them. For the Mayo Clinic News Network, I’m Vivien Williams.