LIKINYO OLUGBOLAHAN OLUTAYO

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PHS 204

Question: Discuss contraception and different types with details of any five

**Birth control**, also known as **contraception** or **family planning**, is a way for a man and woman to have [sexual intercourse](https://simple.wikipedia.org/wiki/Sexual_intercourse) and avoid [pregnancy](https://simple.wikipedia.org/wiki/Pregnancy).

Some contraceptives, such as [condoms](https://simple.wikipedia.org/wiki/Condom), will also protect a person from [sexually transmitted diseases](https://simple.wikipedia.org/wiki/Sexually_transmitted_disease) (STDs). When people use contraception to prevent STDs and pregnancy, it may be called *safe sex*.

Birth control is also sometimes called *family planning*. It means people can have babies or not as they wish. That way, babies and families do not happen by [accident](https://simple.wikipedia.org/wiki/Accident).

**Types of birth control**

There are many types of birth control. Some of these have been done for a long time, but many of them were only discovered in the last eighty years. Each type of birth control has advantages and disadvantages. Another word for a type of contraception is a *method*.

Four methods of contraception are

Barrier method: use of condoms. **Barrier methods**

A *barrier* is something that stands between two things. So barrier methods stand between the [sperm](https://simple.wikipedia.org/wiki/Sperm) and the [ovum](https://simple.wikipedia.org/wiki/Ovum) (egg). Some barrier methods help prevent many sexually transmitted diseases (STDs): this is the oldest barrier method. A condom is a thin tube (often made of [latex](https://simple.wikipedia.org/wiki/Latex)) that the man puts over his penis. This keeps the sperm from getting to the egg. Condoms are also called *rubbers*.

Female condom – this is like a condom, but it goes in the woman's vagina.

Some barrier methods only protect a small amount against STDs:

[Diaphragm](https://simple.wikipedia.org/wiki/Diaphragm) and [cervical cap](https://simple.wikipedia.org/w/index.php?title=Cervical_cap&action=edit&redlink=1) – these are objects that a woman puts in her vagina to cover the [cervix](https://simple.wikipedia.org/wiki/Cervix) (the opening at the bottom of the [uterus](https://simple.wikipedia.org/wiki/Uterus) where sperm get in).

Contraceptive sponge – this is a [sponge](https://simple.wikipedia.org/wiki/Sponge) that is filled with [spermicide](https://simple.wikipedia.org/wiki/Spermicide) (a substance that kills sperm) and is put in the woman's vagina over the [cervix](https://simple.wikipedia.org/wiki/Cervix).

Hormonal methods

These can only be used by women. [Doctors](https://simple.wikipedia.org/wiki/Medical_doctor) are trying to find a way to use [hormonal](https://simple.wikipedia.org/wiki/Hormone) methods for men. Hormonal methods change the woman's reproductive cycle in different ways so that it is safe for her man to [ejaculate](https://simple.wikipedia.org/wiki/Ejaculation) inside her.

* [Birth Control Pills](https://simple.wikipedia.org/wiki/Combined_oral_contraceptive_pill) – these are pills that a woman takes every day that make her stop [ovulating](https://simple.wikipedia.org/wiki/Ovulation) (making eggs). They usually have both female hormones [estrogen](https://simple.wikipedia.org/wiki/Estrogen) and [progesterone](https://simple.wikipedia.org/wiki/Progesterone) in them. Some have only progesterone. Birth control pills are a very popular type of birth control because of how effective and easy to use they are. A woman who uses birth control pills is often said to be "on the Pill."
* Birth Control Patch – this is a small and thin object that is put on the woman's skin and stays there. Hormones in the patch go into the skin and into the woman's [body](https://simple.wikipedia.org/wiki/Body). This makes her not ovulate.
* [Emergency contraception](https://simple.wikipedia.org/wiki/Emergency_contraception) pill – also called the *morning-after pill*. This is a medicine that is taken after sex that makes the woman less likely to get pregnant. It is best if used very soon after sex. The longer after sex it is taken, the less effective it is. It is recommended to be taken no more than 48 hours after the event. After this time, the pill no longer works well.
* Implants – these are objects that are put under the woman's skin and stay there for years. They slowly put hormones into her body and make her not ovulate. These only have [progesterone](https://simple.wikipedia.org/wiki/Progesterone) in them (not [estrogen](https://simple.wikipedia.org/wiki/Estrogen)).
* Injections (shots) – this is where a [doctor](https://simple.wikipedia.org/wiki/Medical_doctor) or [nurse](https://simple.wikipedia.org/wiki/Nurse) gives the woman a shot with a [needle](https://simple.wikipedia.org/wiki/Needle) every three to six months depending on the type of injection. They inject a progesterone hormone that makes the woman not ovulate.
* Rings - a soft plastic ring that is placed inside the vagina. The hormones in the ring go into the woman's vagina and into her body to prevent her from ovulating. The ring cannot be felt during [sex](https://simple.wikipedia.org/wiki/Sexual_intercourse) and one ring lasts for up to three months.

Hormonal birth control is extremely effective if it is used in the right way. Many hormonal birth control methods also make women's [menses](https://simple.wikipedia.org/wiki/Menstruation) shorter and with less bleeding, which most women like. And unlike barrier methods, hormonal methods do not interfere with sex. When a woman is using hormonal birth control, she and her man are usually not even aware of it during intercourse, which seems and feels very natural. Hormonal birth control methods have some slight risks for side effects. They may make a very small increase in the risk of [blood clots](https://simple.wikipedia.org/wiki/Clot) in the [lungs](https://simple.wikipedia.org/wiki/Lung), [strokes](https://simple.wikipedia.org/wiki/Stroke), [heart attacks](https://simple.wikipedia.org/wiki/Heart_attack), and [breast](https://simple.wikipedia.org/wiki/Breast) [cancer](https://simple.wikipedia.org/wiki/Cancer). Most of these risk are small. Some women may experience mood swings, weight gain, or loss of sex drive. Sometimes, but rarely, these side effects are serious enough to make a woman decide to stop using hormonal birth control

### Intrauterine methods

This is where an object is put in the woman's [uterus](https://simple.wikipedia.org/wiki/Uterus) (womb, where the [fetus](https://simple.wikipedia.org/wiki/Fetus) grows when she is pregnant). This object is called an *intrauterine device* or IUD

There are two types of IUD: the copper IUD or an IUD with hormones implanted on it. The hormonal IUD has better protection against pregnancy but costs more.

There are many good things about them:

* Do not need the woman to do anything after they are put in
* Last a long time (up to 10 years)
* Work very well at stopping pregnancy (98-99% of pregnancies are stopped)

The worst part about IUDs is that they have to be put in by a [doctor](https://simple.wikipedia.org/wiki/Medical_doctor). There is some risk of infection of the uterus after the IUD is put in, but this is only for 1-2 months after.

Copper IUDs can also be used as a *day-after* method to prevent pregnancy after the woman and man already had sex.

IUDs do not prevent STDs.

### Sterilization

This is when a man or woman has surgery to make them not able to make babies.

Men can get a *vasectomy*. This is a small surgery where the tube that carries sperm from the testicles is cut.

Women can get *tubal* surgeries. These are ways that the [fallopian tubes](https://simple.wikipedia.org/wiki/Fallopian_tube) are cut or clipped so that eggs cannot go down them to the [uterus](https://simple.wikipedia.org/wiki/Uterus). (The fallopian tube is the tube that carries the egg from the woman's [ovary](https://simple.wikipedia.org/wiki/Ovary)).

Sterilization is extremely effective, and they allow a man and woman to have intercourse that seems and feels very natural. But sterilization does involve surgery, which can cost more than other types of contraception and can be unpleasant, and unlike other methods it is very hard to reverse if a couple changes their minds and want to have children later.

Other surgeries will make a woman [sterile](https://simple.wikipedia.org/wiki/Sterile) (not able to get pregnant). These are not done only for contraception, but they are done for other reasons.

* [Hysterectomy](https://simple.wikipedia.org/wiki/Hysterectomy) surgery to remove the uterus
* [Oophorectomy](https://simple.wikipedia.org/wiki/Oophorectomy) surgery to remove the [ovaries](https://simple.wikipedia.org/wiki/Ovary) (both must be removed to make a woman sterile).

### Traditional contraception

These have been used for a very long time. They were used before modern [medicine](https://simple.wikipedia.org/wiki/Medicine). Some of them were used before [scientists](https://simple.wikipedia.org/wiki/Scientist) even discovered how *reproduction* (making babies) happens.

* *Coitus interruptus* (sometimes called "withdrawal" or "pulling out"– when the man takes his [penis](https://simple.wikipedia.org/wiki/Penis) out of the woman's [vagina](https://simple.wikipedia.org/wiki/Vagina) before [semen](https://simple.wikipedia.org/wiki/Semen) (liquid that has [sperm](https://simple.wikipedia.org/wiki/Sperm) in it) comes out. This is not a good method of birth control because the fluid that comes out before semen comes out also has sperm in it, and because if the man's semen is close to the woman's vagina, she can still get pregnant. Also, because the man's instinct is to stay inside the woman's vagina when he ejaculates, there is always a danger that he may not withdraw his penis in time. Even when it works, this can be a very frustrating method for both the man and woman because it interrupts their closeness and good feelings at the climax of intercourse.
* [Non-penetrative sex](https://simple.wikipedia.org/wiki/Non-penetrative_sex), non-vaginal sex – sex without putting the man's penis in the woman's [vagina](https://simple.wikipedia.org/wiki/Vagina). This is more effective than coitus interruptus, but it can still be risky if the man ejaculates on or near the woman, and it can also be frustrating for the couple not to be able to have intercourse.
* Abstinence – not having sex. If a couple can practice this correctly, it is completely effective at preventing pregnancy. It is free and does not require the help of a doctor. But it can be very frustrating for a man and woman to not be able to have intercourse.

Many methods can reduce the risk of STDs, but only abstinence is 100% effective.

### Periodic abstinence

This means a man and a woman practice abstinence (not having sex) when the woman is fertile. When the woman is not fertile, she will not get pregnant when she has sex.

* Natural family planning: this is also called 'fertility awareness'. For this method, a woman reads her [temperature](https://simple.wikipedia.org/wiki/Temperature) (how warm her body is) in the morning, or she reads her cervical mucus (liquid that comes out of her vagina). Using the temperature or the cervical mucus, there are rules that say when the woman is fertile and not fertile.
  + Billings ovulation method; Creighton model fertility care; two-day method; mucus-only method; basal body temperature method; sympto-thermo method: these are different names for natural family planning (see above).
* Rhythm method: this is where a woman records the number of days between her [menses](https://simple.wikipedia.org/wiki/Menses) (the time when she bleeds). The woman is most likely to be fertile in the days right between her menses. For some women, the math does not work. They get pregnant when the math says they are less fertile.