19\MHS03\014  
ANATOMY  
DISCUSS CONTRACEPTION AND DIFFERENT TYPES OF CONTRACEPTIVES.  
  
Contraception also referred to as birth control, prevents pregnancy by interfering with the normal process of ovulation, fertilization and implantation. There are different kinds of birth control that act at different points in the process.  
 The purpose of contraceptive is every month a womanʼs body begins the process that can potentially lead to pregnancy. An egg (ovum) matures, the mucus that is secreted by the cervix (a cylindrical shaped organ at the lower end of the uterus) changes to be more inviting to sperm, and the lining of the uterus grows in preparation for receiving a fertilized egg. Any woman who wants to prevent pregnancy must use a reliable form of birth control. Birth control (Contraception) is designed to interfere with the normal process and prevent the pregnancy that could result. There are different kinds of birth control that act at different points in the process, from ovulation through fertilization to implantation. Each method has its own side effects and risks. Some methods are more reliable than others. Although there are many different types of birth control, they can be divided into a few groups based on how they work. These groups include:  
  
1. Hormonal Methods: These use medications (Hormones) to prevent ovulation. Hormonal methods include birth control pills (Oral contraceptives), Depo provera injections, and Norplant.  
2. Barrier Methods: These methods work by preventing the sperm from getting to and from getting to and fertilizing the egg. Barrier methods include male condom and female condom, diaphragm and cervical cap. The condom is the only form of birth control that also protects against sexually transmitted diseases, including human immunodeficiency virus (HIV) that causes acquired immune deficiency syndrome (AIDS).  
3. Spermicides: These medications kill sperm on contact. Most spermicides contain nonoxynyl-9. Spermicides come in many different forms such as jelly, foam, tablets and even a transparent film. All are placed in the vagina. Spermicides work best when they are used at the same time as a barrier method.  
4. Intrauterine devices (IUDs): These devices are inserted into the uterus, where they stay from one to ten years, An IUD prevents the fertilized egg from implanting in the lining of the uterus and may have other effects as well.  
5. Tubal ligation: This medical procedure is a permanent form of contraception for women. Each fallopian tube is either tied or burned closed. The sperm cannot reach the egg, and the egg cannot travel to the uterus.  
6. Vasectomy: This medical procedure is the male form of sterilization and should be considered permanent, In vasectomy, the vas deferens, the tiny tubes that carry the sperm into the semen, are cut and tied off.  
  
 Unfortunately, there is no perfect form of birth control, only abstinence protects against unwanted pregnancy with 100 percent reliability. All forms of birth control have one common feature. They are only effective if used effectively. Birth control work only if taken every day. The diaphragm is effective only if used during every episode of sexual intercourse, the same is true for condoms and the cervical cap. Some methods are automatically working every day no matter what. These methods include Depo provera, Norplant, the IUD, and tubal sterilization.  
  
  
.TYPES OF CONTRACEPTIVES AND ITS USE.  
  
ABSTINENCE: Refraining from intercourse, anal sex, oral sex.  
USE: Universally applicable. Also prevents spread of sexually transmitted diseases.  
BIRTH CONTROL PILL: Prescription pill containing estrogen and progestin that suppresses ovulation.  
USE: Must be taken daily regardless of the frequency of intercourse.  
CERVICAL CAP WITH SPERMICIDE: Soft rubber cup that fits around the cervix, obtained by prescription.  
FEMALECONDOM: Lubricated sheath that is inserted into the vagina, similar in shape to the male condom, with a flexible tube.  
USE: Applied immediately before intercourse, for single use.  
MALE CONDOM: Latex or polyurethrane sheath placed over erect penis, widely available in drugstores.  
Use: Applied immediately before intercourse, for single use. Best protection against sexually transmitted diseases.  
DEPO- PROVERA INJECTION: Injection that inhibits ovulation, obtained by prescription.  
USE: Injections performed at a doctorʼs office, once every three months.  
DIAPHRAGM WITH SPERMICIDE: Dome-shaped rubber disk that covers the cervix, obtained by prescription.  
USE: Inserted before intercourse and left in place at least six hours after.  
DOUCHING: Use an over the counter feminine douche immediately after intercourse in an effort to wash out the sperm.  
USE: Sperm travel quickly to the cervix, making this an ineffective method of birth control.  
IUD (INTRAUTERINE DEVICE): T-shaped device inserted in the uterus during a visit to the doctor.  
USE: Can remain in place for up to 1 to 10 years depending on type.

OTHER TYPES OF CONTRACEPTIVES ARE:  
1. Patch.  
2. Periodic abstinence.  
3. Spermicide alone.  
4. Withdrawal.