PHS 204

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Pharmacology

Birth control, also known as contraception and fertility control, is a method or device used to prevent pregnancy.Birth control has been used since ancient times, but effective and safe methods of birth control only became available in the 20th century. Planning, making available, and using birth control is called family planning.Some cultures limit or discourage access to birth control because they consider it to be morally, religiously, or politically undesirable.

The most effective methods of birth control are sterilization by means of vasectomy in males and tubal ligation in females, intrauterine devices (IUDs), and implantable birth control.This is followed by a number of hormone-based methods including oral pills, patches, vaginal rings, and injections.Less effective methods include physical barriers such as condoms, diaphragms and birth control sponges and fertility awareness methods.The least effective methods are spermicides and withdrawal by the male before ejaculation.Sterilization, while highly effective, is not usually reversible; all other methods are reversible, most immediately upon stopping them.Safe sex practices, such as with the use of male or female condoms, can also help prevent sexually transmitted infections.Other methods of birth control do not protect against sexually transmitted diseases.Emergency birth control can prevent pregnancy if taken within 72 to 120 hours after unprotected sex.Some argue not having sex is also a form of birth control, but abstinence-only sex education may increase teenage pregnancies if offered without birth control education, due to non-compliance.

Types of contraception

\* cap.

\* spong.

\* Contraceptive implant.

\*Diaphragm.

\* Female condoms.

**Types of birth control include;**

Birth control pills

Hormonal patches

Birth control implants

Vaginal ring

**Barrier birth control methods include:**

Diaphragms

Condoms

Cervical caps

Spermicides

**Natural birth control methods include the use of:**

Ovulation test kits

Cervical mucus examination

Other types of birth control options include:

Intrauterine devices

Emergency contraception "morning after" pills

**Female condom**

The female condom, or femidom, is made of polyurethane. It has a flexible ring at each end. One fixes behind the pubic bone to hold the condom in place, while the other ring stays outside the vagina.

Spermicides may be placed in the vagina before intercourse. A spermicide kills sperm chemically. The product may be used alone or in combination with a physical barrier.

The female condom is 79 percent effective Around 21 women will become pregnant each year with this method.

The femidom is less easy to find than the male condom.

**Sponge**

A contraceptive sponge is inserted into the vagina. It has a depression to hold it in place over the cervix. Foam is placed into the vagina using an applicator. The foam is a spermicide that destroys the male sperm, and the sponge acts as a barrier to stop the sperm from reaching the egg.

Between 12 and 24 women out of every 100 who use the sponge may become pregnant. It is less likely to work if a woman has already had a baby.

**The diaphragm**

A diaphragm is a rubber, dome-shaped device that is inserted into the vagina and placed over the cervix.

It fits into place behind the woman’s pubic bone and has a firm but flexible ring that helps it press against the vaginal walls.

Used with spermicide, it is 88 percent effective. Used alone, it is between 77 and 83 percent effective.

**Cervical cap**

A cervical cap is a thimble-shaped, latex rubber barrier device that fits over the cervix and blocks sperm from entering the uterus. The cap should be about one-third filled with spermicide before inserting. It stays in place by suction.

It is around 88 percent effective if used with spermicide, and 77 to 83 percent effective without.