**NAME; ABIMBOLA OLAMIDE REBECCA**

**MATRIC NUMBER; 18/MHS02/004**

**COURSE TITLE; ENDOCRINE &REPRODUCTIVE PHYSIOLOGY**

**COURSE CODE; PHS 204**

**ASSIGNMENT TITLE; DISCUSS CONTRACEPTION AND DIFFERENT TYPES WITH DETAILS OF ANY FIVE**

**DEPARTMENT; HUMAN ANATOMY**

**COLLEGE; MHS**

**QUESTION**

**Points to include**

**Write what you know about contraception and the types you know**

**Give examples of the types of contraception and major of any five**

Contraception is a way to prevent pregnancy and there are many different types. Some are more effective than others. Different contraception methods works in different ways, contraception generally prevents sperm from reaching and fertilizing an egg which is how a pregnancy starts

**Purpose**

Every month a woman’s 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 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

Types of birth controls with examples

1. Hormonal birth control method

Examples

Birth control pills

Hormonal patches

Birth control implant

Vaginal ring

1. Barrier birth control method

Examples

Diaphragms

Condom

Cervical caps

Spermicides

1. Natural birth control method

Examples

Ovulation kits

Cervical mucus examination

 Tracking menstrual cycles (rhythm method)

1. Other types of birth control includes

Examples

Intrauterine devices

Emergency contraception(morning after pills)

1. Surgical sterilization methods

Examples

Tubal ligation (tubes tided)

Vasectomy