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Question: write what you know about contraception and the types you know .give examples of the types of contraceptives and major on any five.

Contraception (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.

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 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:

- **Hormonal methods:** These use medications (hormones) to prevent ovulation. Hormonal methods include birth control pills (oral contraceptives), Depo Provera injections, and Norplant.
- **Barrier methods:** These methods work by preventing the sperm 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).

- Spermicides: These medications kill sperm on contact. Most spermicides contain nonoxonyl-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.
- 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.
- 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.
- Vasectomy: This medical procedure is a 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.

There is no perfect form of birth control. Only abstinence (not having sexual intercourse) protects against unwanted pregnancy with 100 percent reliability. The failure rates, or the rates at which pregnancy occurs, for most forms of birth control are quite low. However, some forms of birth control are more difficult or inconvenient to use than others. In actual practice, the birth control methods that are more difficult or inconvenient have much higher failure rates, because they are not used faithfully.

All forms of birth control have one feature in common. They are only effective if used faithfully. Birth control pills 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.

There are many different ways to use birth control. They can be divided into several groups:

1. By mouth (oral): Birth control pills must be taken by mouth every day.
2. Injected: Depo Provera is a hormonal medication that is given by injection every three months.
3. Implanted: Norplant is a long-acting hormonal form of birth control that is implanted under the skin of the upper arm.
4. Vaginal: Spermicides and barrier methods work in the vagina.
5. Intra-uterine: The IUD is inserted into the uterus.
6. Surgical: Tubal sterilization is a form of surgery. A doctor must perform the procedure in a hospital or surgical clinic. Many women need general anesthesia.

Types of contraceptives

- Cap
- Combined pill
- Condoms
- Contraceptive implant
- Contraceptive injection
- Diaphragm
- Natural family planning

1. Cap: One method of contraception is the cap .The contraceptive cap is a circular dome made of thin, soft silicone. It's inserted into the vagina before sex, and covers the cervix so that sperm cannot get into the womb. You need to use spermicide with it (spermicide kills sperm). The cap must be left in place for six hours after sex. After that time, you take out the cap and wash it. Caps are reusable. They come in different sizes, and you must be fitted for the correct size by a trained doctor or nurse.

2. Combined pill: The combined oral contraceptive pill is usually just called "the pill". It contains synthetic female hormones, oestrogen and progesterone. These hormones are produced naturally in woman's ovaries. The hormones in the pill prevent a woman's ovaries from releasing an egg (ovulating). They also make it difficult for sperm to reach an egg, or for an egg to implant itself in the lining of the womb. The pill is usually taken to prevent pregnancy, but can also be used to treat painful periods, heavy periods, premenstrual syndrome (PMS) and endometriosis.

3. Condoms: A woman can get pregnant if a man's sperm reaches one of her eggs (ova). Contraception tries to stop this happening by keeping the egg and sperm apart or by stopping egg production. One method of contraception is the condom. There are two types of condoms: male condoms, which are worn on the penis, and female condoms, which are worn inside the vagina. This page is about male condoms, where you can get them and how they work.

4. Male condoms are made from very thin latex (rubber), polyisoprene or polyurethane, and are designed to stop a man's semen from coming into contact with his sexual partner.

When condoms are used correctly during vaginal, anal or oral sex, they help to protect against pregnancy and sexually transmitted infections (STIs), including HIV. Condoms are the only contraception that protect against pregnancy and STIs.

5. Contraceptive implant: The contraceptive implant is a thin, flexible 40mm long rod that's inserted under the skin of your upper arm. It's inserted by a professional.

The implant stops the release of an egg from the ovary by slowly releasing progestogen into your body. Progestogen also thickens the cervical mucus and thins the womb lining. This makes it harder for sperm to move through your cervix, and less likely for your womb to accept a fertilized egg.

6. Contraceptive injection: The contraceptive injection (Depo-Provera, Sayana Press or Noristerat) releases the hormone progestogen into your bloodstream to

prevent pregnancy.

7. Diaphragm: A woman can get pregnant if a man's sperm reaches one of her eggs (ova). Contraception tries to stop this happening by keeping the egg and sperm apart, or by stopping egg production. One method of contraception is the diaphragm. A contraceptive diaphragm is a circle of silicone inserted into the vagina before sex to cover the cervix so that sperm can't get into the womb (uterus). You need to use spermicide with it (spermicides kill sperm). The diaphragm must be left in place for at least six hours after sex. After that time, you take out the diaphragm and wash it (they're reusable).
8. Natural family planning (fertility awareness): Natural family planning is a method that teaches you at what time during the month you can have sex without contraception and with a reduced risk of pregnancy. The method is sometimes called fertility awareness. It works by plotting the times of the month when you're fertile and when you're not. You learn how to record fertility signals, such as your body temperature and cervical secretions (fluids or mucus), to identify when it's safer to have sex. Natural family planning is more effective when more than one fertility signal is monitored.

Examples of the types of contraceptives

- Condom: I. Latex, plastic, or lambskin ii. Lubricated iii. Spermicide IV. Textured condoms
- Combined pills: I. Azurette ii. Beyaz iii. Enpresse IV. Estrostep Fe
- Caps: I. cervical cap
- Diaphragm: I. arching spring ii. Coil spring, and flat spring diaphragms.
- Contraceptive injection: I. Depo-Provera ii. Sayana Press