

Name: Ikumogunniyi Anita Jibola

Assignment Title: Discuss contraception and different types with details of any five.

Course Title: Physiology of Reproduction and Endocrine Organs

Course Code: PHS 204

Matric number: 18/mhs07/025

Question

Discuss contraception and different types with details of any five.

Points to include:

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

Give examples of the types of contraceptives and major on any five.

Contraception is the deliberate prevention of pregnancy. It is different from practicing safe sex, which also includes protecting yourself and others from sexually transmitted infections (STIs).

There are a variety of contraceptive methods like IUDs, Condoms, Birth Control Pills, Implants, Emergency Contraception, Permanent Birth Control (Tubal Ligation, Vasectomy)

Contraception method/types include;

Hormonal Birth Control

It includes birth control pills, stick-on patches, insertable vaginal rings, shots, and implants that uses hormones, similar to the ones in your body, to stop the release of an egg so that it can't get fertilized by sperm.

Hormonal birth control is about 90% effective. But if used correctly all the time, it prevents pregnancy over 99% of the time. The implant is also about 99% effective.

IUDs (Intrauterine Devices)

these are small, plastic devices inserted into the uterus by a doctor. The procedure is simple and quick, although a little uncomfortable. Once it's in position, the IUD will protect you from pregnancy for a long time.

IUDs that use hormones are good for 3-5 years depending on which type you get. The copper-T version which uses copper, a natural sperm-killer is good for up to 10 years. IUDs are about 99% effective in preventing pregnancy.

Condoms

Male condoms are reliable and cheap. Latex condoms are a good choice because they're durable and may be more effective against sexually transmitted diseases (STDs) than natural or

lambskin condoms. The male condom is about 80% effective. If used perfectly every time, it prevents pregnancy 98% of the time.

A female condom is a thin, flexible, plastic tube that is partially inserted into the vagina, creating a barrier. Female condoms may also help against STDs and are about 80% effective.

Emergency Contraception

It's used after unprotected sex or if the condom used during sex breaks. It can prevent pregnancy up to 3 to 5 days later, the sooner it's taken the more chances of the pregnancy being prevented.

Most emergency contraception products are called morning after pills.

Permanent Birth Control

There are permanent options for birth control if a person is certain of not conceiving in the future. Each of these are 99-100% effective.

Tubal ligation is a procedure done for women, where the fallopian tubes are closed off preventing eggs from reaching the ovaries. This is also known as "having your tubes tied."

For men, the permanent birth control is vasectomy. During this procedure, your doctor causes a permanent interruption in the tube that allows the sperm to get into the semen

Other types of birth control work well in preventing pregnancy, but they don't protect a person from sexually transmitted diseases (STDs).

The sponge is another non-prescription option. It's a small piece of foam, treated with spermicide that is placed high up in the vagina. It's between 68% and 84% effective. Spermicides (gels, creams, and foams) can be used with other birth control or on their own. Alone, they're about 70% effective.

There are also more options like the diaphragm, cervical cap, and cervical shield. They're rubber or silicone barriers that are placed far up in the vagina. They're about 90% effective in preventing pregnancy.