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Matric No: 18/MHS01/047

Department: Anatomy

Course: PHS 204

**ASSIGNMENT**

**Contraception:** Contraception is the deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse. The major forms of artificial contraception are: barrier methods, of which the commonest is the condom or sheath; the contraceptive pill, which contains synthetic sex hormones which prevent ovulation in the female; intrauterine devices, such as the coil, which prevent the fertilized ovum from implanting in the uterus; and male or female sterilization. Contraception aids to prevent pregnancy. A woman can get pregnant is a man’s sperm reaches one of her eggs (ova). Contraception try’s to stop this from happening by:

* Keeping the sperm and the egg apart.
* Stopping egg production.
* Stopping the fertilized egg from attaching to the lining of the womb.

There are 15 methods of contraception:

* Caps
* Combined pill
* Condoms (male)
* Condoms (female)
* Contraceptive implant
* Contraceptive injection
* Contraceptive patch
* Diaphragms
* Intrauterine device ( IUD)
* Intrauterine system (IUS)
* Natural family planning
* Progesterone only pill
* Vaginal ring

There are 2 permanent methods:

* Female sterilization
* Male sterilization (vasectomy)

## **The Condom**

The condom is the only form of contraception that protects against most STIs as well as preventing pregnancy. This method of contraception can be used on demand, is hormone free and can easily be carried with you. And it comes in male and female varieties.

Male condoms are rolled onto an erect penis and act as a physical barrier, preventing sexual fluids from passing between people during sex. The female condom is placed into the vagina right before sex. Based on typical use, the female condom is not quite as effective as the male latex condom and it may take a little practice to get used to.

Pros include: It’s the best protection against STIs; can be used on demand; hormone free.

Cons include: It can tear or come off during sex if not used properly; some people are allergic to latex condoms.

## **The Oral Contraceptive Pill**

It’s the little tablet taken once a day. The oral contraceptive pill is the most commonly reported method of contraception used by Australian women. There are a few different types of pill to choose from, so it’s about finding the one that’s right for you. The combined pill contains estrogen and progestin and mini pill contains only one hormone, a progestin. The pill can have many benefits, however remembering to take it on time is a must.

Pros of taking the pill include: Highly effective when used correctly; permits sexual spontaneity and doesn’t interrupt sex; some pills may even reduce heavy and painful periods and/or may have a positive effect on acne.

Cons include: Forgetting to take your pill means it won’t be as effective; it can only be used by women; is not suitable for women who can't take oestrogen-containing contraception; it does not protect against STIs.

The pill is only available by getting a prescription from a medical professional so visit your local doctor or sexual health clinic.

## **Intrauterine Device (IUD)**

This small, T-shaped device is made from made of material containing progesterone hormone or plastic and copper and is fitted inside a woman’s uterus by a trained healthcare provider. It's a long-acting and reversible method of contraception, which can stay in place for three to 10 years, depending on the type.

Some IUDs contain hormones that are gradually released to prevent pregnancy. The IUD can also be an effective emergency contraception if fitted by a healthcare professional within five days (120 hours) of having unprotected sex.

IUDs containing coppers are 99% effective and the ones containing hormones are 99.8% effective, so you’re about as protected as you possibly can be by a contraceptive method.

Cons include: Irregular bleeding and spotting occurs in the first six months of use; requires a trained healthcare provider for insertion and removal; does not protect against STIs.

## **The Contraceptive Implant**

In this method, a small, flexible rod is placed under the skin in a woman’s upper arm, releasing a form of the hormone progesterone. The hormone stops the ovary releasing the egg and thickens the cervical mucus making it difficult for sperm to enter the womb. The implant requires a small procedure using local anesthetic to fit and remove the rod and needs to be replaced after three years.

Pros of the implant include: Highly effective; doesn’t interrupt sex; is a long-lasting, reversible contraceptive option.

Cons include: Requires a trained healthcare provider for insertion and removal; sometimes there can be irregular bleeding initially; does not protect against STIs.

## **The Contraceptive Injection**

The injection contains a synthetic version of the hormone progestogen. It is given into a woman’s buttock or the upper arm, and over the next 12 weeks the hormone is slowly released into your bloodstream.

Pros: The injection lasts for up to three months; is very effective; permits sexual spontaneity and doesn’t interrupt sex.

Cons: The injection may cause disrupted periods or irregular bleeding; it requires keeping track of the number of months used; it does not protect against STIs.