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**Assignment**

Write what you know about contraception and the types you know. Give examples of the types of contraceptives and major on any five.

**Answer**

**Contraception**

Contraception is a way to prevent pregnancy. Although different contraception methods work in different ways, contraception generally prevents sperm from reaching and fertilising an egg which is how a pregnancy starts.

**Benefits of using contraception**

**FAMILY PLANNING (LITERALLY)**

Contraception can be used to plan when women and couples have children and how many children they have. This includes choosing:

* when they want to begin having children
* how far apart they want their children to be
* when they want to stop having children.

Contraception lets women and couples have the number of children they want, when they want them. This is everybody’s right under the United Nations Declaration of Human Rights.

Delaying or spacing babies allows women and men to follow education and career goals that may be interrupted by having children. This empowers people and increases their ability to earn more. With fewer children, families are also able to invest more in each child.

**REDUCING PREGNANCY-RELATED RISK**

Girls and young women are especially at risk of problems in pregnancy. Contraception allows them to put off having children until their bodies are fully able to support a pregnancy. It can also prevent pregnancy for older women who face pregnancy-related risks. Contraceptive use reduces the need for abortion by preventing unwanted pregnancies. It therefore reduces cases of unsafe abortion, one of the leading causes of maternal death worldwide.

**REDUCING TEENAGE PREGNANCIES**

Contraceptive use also reduces teenage pregnancies. For a developed country, New Zealand has a very high adolescent fertility rate, at 26 births per 1,000 women aged 15-19 (Australia’s rate is 16 births).

By using contraception, young women can prevent unwanted pregnancies that can have negative impacts on their relationships and ambitions. Early pregnancy can also cause health problems for the baby. Babies born to teenage women are likely to have be underweight before and at birth and are at higher risk of neonatal mortality (dying within 28 days of birth).

**HEALTHY BABIES**

Pregnancies that are too close together or poorly timed contribute to high infant mortality rates – that is, the rate of babies that die within their first year of life. Contraceptive use lets women plan their pregnancies so they can make sure the baby is getting the best care before and after birth. In the 1950s, before reliable contraception such as the Pill was available, New Zealand had an infant mortality rate of 26.30 infant deaths per 1,000 births.

In 2012 that rate was 4.2, lower than the United States but higher than a number of other developed countries. Better healthcare and hygiene, as well as the use of modern contraceptive methods, have contributed to this great improvement.

**Types of Contraception**

1. **Cap**

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 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.

1. **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.

1. **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. 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.

1. **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 fertilised egg.

1. **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). Diaphragms come in different sizes – you must be fitted for the correct size by a trained doctor or nurse.

1. **IUD (intrauterine device, coil)**

An IUD is a small T-shaped plastic and copper device that’s inserted into your womb (uterus) by a specially trained doctor or nurse. The IUD works by stopping the sperm and egg from surviving in the womb or fallopian tubes. It may also prevent a fertilised egg from implanting in the womb. The IUD is a long-acting reversible contraceptive (LARC) method. This means that once it's in place, you don't have to think about it each day or each time you have sex. There are several types and sizes of IUD. You can use an IUD whether or not you've had children.

1. **Vasectomy**

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 vasectomy (male sterilisation). Vasectomy is a minor operation that stops men being able to get a woman pregnant. The tubes that carry sperm from a man's testicles to the penis are cut blocked or sealed. Vasectomy is usually carried out under local anaesthetic, and takes about 15 minutes. This prevents sperm from reaching the seminal fluid (semen), which is ejaculated from the penis during sex. There will be no sperm in the semen, so a woman's egg can't be fertilised. The man can still ejaculate.