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**COURSE:** PHS 204- ENDOCRINE AND REPRODUCTIVE PHYSIOLOGY.

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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,** in human physiology is the [birth control](https://www.britannica.com/science/birth-control) through the deliberate prevention of [conception](https://www.merriam-webster.com/dictionary/conception) or impregnation. Greater understanding of reproductive anatomy and physiology led to the widespread use of methods and devices of varying reliability and risk. Sterilization, one of the most effective forms of contraception, is permanent and generally irreversible. The most effective of the reversible methods are hormonal contraceptives {birth control pills}, intrauterine devices, and condoms. Each of these has a potential success rate of some 99 percent if used consistently and correctly. Many methods of contraception involve secondary health risks. The safest contraceptive methods include the use of barrier devices and the avoidance of sexual intercourse during the period of ovulation. Types of birth control methods include options that prevent sperm from reaching an egg, known as barrier methods, methods that prevent ovulation, and methods that prevent implantation of a fertilized egg into the uterus. Permanent methods {surgical sterilization} are also available for those who no longer desire to have children.

Hormonal birth control methods; This involves the use of hormones to prevent ovulation in a woman. Although oral contraceptive pills are the most widely used hormonal method, other options are available including the vaginal ring, hormone patches applied to the skin, and injections of progestin {birth control shot}.

Common side effects of birth control pills are [nausea](https://www.medicinenet.com/nausea_and_vomiting/article.htm), [vomiting](https://www.medicinenet.com/nausea_and_vomiting/article.htm), [weight gain](https://www.medicinenet.com/weight_gain/symptoms.htm), skin discoloration, [acne](https://www.medicinenet.com/acne/article.htm), bleeding between periods or [spotting](https://www.medicinenet.com/spotting_vs_period_differences/article.htm), [mood swings](https://www.medicinenet.com/mood_swings/symptoms.htm), change in menstrual flow and [Breast swelling](https://www.medicinenet.com/swollen_breast/symptoms.htm) or tenderness.

Barrier birth control methods are options to prevent fertilization of the egg by a sperm cell. These either prevent contact between egg and sperm through a physical block or kill sperm cells before they are able to fertilize an egg. Examples of physical barrier contraceptives include the diaphragm, condoms, and the [cervical cap](https://www.medicinenet.com/barrier_methods_of_birth_control/article.htm) or shield. Side effects of barrier methods of birth control can include: An increased risk for developing [urinary tract infections](https://www.medicinenet.com/urinary_tract_infection/article.htm) {[UTIs](https://www.medicinenet.com/urinary_tract_infection/article.htm)} if using a diaphragm and spermicide. Leaving a diaphragm or cervical cap in for longer than 24 hours increases risk for [toxic shock syndrome](https://www.medicinenet.com/toxic_shock_syndrome_tss/article.htm).

Natural birth control methods involves tracking a woman's [menstrual cycle](https://www.medicinenet.com/menstruation/article.htm) to try to determine when ovulation is most likely to occur, and avoiding sexual intercourse {or using barrier contraceptives} during that time. There are different ways to detect ovulation, including the basal body temperature method {ovulation causes a slight increase in basal body temperature} and the use of home ovulation test kits. Checking and recording the consistency of cervical mucus is another way to help determine when ovulation occurs. These methods tend to be the least successful methods as they require discipline in recording and tracking and understanding of the menstrual cycle.

Surgical sterilization method is a form of permanent birth control that is available for both women {tubal ligation} and men {vasectomy}. Sterilization implants {a small coil is inserted into the fallopian tubes to block them} are a more recent type of permanent birth control that is available for women that allows women to avoid the surgical procedure associated with tubal ligation. Although women who have had tubal ligation do not have side effects after recovering from the procedure, any surgery itself carries a small risk

of infection or bleeding as well as complications from the anesthetic agents. Likewise, the vasectomy procedure is associated with small risks from the procedure as well as some swelling and [pain](https://www.medicinenet.com/pain_management/article.htm) in the days following the procedure. For a time period post vasectomy a man can still be [fertile](https://www.medicinenet.com/ovulation_and_fertility_pictures_slideshow/article.htm) and it is usually recommended that a barrier method or other birth control method is used.

Other types of birth control options include intrauterine devices, IUDs are implantable devices that create an environment in the lining tissues of the womb that is unfavorable for implantation of a fertilized egg. Side effects of IUDs depend on the type of IUD being used. Copper-containing IUDs may worsen menstrual bleeding and [cramps](https://www.medicinenet.com/cramps_but_no_period/article.htm). Puncture or perforation of the uterus is a rare complication of all IUDs. IUDs that contain hormones may cause similar side effects to hormonal contraceptives, like [headaches](https://www.medicinenet.com/headache/article.htm), breast tenderness, or [acne](https://www.medicinenet.com/acne_visual_dictionary_pictures_slideshow/article.htm).