NAME: AKINBAMI JENNIFER OGECHI

MATRIC NUMBER: 18/MHS07/004

DEPARTMENT: PHARMACOLOGY

ASSIGNMENT TITLE: Discuss contraception and different types with details of any five.

COURSE TITLE: Physiology of Reproduction and Endocrine Organs

COURSE CODE: PHS 204

DATE: 8/05/2020

**Question**

Points to include:

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

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

ANSWERS

**Definition**

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. Birth control methods may work in a number of different ways:

Preventing sperm from getting to the eggs. Types include condoms, diaphragms, cervical caps, and contraceptive sponges.

Keeping the woman's ovaries from releasing eggs that could be fertilized. Types include birth control pills, patches, shots, vaginal rings, and emergency contraceptive pills.

IUDs, devices which are implanted into the uterus. They can be kept in place for several years.

Sterilization, which permanently prevents a woman from getting pregnant or a man from being able to get a woman pregnant

**DIFFERENT TYPES OF CONTRACEPTION**

1. Condom

* Male condoms
* Female condoms

1. The oral contraceptive pill
2. Intrauterine device(IUD)
3. The contraceptive implant
4. The contraceptive injection
5. Emergency contraception pill (the "morning after" pill)
6. Contraceptive ring
7. Diaphragm
8. Sterilisation
9. Cap
10. Contraceptive patch.
11. **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.

**Example:**Latex, plastic, or lambskin, Lubricated, Spermicide, and Textured condoms.

1. **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.

**Examples**: Azurette, Beyaz, Enpresse, Estrostep Fe, Kariva, Levora, Loestrin, and Natazia.

1. **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.

**Examples**:

Hormonal IUD Basics: Liletta, Mirena, and Skyla.

Copper IUD Basics: ParaGard is an IUD that’s wrapped in copper wire. Once it’s in place, it works for up to 10 years.

1. **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.

ADVANTAGE: Highly effective; doesn’t interrupt sex; is a long-lasting, reversible contraceptive option.

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

**Examples**: Norplant, Jadelle, Sino-implant, and Implanon.

1. **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.

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

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

**Examples :**Progesterone-only injectable contraceptives (POIs)- DMPA (Depot Medroxy Progesterone Acetate, or Depo-Provera), Noristerat (NET-EN or norethisterone enanthate) and Combined injectable contraceptives (Mesigyna).