18/MHS06/002

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Human Anatomy

PHS 204

**Discuss contraception and different types with details of any five.**

Answer:

Contraception (birth control) prevents pregnancy by interfering with the normal process of ovulation, fertilization, and implantation. There are different kinds of contraception that act at different points in the process.

Types of contraception

**1)The Condom**

The condom Is the only form of contraception that protects against most STI’s 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.

**2)Contraception Ring**

This method consists of a flexible plastic ring constantly releasing hormones that is placed in the vagina by the woman. It stays in place for three weeks, and then you remove it, take a week off then pop another one in. The ring releases the hormones oestrogen and progesterone. These are the same hormones used in the combined oral contraceptive pill, but at a lower dose.

**3)Intrauterine Device (IUD)**

It is small, T-shaped device is made from 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 IUD’s contain hormones that are gradually released to prevent pregnancy.

**4)The Contraception 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 implant requires a small procedure using local anesthetic to fit and remove the rod and needs to be replaced after three years.

**5)The Contraceptive Injection**

The injection contains a synthetic version of the hormone Progesterone. 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. The injection lasts for up to three months; is very effective; permits sexual spontaneity and doesn’t interrupt sex.