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**DEPARTMENT: HUMAN NUTRITION AND DIETETICS.**

**COURSE TITLE: ENDOCRINE PHYSIOLOGY**

**COURSE CODE: PHS 204**

**ASSIGNMENT: DISCUSS CONTRACEPTION & DIFFERENT TYPES WITH DETAILS OF ANY FIVE.**

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**CONTRACEPTION:**

This is the use of a device or procedure to prevent conception as a result of sexual activity.

It is also 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.

**TYPES OF CONTRACEPTION**

1. [Cap](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#cap)
2. [Combined pill](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#combined-pill)
3. [Condoms](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#condoms)
4. [Contraceptive implant](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#contraceptive-implant)
5. [Contraceptive injection](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#contraceptive-injection)
6. [Contraceptive patch](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#contraceptive-patch)
7. [Diaphragm](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#diaphragm)
8. [Female condoms](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#female-condoms)
9. [Female sterilization](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#female-sterilisation)
10. [IUD (intrauterine device, coil)](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#iud-intrauterine-device-coil)
11. [IUS (intrauterine system)](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#ius-intrauterine-system)
12. [Progestogen-only pill (POP, mini pill)](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#progestogen-only-pill-pop-mini-pill)
13. [Vaginal ring](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#vaginal-ring)
14. [Vasectomy](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#vasectomy)
15. [Natural family planning (fertility awareness)](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception#natural-family-planning-fertility-awareness)
16. **CAP**

A woman can get pregnant if a man's sperm reaches one of her eggs (ova). 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.

## Advantages of the cap

* you only need to use it when you want to have sex
* you can put it in at a convenient time before having sex (do not forget to use extra spermicide if you have it in for more than three hours)
* there are no serious associated health risks or side effects

**Disadvantages of the cap**

* it is not as effective as other types of contraception
* it only provides limited protection against STIs
* it can take time to learn how to use a cap
* putting a cap in can interrupt sex
* cystitis (bladder infection) can be a problem for some women who use a cap
* spermicide can cause irritation in some women and their sexual partners

1. **COMBINED PILLS**

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.

**Advantages of combined pills**

* it doesn't interrupt sex
* it usually makes your bleeds regular, lighter and less painful
* it reduces your risk of cancer of the ovaries, womb and colon
* it can reduce symptoms of PMS
* it can sometimes reduce acne
* it may protect against pelvic inflammatory disease
* it may reduce the risk of fibroids, ovarian cysts and non-cancerous breast disease

**Disadvantages of combined pills**

* it can cause temporary side effects at first, such as headaches, nausea, breast tenderness and mood swings – if these do not go after a few months, it may help to change to a different pill
* it can increase your [blood pressure](https://www.nhsinform.scot/illnesses-and-conditions/heart-and-blood-vessels/conditions/high-blood-pressure-hypertension/)
* it does not protect you against [sexually transmitted infections](https://www.nhsinform.scot/healthy-living/contraception/getting-started/the-different-types-of-contraception)
* breakthrough bleeding and spotting is common in the first few months of using the pill
* it has been linked to an increased risk of some serious health conditions, such as thrombosis (blood clots) and breast cancer.

1. **CONDOMS**

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.

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](https://www.nhsinform.scot/illnesses-and-conditions/immune-system/hiv).

Condoms are the only contraception that protect against pregnancy and STIs.

#### Advantages

* When used correctly and consistently, condoms are a reliable method of preventing pregnancy.
* They help to protect both partners from STIs, including chlamydia, gonorrhea and [HIV](https://www.nhsinform.scot/illnesses-and-conditions/immune-system/hiv/).
* You only need to use them when you have sex – they do not need advance preparation and are suitable for unplanned sex.
* In most cases, there are no medical side effects from using condoms.
* Male condoms are easy to get hold of and come in a variety of shapes, sizes and flavors.

#### Disadvantages

* Some couples find that using condoms interrupts sex. Communicating about sex and with your partner can help avoid embarrassment and make sex better.
* Condoms are very strong, but may split or tear if not used properly.
* Some people may be allergic to latex, plastic or spermicides – you can get condoms that are less likely to cause an allergic reaction.
* When using a male condom, the man has to pull out after he has ejaculated and before the penis goes soft, holding the condom firmly in place.

If male condoms aren't used properly, they can slip off or split. Practice and communication with your partner can help avoid this.

## 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 fertilized egg.

## Advantages of the implant

* it works for three years
* the implant does not interrupt sex
* it's suitable if you can't use oestrogen-based contraception, such as the combined contraceptive pill, contraceptive patch or vaginal ring
* you don't have to remember to take a pill every day
* it's safe to use while you are breastfeeding
* your fertility should return to normal as soon as the implant is removed
* after the contraceptive implant has been inserted, you should be able to carry out normal activities

#### Disadvantages of the implant

Using a contraceptive implant may have some disadvantages, which you should consider carefully before deciding on the right method of contraception for you.

Your periods may change significantly while using a contraceptive implant. Around 20% of women using the implant will have no bleeding, but almost 50% will have infrequent or prolonged bleeding. Bleeding patterns often remain irregular.

These changes are not harmful. If the bleeding is a problem, your GP may be able to give you tablets to help.

Other side effects that some women report are:

* headaches
* acne
* nausea
* breast tenderness
* changes in mood
* loss of sex drive

These side effects usually stop after the first few months. If you have prolonged or severe headaches or other side effects, tell your doctor.

1. **VAGINAL RING**

The vaginal ring is a small, soft plastic ring that you place inside your vagina. It’s about 4mm thick and 5.5cm in diameter. You leave it in your vagina for 21 days, then remove it and throw it in the bin (not down the toilet) in a special disposal bag. Seven days after removing the ring, you insert a new one for the next 21 days.

The ring releases oestrogen and progestogen. This prevents ovulation (release of an egg), makes it difficult for sperm to get to an egg and thins the womb lining, so it’s less likely that an egg will implant there.

**Advantages of the ring**

* it doesn’t interrupt sex
* it’s easy to put in and remove
* you don’t have to think about it every day or each time you have sex
* the ring is not affected if you vomit or have diarrhoea
* it may help with premenstrual symptoms
* period-type bleeding usually becomes lighter, more regular and less painful
* it may reduce the risk of cancer of the ovary, uterus and colon
* it may reduce the risk of [fibroids](https://www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/fibroids/), [ovarian cysts](https://www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/ovarian-cyst/) and non-cancerous breast disease

**Disadvantages of the vaginal ring**

* it may not be suitable if you don’t feel comfortable inserting or removing it from your vagina
* spotting and bleeding while the ring is in your vagina can occur in the first few months
* it may cause temporary side effects, such as increased vaginal discharge, headaches, nausea, breast tenderness and mood changes
* the ring does not protect against STIs