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**Department : Anatomy**

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**Question**

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

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

**Answers**

 Contraception, also known as birth control and fertility control, is a method or device used to prevent pregnancy. Birth control has been used since ancient times, but effective and safe methods of birth control only became available in the 20th century. Planning, making available and using birth control is called family planning. Some cultures limit or discourage access to birth control because they consider it to be morally, religiously, or politically undesirable.

Birth control methods include barrier methods, hormonal birth control, intrauterine devices (IUDs), sterilization and behavioral methods. They are used before or during sex while emergency contraceptives are effective for up to five days after sex. Effectiveness is generally expressed as the percentage of women who become pregnant using a given method during the first year and sometimes as a lifetime failure rate among methods with high effectiveness, such as tubal ligation.

There are different types of contraceptives which are

* Caps
* Combined Pill
* Condoms (Male and Female)
* Contraceptive Implant
* Contraceptive Injection
* Contraceptive Patch
* Diaphragms
* Intrauterine Devices
* Intrauterine System
* Progestrogen-only Pill
* Vaginal Ring
* Sterilization (Male and Female)
* **Diaphragms**

The diaphragm is a barrier method of birth control. It is moderately effective, with a one-year failure rate of around 12% with typical use. It is placed over the cervix with spermicide before sex and left in place for at least six hours after sex. Fitting by a healthcare provider is generally required.

* **Sterilization**

Surgical sterilization is available in the form of tubal ligation for women and vasectomy for men. There are no significant long term side effects, and tubal ligation decreases the risk of ovarian cancer. Short term complications are twenty times less likely from a vasectomy than a tubal ligation. After a vasectomy, there may be swelling and pain of the scrotum which usually resolves in one or two weeks. With tubal ligation, complications occur in 1 to 2 percent of procedures with serious complications usually due to the anesthesia. Neither method offers protection from sexually transmitted infections.

* **Contraceptive Patch**

A contraceptive patch, also known as "the patch", is a transdermal patch applied to the skin that releases synthetic oestrogen and progestogen hormones to prevent pregnancy. They have been shown to be as effective as the combined oral contraceptive pill with perfect use, and the patch may be more effective in typical use.

* **Intrauterine Devices**

The current intrauterine devices (IUD) are small devices, often 'T'-shaped, containing either copper or levonorgestrel, which are inserted into the uterus. They are one form of long-acting reversible contraception which are the most effective types of reversible birth control. Evidence supports effectiveness and safety in adolescents and those who have and have not previously had children. IUDs do not affect breastfeeding and can be inserted immediately after delivery. They may also be used immediately after an abortion. Once removed, even after long term use, fertility returns to normal immediately.

* **Condom**

[A condom is a sheath-shaped barrier device used during sexual intercourse to reduce the probability of pregnancy or a sexually transmitted infection (STI). There are both male and female condoms. With proper use—and use at every act of intercourse—women whose partners use male condoms experience a 2% per-year pregnancy rate. With typical use the rate of pregnancy is 18% per-year. Their use greatly decreases the risk of gonorrhea, chlamydia, trichomoniasis, hepatitis B, and HIV/AIDS. They also to a lesser extent protect against genital herpes, human papillomavirus (HPV), and syphilis.](https://en.wikipedia.org/wiki/Condom)