**NAME: ODOK-OGAR DIVINE ONYODUMA**

**MATRIC NO: 18/MHS05/009**

**DEPARTMENT: PHYSIOLOGY**

**COURSE: PHS 204**

**QUESTION:**

Discuss contraception and different types with details of any five (5).

**CONTRACEPTION:**

Contraception is a way to prevent pregnancy when you’re not ready to have children. It is used to prevent the sperm from meeting the egg, which is how pregnancy starts. There are different methods of contraception which may be permanent or temporary.

**METHODS OF CONTRACEPTION:**

1. Condom.
2. Oral contraceptive pills.
3. Intrauterine Device (IUD).
4. Diaphragms.
5. Cervical caps.
6. Rhythm method.
7. Vasectomy.
8. Tubal ligation.
* **Condom:** There are two types of condoms, the male condoms and the female condom.

The male condom; The male condom, or "rubber," is a thin covering made of latex, plastic, or animal membrane that is rolled over an erect penis. The covering prevents semen, the fluid that contains sperm, from entering a woman's vagina.

The female condom; The female condom is a lubricated polyurethane (plastic) tube that has a flexible ring at each end. One end of the tube is closed.

* **Oral contraceptive pills:** Oral contraceptives (birth control pills) are medications that prevent pregnancy. They are one method of birth control. Oral contraceptives are hormonal preparations that may contain combinations of the hormones estrogen and progestin or progestin alone. Combinations of estrogen and progestin prevent pregnancy by inhibiting the release of the hormones luteinizing hormone (LH) and follicle stimulating hormone (FSH) from the pituitary gland in the brain. LH and FSH play key roles in the development of the egg and preparation of the lining of the uterus for implantation of the embryo. Progestin also makes the uterine mucus that surrounds the egg more difficult for sperm to penetrate and, therefore, for fertilization to take place. In some women, progestin inhibits ovulation (release of the egg).
* **Intrauterine Device (IUD):** "IUD" stands for "intrauterine device." Shaped like a "T" and a bit bigger than a quarter, an IUD fits inside your uterus. It prevents pregnancy by stopping sperm from reaching and fertilizing eggs.
* **Vasectomy:** A vasectomy is a surgical procedure performed as a method of birth control. It involves cutting the vas deferens (pronounced VAS DEF-uh-renz) in order to close off the tubes that carry sperm from the testicles (there is one vas deferens per testicle). If a man has a vasectomy, he can no longer get a woman pregnant. Sperm are made in the two testicles, which are inside the scrotum. Sperm is stored in a tube attached to each testicle called the epididymis (pronounced ep-i-DID-uh-mis). When a man ejaculates, the sperm travel from the epididymis, through the vas deferens, and then mix with seminal fluid to form semen. The semen then travels through the urethra (pronounced yoo-REE-thruh) and out the penis. Before a vasectomy, semen contains sperm and seminal fluid. After a vasectomy, sperm are no longer in the semen. The man's testicles will make less sperm over time, and his body will absorb any sperm that are made.
* **Rhythm method:** The rhythm method is a type of birth control. Sometimes referred to under the category of “natural family planning,” or NFP, this approach to birth control involves a woman monitoring when she is fertile and avoiding sexual activity, or using other types of birth control such as condoms, at that time of her cycle. The rhythm method is also called the fertility awareness method. The rhythm method is not as effective at preventing pregnancy as other methods, such as taking birth control pills, it is only effective about 76 percent of the time, but it appeals to some women who do not like the side effects that are possible with other options. It is also appealing to women who have religious objections to using medical forms of birth control.