**MATRIC NUMBER: 18/MHS01/160**

**NAME: FASIPE BLESSING**

**COURSE CODE: PHS 204**

**DEPARTMENT: ANATOMY**

ASSIGNMENT: discuss contraception and different types with details on any five

**CONTRACEPTIONS**

What is Contraception?

Contraception also known as birth control or fertility control is a method or device used to prevent pregnancy. It prevents pregnancy by interfering with the normal process of ovulation, fertilization, and implantation.

Every month a woman's body begins the process that can potentially lead to pregnancy. An egg (ovum) matures, the mucus that is secreted by the cervix (a cylindrical-shaped organ at the lower end of the uterus) changes to be more inviting to sperm, and the lining of the uterus grows in preparation for receiving a fertilized egg. Any woman who wants to prevent pregnancy must use a reliable form of birth control. Birth control (contraception) is designed to interfere with the normal process and prevent the pregnancy that could result. There are different kinds of birth control that act at different points in the process, from ovulation through fertilization to implantation. Each method has its own side effects and risks. Some methods are more reliable than others.

Although there are many different types of birth control, they can be divided into a few groups based on how they work. These groups include:

* Hormonal methods: These use medications (hormones) to prevent ovulation. Hormonal methods include birth control pills ( [**oral contraceptives**](http://www.healthofchildren.com/N-O/Oral-Contraceptives.html)), Depo Provera injections, and Norplant.
* Barrier methods: These methods work by preventing the sperm from getting to and fertilizing the egg. Barrier methods include male [**condom**](http://www.healthofchildren.com/C/Condom.html)and female condom, diaphragm, and cervical cap. The condom is the only form of birth control that also protects against [**sexually transmitted diseases**](http://www.healthofchildren.com/S/Sexually-Transmitted-Diseases.html), including human [**immunodeficiency**](http://www.healthofchildren.com/I-K/Immunodeficiency.html)virus (HIV) that causes acquired immune deficiency syndrome (AIDS).
* Spermicides: These medications kill sperm on contact. Most spermicides contain nonoxynyl-9. Spermicides come in many different forms such as jelly, foam, tablets, and even a transparent film. All are placed in the vagina. Spermicides work best when they are used at the same time as a barrier method.
* Intrauterine devices (IUDs): These devices are inserted into the uterus, where they stay from one to ten years. An IUD prevents the fertilized egg from implanting in the lining of the uterus and may have other effects as well.
* Tubal ligation: This medical procedure is a permanent form of contraception for women. Each fallopian tube is either tied or burned closed. The sperm cannot reach the egg, and the egg cannot travel to the uterus.
* Vasectomy: This medical procedure is a the male form of sterilization and should be considered permanent. In vasectomy, the vas deferens, the tiny tubes that carry the sperm into the semen, are cut and tied off.

Unfortunately, there is no perfect form of birth control. Only abstinence (not having sexual intercourse) protects against unwanted pregnancy with 100 percent reliability. The failure rates, or the rates at which pregnancy occurs, for most forms of birth control are quite low. However, some forms of birth control are more difficult or inconvenient to use than others. In actual practice, the birth control methods that are more difficult or inconvenient have much higher failure rates, because they are not used faithfully.

 There are many different ways to use birth control. They can be divided into several groups:

* By mouth (oral): Birth control pills must be taken by mouth every day.
* Injected: Depo Provera is a hormonal medication that is given by injection every three months.
* Implanted: Norplant is a long-acting hormonal form of birth control that is implanted under the skin of the upper arm.
* Vaginal: Spermicides and barrier methods work in the vagina.
* Intra-uterine: The IUD is inserted into the uterus.
* Surgical: Tubal sterilization is a form of surgery. A doctor must perform the procedure in a hospital or surgical clinic. Many women need general anesthesia.

The methods of birth control differ from each other regarding when they are used. Some methods of birth control must be used specifically at the time of sexual intercourse (condoms, diaphragm, cervical cap, spermicides). All other methods of birth control must be working all the time to provide protection (hormonal methods, IUDs, tubal sterilization.

TYPES OF CONTRACEPTION

1. Birth control pills.
2. Hormonal patches.
3. Birth control implants.
4. Vaginal ring
5. Diaphragms
6. Condoms
7. Cervical caps
8. Spermicides
9. Ovulation test kits
10. Intrauterine devices
11. Tubal ligation
12. Vasectomy
13. Abstinence
14. **STERILIZATION:**

Sterilization is the process of completely taking away the body’s ability to reproduce through open or minimal invasion surgery. It is a permanent method of contraception, suitable for people who are sure they never want children or do not want any more children. Sterilization is available for both women and men and is performed in a hospital with general anesthesia.

In males, it is known as vasectomy while in females it is called tubal ligation.

Vasectomy is a surgical procedure for male sterilization or permanent contraception. During the procedure, the male vasa deferens are cut and tied or sealed so as to prevent sperm from entering into the urethra and thereby prevent fertilization of a female through sexual intercourse. Sperm cells stay in the testicles and are absorbed by the body. Starting about 3 months after a Vasectomy, the semen won’t have any sperm, so it can’t cause pregnancy. The term “Vasectomy” comes from the name of the tubes in your scrotum that are blocked during the procedure “vas deferens”.

Vasectomies don’t change the way having an orgasm or ejaculating feels.

There are two types of vasectomies: the incision method and the no-scalpel(no-cut) method. No-cut method lowers the risk of infection and other complications and generally take less time to heal.

Vasectomies are permanent so they usually can’t be reversed.

Vasectomies are super safe, and very few people have complications. But like all medical procedures, there are some possible risks. The most common risks with a Vasectomy are minor and treatable like bruising.

Other problems with vasectomies include:

* Bleeding where the skin was cut.
* Bleeding under the skin that may cause swelling or bruising(hematoma).
* Swelling(called Spermatic Granuloma) caused by sperm leaking from your vas deferens.

Very rarely, the cut ends of your vas deferens grows back together which can allow pregnancy to happen.

1. **BIRTH CONTROL IMPLANTS:** A contraceptiveimplant is a type of hormonal birth control. birth control implant ( Nexplanon) is a tiny, tin rod about the size of a matchstick. The implant releases hormones inside your body that prevents you from getting pregnant. Its also called Nexplanon and there’s a slightly older version called Implanon. A doctor inserts the implant under the skin of the upper arm. It releases the hormone progestin to stop pregnancy.

If you get the implant during the first five days of your period, it’s immediately effective against pregnancy. If the implant is inserted at any other point, you should use a backup form of birth control for seven days.

The hormones in the birth control implants prevents pregnancy in two ways;

* Progestin thickens the mucus on your cervix, which stops sperm from swimming through to your egg.
* Progestin can also stop eggs from leaving your ovaries(called Ovulation) so there’s no egg to fertilize.

It lasts for up to three years and it’s not permanent.

The most common side effect is irregular bleeding (spotting) especially in the first 6-12 months. Sometimes the implants causes long term spotting or periods getting longer and heavier. Other possible side effects are:

* Headaches
* Breast pain
* Nausea
* Weight gain
* Ovarian cysts
* Pain or bruising where the implant was inserted
* An infection where the implant was inserted.

BENEFITS

One reason the birth control implant is so effective is that it’s easy to use. Advantages include:

* one of the highest levels of effectiveness of all contraceptives
* no need to worry about birth control for three years
* fertility returns as soon as the implant is removed
* appropriate for women who can’t use birth control that contains estrogen

DISADVANTAGES

The contraceptive implant does have several disadvantages, including:

* no protection against [sexually transmitted infections (STIs)](https://www.healthline.com/health/sexually-transmitted-diseases)
* high up-front cost if not covered by insurance
* insertion requires a doctor’s visit
* device must be removed after three years

Although rare, the implant sometimes migrates from the initial site of implantation. This can make the implant difficult for the clinician to find and remove.

1. **HORMONAL PATCHES:** The birth control patch is a thin plastic patch (1 3/4 inch square) placed directly on the skin of the woman. It is a hormonal method of contraception obtained by prescription.

 The birth control patch for women is a type of **contraception** that contains the hormones estrogen and progestin. You place the small **patch** on your skin once a week for three weeks, so that you wear a **patch** for a total of 21 days. During the fourth week, you don't wear a **patch** — which allows menstrual bleeding to occur.

Like hormonal birth control pills and the vaginal ring, the patch contains progestin and estrogen, which work together to help prevent [pregnancy](https://www.self.com/topic/pregnancy?intcid=inline_amp) by suppressing ovulation, thickening cervical mucus so it’s harder for sperm to swim through, and thinning the uterine lining. The patch shouldn’t be put on the breasts as it can cause severe breast pain and shouldn’t be put on only one part of the body every time as it can cause irritation of skin. Periods can be postponed with the patch.

Estrogen’s ovulation-suppressing powers can translate into less hormonal [acne](https://www.self.com/topic/acne?intcid=inline_amp) and [ovulation pain](https://www.self.com/story/mittelschmerz-ovulation-pain?intcid=inline_amp), and the thinner uterine lining that comes with progestin means you may experience lighter, less painful periods. On the other hand, women on the patch can experience tender boobs, nausea, headaches, bloating, and abnormal bleeding, just like with the pill and vaginal ring. These symptoms are “usually transient and happen the first few months until the body fully adjusts.

The patch has side effects similar to those experienced by users of oral or other hormonal types of contraception including:

* Skin irritation
* [Headaches](https://americanpregnancy.org/pregnancy-health/headaches-and-pregnancy/)
* Breast tenderness
* [Irregular vaginal bleeding](https://americanpregnancy.org/pregnancy-complications/bleeding-during-pregnancy/)
* Moderate weight gain
* [Nausea](https://americanpregnancy.org/pregnancy-health/nausea-during-pregnancy/) and [vomiting](https://americanpregnancy.org/pregnancy-concerns/vomiting-during-pregnancy/)
* Bloating

Additional side effects may include [yeast infections](https://americanpregnancy.org/womens-health/yeast-infections/), contact lens problems, and [depression](https://americanpregnancy.org/pregnancy-health/depression-during-pregnancy/).

**The birth control patch should not be used by women who:**

* [Smoke](https://americanpregnancy.org/pregnancy-health/smoking-during-pregnancy/)
* Have [high blood pressure](https://americanpregnancy.org/pregnancy-complications/high-blood-pressure-during-pregnancy/)
* Have breast or uterine cancer
* Have a history of [blood clots](https://americanpregnancy.org/pregnancy-complications/blood-clots-during-pregnancy/)
* Have uncontrolled [diabetes](https://americanpregnancy.org/diabetes-during-pregnancy)
* Have a history of heart attack or stroke
* Are allergic to hormones
* Have diabetes
* Have liver disease
* Have unexplained vaginal bleeding.
1. **DIAPHRAGM:**

A diaphragm is a small, soft silicon dome is placed inside the vagina to stop sperm from entering the uterus. It forms a physical barrier between the man's sperm and the woman's egg, like a condom.

The diaphragm needs to stay in place for at least six hours after sex. After six - but no longer than 24 hours after sex - it needs to be taken out and cleaned.

 You can use the same diaphragm more than once, and it can last up to two years if you look after it.

Using a diaphragm can take practice and requires keeping track of the hours inserted. The diaphragm works fairly well if used correctly, but not as well as the pill, a contraceptive implant or an IUD.

BENEFITS

* You only need to use a diaphragm when you want to have sex.
* You can put it in at a convenient time before having sex (but 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

* 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 it.
* Putting it in can interrupt sex.
* Cystitis (bladder infection) can be a problem for some women who use a diaphragm.
* Latex and spermicide can cause irritation in some women and their sexual partners.
1. **THE USE OF CONDOMS:** Condoms are a barrier contraceptive made from latex rubber, a synthetic rubber called polyisoprene, or a very thin plastic called polyurethane. 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. A female condom shouldn’t be used with a male condom as it can cause tearing

 It’s the best protection against STIs; can be used on demand; hormone free.

 It can tear or come off during sex if not used properly; some people are allergic to latex condoms.