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DEPT : ANATOMY

LEVEL: 300LV

COURSE CODE: PHS204

ASSIGNMENT: DISCUSS CONTRACEPTION AND DIFFERENT TYPES WITH DETAILS OF ANY 5

 Contraception also known as birth control, and fertility control. 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 may work in a different number of ways:

 **Prevention of sperm from getting to the eggs**

Types include;

**>Condoms**

 The condom is the only form of contraception that protests 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 may take a little practice to get used to.

**Cons include:** it can tear or come off during sex if not used properly; some people are allergic to latex condoms.

**>Diaphragms**

 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 mans sperm and the womans egg, like a condom.

The diaphragm needs to stay in place for at least six hours after sex .

**Pros**; you can use the same diaphragm more than once, and it can last up to 2 years if you look after it.

**Cons**; using a diaphragm can take practice and requires keeping track of the hours inserted.

**>Cervical caps**

**>Contraceptive sponges**

 .> **Keeping the womans ovaries from releasing eggs that could be fertilized**

Types include;

**>Birth control pills**

**>Patches**

**>Shots**

**>Vaginal rings**

This method consists of a flexible plastic ring constantly releasing hormone that is placed in the vagina by the woman. It stays in place for three weeks, before removal, it takes 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.

**Pros;** you can insert and remove the vaginal ring, this contraceptive method has few side effects, allows control of your periods and allows your fertility to return quickly when the ring is removed

**Cons**; it is not suitable for women who can’t take oestrogen-containing contraception; you need to remember to replace it at the right time. It does not protect against STIs.

**Emergency contraceptive pills**

 **The emergency contraceptive pills** can be used to prevent pregnancy after sex if contraception was not used, a condom has broken during sex or a woman has been sexually assaulted.

 This pill contains special doses on female hormone. Any woman can take the emergency contraception pill, even those who cannot take oral contraceptive pills. It can be bought over the counter at a pharmacy or chemist without a prescription.

 The common side effect of the emergency contraceptive include nausea, vomiting and the next period may be early or delayed. Emergency contraception does not protect against STIs.

**.>IUDs,** devices which are implanted into the uterus. They can be kept in place for several years.

 This small, T-SHAPED device is made of material containing progesterone hormone or plastic and copper and is fitted inside a woman’s uterus by a trained health care provider. It is a long acting and reversible method of contraception, which can stay in place for three to ten years, depending on type.

 Some IUDs contain hormones that are gradually released to prevent pregnancy. The IUD can also be an effective emergency contraception if fitted by a healthcare professional within 5 days of unprotected sex.

 IUDs containing coppers are 99% effective and those ones containing hormones are 99.8% effective, so you are about as protected as you possibly can be by a contraceptive method.

**Cons;** irregular bleeding and spotting occurs in the first six months of use; requires a trained healthcare provider for insertion and removal. Does not protect against STIs.

>sterilization, which permanently prevents a woman from getting pregnant or a man from being able to get a woman pregnant.

 Less effective methods include physical barriers such as condoms, diaphragms and birth control sponges and fertility awareness methods.

 There are least effective methods such as spermicidal and withdrawal by male before ejaculation. Sterilization, while highly effective, is not usually reversible; all other methods are reversible, most immediately upon stopping them.

Safe sex practices, such as with the use of male or female condoms, can also help prevent sexually transmitted diseases. Emergency birth control can prevent pregnancy if taken within 72 to 120 hours after unprotected sex.