**18/MHS04/002**

**SCHOLASTICA IGHAGBON**

**DEPARTMENT OF HUMAN NUTRITION AND DIETETICS**

**COLLEGE OF MEDICINE AND HEALTH SCIENCES**

**PHYSIOLOGY ASSIGNMENT**

**DISCUSS CONTRACEPTION, TYPES AND EXPLAIN ANY FIVE**

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

Contraception expects to forestall pregnancy.

A lady can get pregnant if a man's sperm arrives at one of her eggs (ova).

Contraception attempts to stop this incident by:

* keeping the egg and sperm separated
* halting egg creation
* halting the consolidated sperm and egg (prepared egg) joining to the coating of the belly

**TYPES OF CONTRACEPTIONS**

* The Condom. ...
* The **Oral Contraceptive Pill**. ...
* Intrauterine Device (IUD) ...
* The Contraceptive **Implant**. ...
* The Contraceptive Injection
* Emergency Contraception **Pill** (The 'Morning After' **Pill**)
* Contraceptive Ring
* Diaphragm.

**The Condom**

The condom is the main type of contraception that secures against most STIs just as forestalling pregnancy. This technique for contraception can be utilized on request, is without hormone and can undoubtedly be conveyed with you. Also, it comes in male and female assortments.

Male condoms are moved onto an erect penis and go about as a physical obstruction, keeping sexual liquids from going between individuals during sex. The female condom is set into the vagina directly before sex. In view of common use, the female condom isn't exactly as compelling as the male latex condom and it might take a little practice to become accustomed to.

Geniuses include: It's the best insurance against STIs; can be utilized on request; hormone free.

Cons include: It can remove or come during sex if not utilized appropriately; a few people are oversensitive to latex condoms.

**The Oral Contraceptive Pill**

It's the little tablet taken once per day. There are a couple of various sorts of pill to look over, so it's tied in with finding the one that is directly for you. The consolidated pill contains estrogen and progestin and small pill contains just a single hormone, a progestin. The pill can have numerous advantages, anyway making sure to take it on time is an absolute necessity.

Experts of taking the pill include: Highly viable when utilized accurately; licenses sexual immediacy and doesn't intrude on sex; a few pills may even lessen substantial and difficult periods as well as may positively affect skin break out.

Cons include: Forgetting to take your pill implies it won't be as successful; it must be utilized by ladies; isn't reasonable for ladies who can't take estrogen-containing contraception; it doesn't ensure against STIs.

The pill is just accessible by getting a medicine from a clinical expert so visit your nearby specialist or sexual wellbeing center.

**Intrauterine Device (IUD)**

This little, T-molded gadget is produced using made of material containing progesterone hormone or plastic and copper and is fitted inside a lady's uterus by a prepared social insurance supplier. It's a long-acting and reversible technique for contraception, which can remain set up for three to 10 years, contingent upon the sort.

A few IUDs contain hormones that are bit by bit discharged to forestall pregnancy. The IUD can likewise be a viable crisis contraception if fitted by a human services proficient inside five days (120 hours) of having unprotected sex.

IUDs containing coppers are 99% successful and the ones containing hormones are 99.8% viable, so you're about as secured as you can be by a preventative technique.

Cons include: Irregular draining and spotting happens in the initial a half year of utilization; requires a prepared social insurance supplier for addition and evacuation; doesn't secure against STIs.

**The Contraceptive Implant**

In this technique, a little, adaptable pole is put under the skin in a lady's upper arm, discharging a type of the hormone progesterone. The hormone stops the ovary discharging the egg and thickens the cervical bodily fluid creation it hard for sperm to enter the belly. The embed requires a little methodology utilizing nearby sedative to fit and expel the pole and should be supplanted following three years.

Geniuses of the embed include: Highly powerful; doesn't interfere with sex; is a durable, reversible prophylactic alternative.

Cons include: Requires a prepared social insurance supplier for inclusion and evacuation; in some cases there can be unpredictable draining at first; doesn't ensure against STIs.

**The Contraceptive Injection**

The infusion contains an engineered variant of the hormone progestogen. It is surrendered to a lady's butt cheek or the upper arm, and throughout the following 12 weeks the hormone is gradually discharged into your circulation system.

Professionals: The infusion goes on for as long as a quarter of a year; is extremely powerful; licenses sexual immediacy and doesn't intrude on sex.

Cons: The infusion may cause upset periods or sporadic dying; it requires monitoring the quantity of months utilized; It does not secure against STIs.