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18/MHS02/076

Human Nutrition and Dietetics

PHS 204

**DISCUSS CONTRACEPTION AND DIFFERENT TYPES WITH DETAILS OF ANY FIVE**

Contraception methods aid sexual partners to evade pregnancy . There are a many methods of contraception. Different methods can be used depending on preference and preferred side effects . Some of them are : .

**Barrier method**

This contraceptive method entails forming a barrier between the egg and the sperm to stop the meeting of the egg and sperm . The barrier can be used by the male or female partner. This method offers the additional benefit of preventing sexually transmitted diseases. Example:

Male condoms

A male condom is a thin sleeve that covers the penis and collects the sperm as it is ejaculated. The sleeve is made of latex rubber though a lambskin alternative is available for those who have a latex allergy. They are designed to be used once and then disposed . . While the latex condoms offer some protection against sexually transmitted diseases, lambskin condoms do not. They are effective 98% of the time .

Female condoms

The female condoms are also disposed of after a single use. They are made of plastic and are shaped like a pouch. The thin and flexible condom is inserted in the vagina before sexual intercourse.

Diaphragms

The diaphragm is a shallow cup which is inserted into the vagina before sexual intercourse and blocks sperm from entering the uterus, it is made of latex. The diaphragm needs to stay inside the vagina for 6 to 8 hours before it can be removed. It is often used in conjunction with a spermicide. This is reusable for a year or two.

Cervical caps

This is. silicone cup, the cervical cap is also inserted into the woman’s vagina before sexual intercourse. It can be cleaned and reused for two years before it needs to be replaced. A cervical cap is often laced with a spermicide and needs to stay in place for 6 to 8 hours after intercourse to prevent pregnancy.

Contraceptive sponges

These are foam sponges filled with spermicide. The soft sponge is inserted into the vagina before intercourse to form a barrier against the sperm entering the uterus. The spermicide kills the sperm cells. It needs to stay in the vagina for 6 to 8 hours after intercourse to prevent pregnancy.

**Hormonal method**

Hormones released into the bloodstream are responsible for directing the reproductive organs. Ovulation is a direct result of hormonal release, as is the production of sperms. If the hormones are manipulated artificially, conception will not occur. Examples:

The pill

The two most common hormone based contraceptives are : Combined Oral Contraceptive Pills (COCs) and Progestin Only Pills. The COCs interfere with the ovulation process, while the POPs thicken the cervical mucus, making it difficult for sperm to enter the fallopian tubes. Emergency Contraceptive Pills I’m only known as the post pills or plan B utilize a bit of both these actions to prevent conception,

Contraceptive patch

This is a plastic patch that is placed on the skin and releases hormones into the bloodstream. This lasts for a week or so and needs to be reapplied for three weeks out of four in the month. The fourth week no patch is used to allow menstruation.

Birth control injections

The chemical depo medroxyprogesterone acetate is an injectable birth control method. Said injection is required every 3 months. It has a disadvantage of causing loss in bone density by leaching calcium from bones .

Vaginal rings

This is a ring about two inches in diameter, which is inserted into the vagina. The ring is removed after three weeks for a week to allow menstruation. A new ring is then t inserted after 7 days. While inside the vagina, the combination of synthetic estrogen and progestin that the ring releases helps prevent conception.

Implantable rods

A matchstick-sized rod is surgically implanted under the skin of the upper arm. It releases hormones directly into the bloodstream for effective contraception. It lasts for five years.