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18/MHS05/010

Physiology

PHS 204

1. Discuss contraception and different types with details of any five.

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

Give examples of the types of contraceptives and major on any five.

 **Contraception** (birth control) prevents pregnancy by interfering with the normal process of ovulation, fertilization, and implantation. There are different kinds of birth control that act at different points in the process.

The purpose of contraception is because 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.

**Grouped types of contraceptives with examples.**

* **Hormonal methods**: Hormonal methods include birth control pills ( [**oral contraceptives**](http://www.healthofchildren.com/N-O/Oral-Contraceptives.html)), **Combined oral contraceptives** (COCs) or “the pill”, **Progestogen-only pills** (POPs) or "the minipill", **Depo Provera injections**, **Progestogen only injectables** are injected into the muscle or under the skin every 2 or 3 months, depending on product, **monthly injectables** or **combined injectable contraceptives** (CIC) are injected monthly into the muscle, contains estrogen and progestogen and **Norplant**.
* **Barrier methods**: 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) (**Copper containing**, **levonorgestrel**): 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 the male form of sterilization and should be considered permanent. In vasectomy, the vas defrens, the tiny tubes that carry the sperm into the semen, are cut and tied off.
* **Implants**: Small, flexible rods or capsules placed under the skin of the upper arm; contains progestogen hormone only.
* **Lactational amenorrhea method** (LAM)
* **Standard Days Method** or SDM: Women track their fertile periods (usually days 8 to 19 of each 26 to 32 day cycle) using cycle beads or other aids
* **Basal Body Temperature** (BBT) Method: Woman takes her body temperature at the same time each morning before getting out of bed observing for an increase of 0.2 to 0.5 degrees C.
* **TwoDay Method**: Women track their fertile periods by observing presence of cervical mucus (if any type color or consistency)
* **Sympto-thermal Method**: Women track their fertile periods by observing changes in the cervical mucus (clear texture), body temperature (slight increase) and consistency of the cervix (softening).