

# Limitations and Benefits

## Intrauterine Method

### Advantages

- It protects against pregnancy for 5 or 10 years, depending on the type.
- Once an IUD is fitted, it works straight away.
- There are no hormonal side effects, such as acne, headaches or breast tenderness.
- It does not interrupt sex.



### Disadvantages:

- Your periods may become heavier, longer or more painful, though this may improve after a few months.
- It does not protect against STIs, so you may need to use condoms as well.
- If you get an infection when you have an IUD fitted, it could lead to a pelvic infection if not treated.
- Most people who stop using an IUD do so because of vaginal bleeding and pain, although these side effects are uncommon.

## Calendar method

### Disadvantages

- The biggest drawback is that it's not as effective in preventing pregnancy as other birth control methods. It requires you to be diligent in tracking and recording your cycle, and even then, it can be hard to be 100% sure what days you're fertile

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Safe	2	3	4 Period Starts	5	6	7
8	9	10	11 Unsafe	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29 Safe	30	1	2 Period Starts	3	4	5



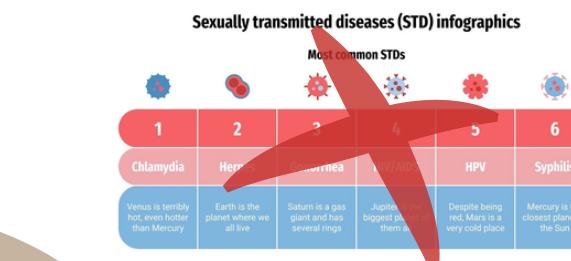
Only thing I want negative in my life is a pregnancy test.

## Mechanical Barrier

### Advantages

- The use of condoms properly can stop the spread of STDs, and they are easily accessible and inexpensive.

## Best ways to avoid pregnancy

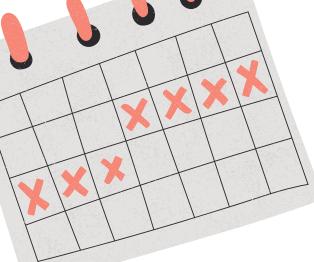


### Disadvantages

- Effectiveness as a contraceptive is jeopardised if it is destroyed or misused.

STD

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## Natural Method

The calendar method.

In order to use the calendar technique, one must refrain from having sex within the fertile window, which is determined by average cycle length and predicts that most women are fertile two weeks before their period arrives.

Using the calendar/rhythm method as a form of birth control doesn't pose any direct risks.

## Intrauterine Method

A tiny contraceptive device called an intrauterine device (IUD) is inserted into the uterus (womb) to prevent conception. The copper IUD and the hormonal IUD are the two varieties that are offered in Australia (MirenaTM). The copper IUD can be left in place for up to 10 years, while the hormonal IUD (Mirena) can be left in place for up to 5 years.



Hormonal IUD



Copper IUD

## Mechanical Barriers

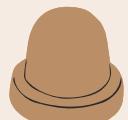
Between the sperm and the egg, mechanical barriers act as a physical barrier. The diaphragm, cervical cap, sponge, male and female condoms, and other mechanical barriers are examples. The condom is the only form of birth control that lessens the risk of STDs (STIs).



Male condom



Vaginal sponge



Cervical cap



Diaphragm

The male condom covers the penis during intercourse and prevents semen from entering your vagina.

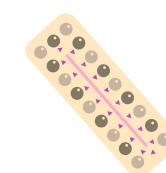
The use of condoms properly can stop the spread of STDs, and they are easily accessible and inexpensive.

Though a condom's effectiveness as a contraceptive is jeopardised if it is destroyed or misused.

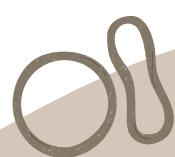
## Hormonal Contraceptives

Hormonal methods of birth control (contraception) contain either estrogen and progestin or progestin-only; they are a safe and reliable way to prevent pregnancy for most people. Hormonal methods include an implant, an intrauterine device (IUD), injections, pills, vaginal rings, and skin patches.

There are many types of hormonal contraception: the pill, the mini pill, the contraceptive patch and the vaginal ring, as well as long-acting reversible contraception methods.



The Pill



Vaginal Ring

Adverse effects include nausea, breast tenderness, breakthrough bleeding, amenorrhea, and headaches. Oral contraceptives do not provide protection from STDs and an increased risk of blood clots and breast cancer.

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