

Intrauterine device

An IUD is a tiny, T-shaped piece of plastic and copper that a doctor or nurse inserts into your uterus. It prevents pregnancy for five to ten years by releasing copper to prevent conception.

Risks associated

- Bleeding between periods
- Cramps
- Severe menstrual pain and heavy bleeding
- Irregular bleeding (can be improved by 6 months)
- Headaches

Limitations and benefits:

- Last for a long time (5-10 years)
- More than 99% effective in preventing pregnancy
- If you are breastfeeding, you can use them safely
- No medications prevents them from functioning



Natural method

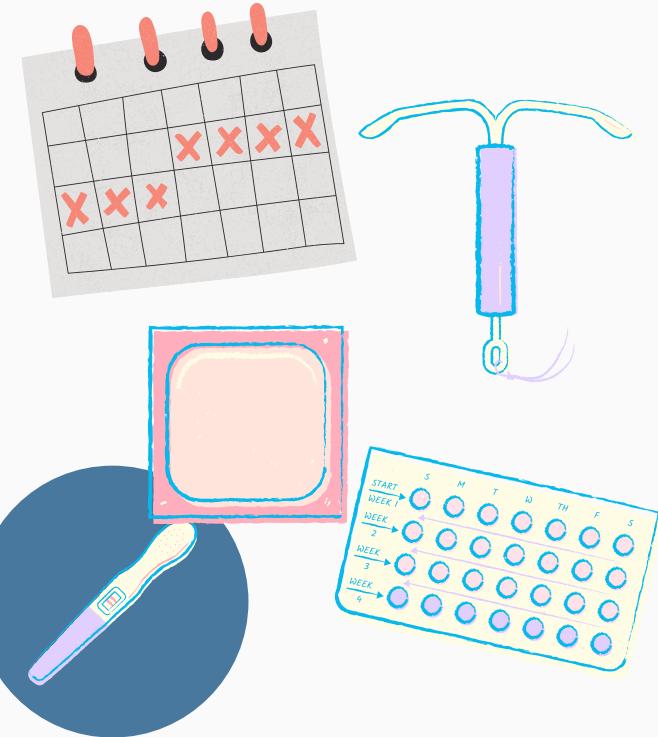
Periodic abstinence; When a woman uses a birth control method called "fertility awareness," she carefully observes her menstrual cycle and abstains from having sex during the part of the month when she is most likely to become pregnant.

Risks associated

- Possible risks of birth defects from aged gametes
- Predicting ovulation with irregular periods
- No protection against STIs

Limitations and benefits

- Has no side effects
- No costs
- Must have regular periods



Methods of contraception

Mechanical barriers

Diaphragm: It fits inside your vagina and blocks sperm from entering the cervix.



Risks associated

- Vaginal and skin-nearby irritation or an allergic reaction
- It does not provide reliable protection against STIs
- A higher risk for urinary tract infections (UTIs)

Limitations and benefits

- Does not affect the menstrual cycle
- Convenient (small and you can insert before sex)
- It is reusable and inexpensive

Condom: is applied to the erect penis prior to sex and is comprised of extremely thin latex rubber.



Risks associated

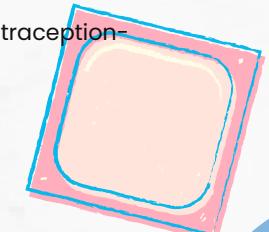
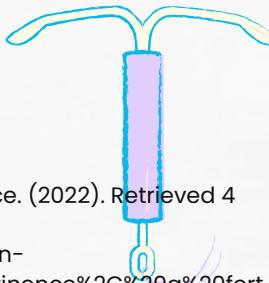
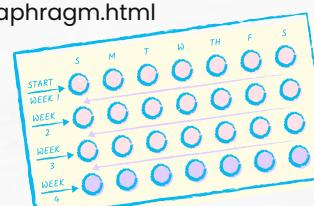
- Can break, tear or slip off
- Vaginal irritation

Limitations and benefits

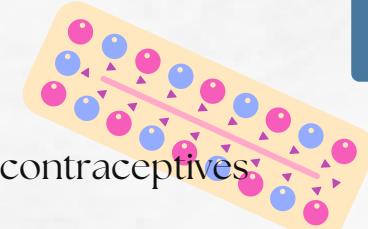
- Best way to protect yourself against STI's
- Easy to buy and cheap

References

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Hormonal contraceptives



Combined pill: the pill stops the ovaries' monthly egg release (ovulation). The mucus in the womb's neck is thickened, making it more difficult for sperm to get through and reach an egg. It decreases the likelihood that a fertilized egg will implant and be able to grow in the womb by thinned the lining of the womb.

Risks associated

- Elevated blood pressure
- Headaches
- Nausea
- No protection against STI's

Limitations and benefits

- Very reliable
- Reduced risk of ovarian and uterine cancer

Implanon: is a small, thin plastic rod that is inserted under the skin on the inner side of the upper arm. It diffuses progesterone through the capsule wall into the body to prevent pregnancy.

Risks associated

- No protection against STI's
- Side effects like nausea, bloating/cramping of the stomach, faintness, headache, sore breasts, acne, hair loss, and weight gain

Limitations and benefits

- Lasts three years
- Cheap
- Easily removed
- Nearly 100% effective

