

## STI Prevention

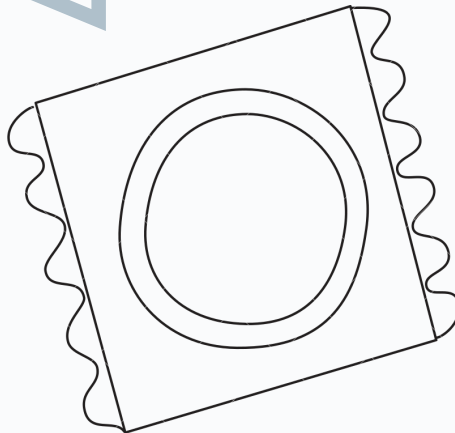
Why you should use contraceptions

### Whats Contraception?

The purpose of contraception is to reduce the probability of gametes joining or implantation taking place. It is possible to use a variety of methods, and each has its own benefits and limitations. The amount of contraception available today makes it difficult to decide what type is best for each individual.

### Whats an STI

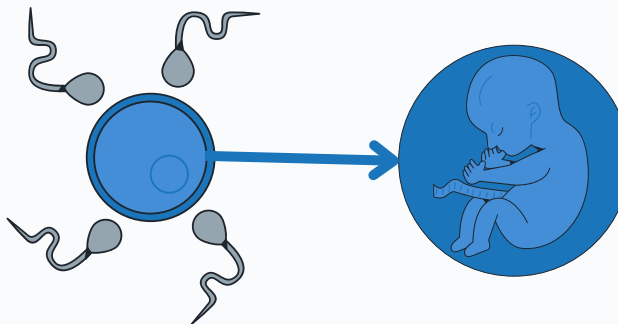
Infections or illnesses that are spread through unprotected sex with an infected partner are known as sexually transmitted infections (STIs). This covers oral, anal, and vaginal intercourse. Simple skin-to-skin contact can transmit some STIs.



## Fertilisation

### HOW IT HAPPENS

When an egg cell and sperm cell effectively connect in the fallopian tube, fertilisation occurs. This newly fertilised cell is known as a zygote after fertilisation has taken place. The zygote will go from this point into the uterus via the fallopian tube. After that, the zygote penetrates the uterine lining. The term for this is implantation. Upon zygote implantation, a blastocyst forms. The blastocyst, which eventually develops into a foetus, is "fed" by the uterus lining.



## TYPES OF CONTRACEPTION

### Natural Methods

- Withdrawal

### Intrauterine Devices

- Copper IUD

### Mechanical Barriers

- Male Condom
- Female Condom

### Hormonal Contraceptives

- Birth control pill
- Vaginal ring

### Natural Method: Withdrawal

Withdrawal, also known as the pull out method, prevents pregnancy by removing the penis from the vagina prior to ejaculation. Although contraceptive technology has come a long way since then, the pull out method is still among the first birth control methods ever reported.

#### Pros

- Prevents pregnancy
- 80% effective with preventing pregnancy

#### Cons

- Risk of pregnancy
- Doesn't protect individual from STI

## Intrauterine Device: Copper IUD

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. 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. If necessary, it is simple to remove both sooner. The compact, T-shaped copper IUD is made of plastic and copper. A tiny amount of copper is continuously released into the uterus. As an alternative to the emergency contraceptive pill, the copper IUD can be used for emergency contraception.

### Pros

- more than 99% effective at preventing pregnancy.
- Tiny so you don't feel it

### Cons

- Doesn't protect against STI
- Rarely slips out of place

## Mechanical Barrier: Male Condom

Prior to sexual contact, the male condom is rolled onto an erect (hard) penis. In order to prevent sperm from reaching the uterus, it operates by gathering semen, the fluid that includes sperm. Additionally, it acts as a barrier to stop the spread of STIs when bodily fluids are transferred or when skin-to-skin contact occurs. Pre-cum, semen, and vaginal fluid are examples of body fluids. Condoms should only be used once before being discarded.

### Pros

- Prevents Pregnancy
- Fully protects from STI from skin to skin contact
- Widely available
- Cheap

### Cons

- has higher fail rate than other methods of contraception
- Can only be used once

## Mechanical Barrier: Female Condom

The use of female condoms as a barrier for safe sex and contraception is an alternative to the use of male condoms. To stop semen, the fluid containing sperm from reaching the uterus during vaginal sex, condoms are worn. The only method of birth control that prevents both pregnancy and sexually transmitted infections is the condom.

## Mechanical Barrier: Female Condom

### Pros

- it provides protection against STIs
- it is a safe short term method of contraception
- it can be used by people who are allergic or sensitive to latex condoms

### Cons

- it has a higher failure rate than some other methods of contraception
- it's not as widely available as the male condom
- it's more expensive than the male condom

## Hormonal contraceptive: Birth Control pill

The hormones progesterone and oestrogen are combined in birth control pills to stop ovulation (the release of an egg during the monthly menstrual cycle). If a female doesn't ovulate, there won't be an egg for the male to fertilise, which prevents pregnancy. The mucus around the cervix is thickened by the pill, making it more difficult for sperm to enter the uterus and reach any released eggs. Sometimes, the hormones in the Pill might also damage the uterine lining, making it challenging for an egg to adhere to the uterine wall.

### Pros

- It can decrease the discomfort of menstrual cramps
- it can change the timing and frequency of your period or to skip your period altogether

### Cons

- Headaches
- Does not protect against STI

## Hormonal contraceptive: Vaginal Ring

A method of birth control that can also assist women in managing their periods is the vaginal ring. The hormones that the pill releases are also released by this. To avoid getting pregnant, a soft plastic ring is put into the vagina. Oestrogen and progesterone are released by the ring and are absorbed by the vaginal walls. These hormones are the same ones that are present in the combined oral contraceptive pill, just in smaller amounts.

### Pros

- doesn't need to be fitted by a doctor
- safe for most women to use
- allows your fertility to return quickly when the ring is removed

### Cons

- some may have trouble keeping it in place
- more expensive than the pill
- very small risk of heart attack