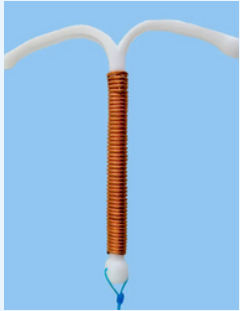


## INTRAUTERINE DEVICE



### COPPER IUD

#### Process

- A plastic frame structure with copper sleeves or copper wire wrapped around the body, implanted into the uterus.
- Stops sperm from moving through the uterus + causes changes to the uterus lining = fertilised egg won't implant

#### Risks

- Increased risk of ectopic pregnancy (not in uterus/womb) if used while pregnant
- Infection after insertion, if untreated, can cause infertility.

#### Limitations

- Doesn't protect against STI's
- Placement in uterus = can't provide protection against STI's from vaginal intercourse
- Painful insertion
- Discomfort is common during + after insertion, lasting between a few days or months
- Period can change
- Periods can become heavier + come with more intense cramps (isn't always a permanent change; period may return to normal after 6 months)

#### Benefits

- Long lasting
- As a long-term contraceptive option, it can last up to 10 years
- Don't need to worry about using it incorrectly
- Is inserted by medical professionals and stays inside the uterus = use of it doesn't need to be a concern
- Can act as an emergency contraceptive
- If inserted within 5 days after unprotected sex, it can prevent fertilisation

## NATURAL METHOD

### WITHDRAWAL

#### Process

- AKA Coitus interruptus, pull-out method
- The penis is removed from the vagina prior to ejaculation (male orgasm)
- Ejaculation occurs outside of the vagina

#### Risk

- Sperm can escape into the pre-ejaculatory fluids = pregnancy

#### Limitations

- Unreliable
- Its a hard to perfect process = ~1 in 5 chance fertilisation can still occur
- No protection from STI's
- Direct skin-to-skin contact/exchange in bodily fluids=STI transmission
- Needs a lot of self-control to achieve
- Male must know the sensations before ejaculation occurs, to achieve successful withdrawal

#### Benefits

- Makes other forms of birth control more effective
- can be used with other contraception methods = more pregnancy prevention (eg condom + withdrawal)
- Free + always available
- Nothing individuals must buy/put in place before sexual intercourse.
- No side effects
- Not the most effective in preventing pregnancy, but no side effects come with this method = lifestyle can remain the same.



## CONTRACEPTION & STI PREVENTION

# MECHANICAL BARRIER

## CONDOM

### Process

- A physical barrier made from a thin rubber, is pinched at the top/tip and rolled onto the erect penis.

### Risk

- Can be broken, torn or can slip off = exposure to bodily fluids = unwanted pregnancy or STI transmission

### Limitations

- Reduction in sensitivity
- Argued that condoms reduce tactile friction = limits sexual pleasures
- Difficulty maintaining erection
- Putting on a condom can make one nervous or stressed = psychological conflict can result in penis flaccidity.
- Can disrupt sexual spontaneity
- The process of having to put on a condom can create an awkward mood.



### Benefits

- Has variations
- Some may have an allergy to latex or might just want a different sexual experience. Many types of condoms exist → non-latex, flavoured, ribbed + more.
- Protects against STI's
- The physical barrier reduces skin-to-skin/bodily fluid exchange → prevent STI's.
- Available at relatively low cost
- Found at shopping centers or a pharmacy, condoms (depending on brand, packaging, and amount) can range between 9-30 dollars AUD.

## DIAPHRAGM

### Process

- Used by the female, it's a thin, rubber cap that is inserted in the vagina and sits at the top of it.

### Risks

- Can develop urinary tract infection (UTI)
- Possible vaginal irritation

### Limitations

### Benefits

- Don't need regular doctor visits
- Only doctors visit that is required is when diaphragm size is being decided/resized.
- Easily carried in pocket/purse
- Its size allows for it to be conveniently carried around
- Multiple uses
- Can last for up to two years before needing replacement, multiple use = must be sterile

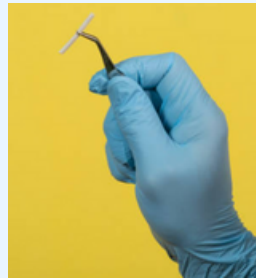
- Difficulty inserting
- Not use friendly for females who have a hard time/feel uncomfortable inserting fingers into the vagina (high up).
- Movement of device
- Certain positions, penis size and hard thrusting can cause the device to move out of place.
- Size must be prescribed by doctor
- For it to be effective, it must fit properly

# HORMONAL CONTRACEPTIVE #1

## IMPLANON NXT

### Process

- A soft, plastic stick that delivers progesterogens (synthetic for the hormone progesterone that stimulates/maintains pregnancy).
- Inserted beneath the skin on the inner side of the upper arm
- Thickens cervical mucus = sperm movement is inhibited



### Risk

- Can cause changes in vision (blurredness).

### Limitations

- Don't provide STI protection
- oAny hormonal contraception method won't provide STI protection.
- May cause menstrual irregularities
- o Changes to hormones being/not being released in the body can result in irregular periods.
- Recommended only certain people can use
- oIf an individual has had liver, breast or uterine cancer, a stroke or blood clotting, they should not use this device

### Benefits

- Can improve periods
- Cramp pain and flow of period may reduce or stop entirely.
- Highly effective
- One of the highest known methods of contraception, exceeding 99% (Graesslin & Korver, 2008).
- Reversible
- It is a non-permanent device that can be removed at any time (not exceeding 3 years). Once removed, fertility will return to normal.

# HORMONAL CONTRACEPTIVE #2

## COMBINATION PILL

### Process

- One out of the two types of contraceptive pill, it has similar substance of that of the female hormone, oestrogen + progesterone
- Taken daily leading up to period, prevents release of mature egg from ovary (ovulation)



### Risks

- Blood clots (leading to heart attacks)
- Elevated blood pressure

### Benefits

- Reduce PMS symptoms
- PMS symptoms (eg mood swings, cramping) can present as less severe
- Reduces risk of certain cancers
- Can reduce chances of getting ovarian and/or uterine cancer
- Doesn't interfere with sexual intercourse
- As it is taken daily, it can be taken anytime = don't need to do anything during sex

### Limitations

- Has side effects
- Temporary, but includes things such as nausea, breast tenderness and headaches
- No protection against STI's
- Once again, taking the pill does not change the direct, physical contact with the sexual partner = STI transmission is possible
- Certain medications cant be taken with the pill
- Ensure any medication being taken (eg rifampicin), won't stop the pills properties from working = could be turned towards another contraceptive