

CONTRACEPTION

▶ WHAT IS THIS ABOUT?

Contraception methods are designed to reduce the probability of the union of gametes or implantation from taking place. There is a variety of methods that can be used, and they range in effectiveness, and each have different benefits and limitations. With so many types of contraception available today it is difficult to figure out which type is best suited for each individual

♥ FREEDOM

You can now continue your life with less risks of getting STD's

🎯 CANCER

Birth control can lower a woman's risk of gynecologic cancer. Both birth control pills and hormonal IUDs can significantly reduce the risk of ovarian cancer and endometrial cancer. "Using birth control pills can actually reduce ovarian cancer risk by up to 50 percent," according to Dr. Goldfrank

METHODS



NATURAL

100% effective

zero risks



ABSTINENCE
JUST DON'T DO IT



can't do it? continue
reading for more methods



CHANGE THE WORLD NOT DIAPERS



AFFORDABLE + SAFE

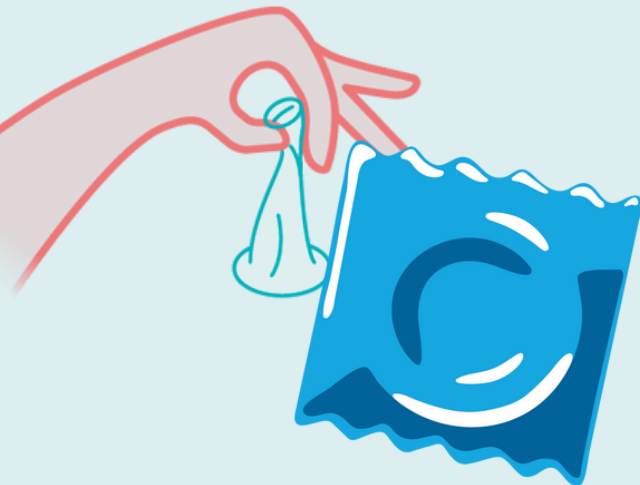
MECHANICAL BARRIER

CONDOM

top-tier availability, cheap, good protection against STDs and HIV if used correctly
how to use: roll down the male genitalia
risks: possibly develop allergy/sensitivity to latex

FEMIDOM

may be put in place long before intercourse; stronger than male condoms; good protection for HIV and STIs
how to use: insert ring until it rests against cervix
risks: irritations, allergic reaction, vaginal discomfort

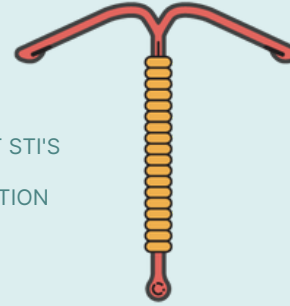


INTRAUTERINE DEVICE

effective; long lasting; easily reversed; once in place can be forgotten; in some women, may be effective emergency contraceptions

Risks:

NO PROTECTION AGAINST STI'S
CAN CAUSE PAIN &
BLEEDING AT MENSTRUATION
IN SOME WOMEN



MUST BE INSERTED BY DOCTOR

Know that almost all the contraception methods have its risk and disadvantages. Contraception gives the option for couples to decide on having a family. Young people nowadays have increased promiscuity due to social and biological changes thus having knowledge of this methods can reduce the risks of unwanted pregnancy. The best option of contraceptives without any possible risks is the oral contraception word "no"

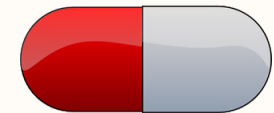


HORMONAL CONTRACEPTIVES

contain estrogen and progesterone, or progesterone only. They prevent pregnancy by blocking the release of eggs from the ovaries, thinning the lining of the uterus, or thickening the mucus in the cervix to help keep sperm from reaching the egg.

MORNING AFTER PILL

side effects: abdominal pain, headache, nausea, fatigue, irregular menstrual bleeding



EMERGENCY USE ONLY
EFFECTIVE WITHIN 72 HOURS OF
COPULATION

NUVA RING

Daily pill not required; very reliable

disadvantages: regular replacement and removal is required

