

2023

# Methods of Contraception

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## Natural Method

### Rhythm Method

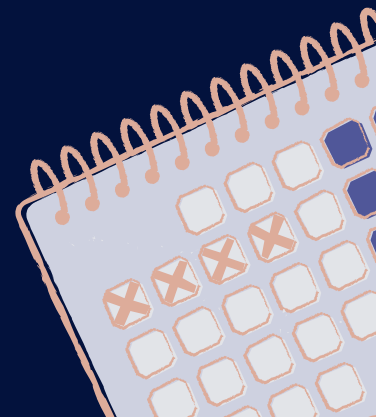
The rhythm method is a natural method that tracks a woman's menstrual calendar to avoid sexual intercourse during a woman's fertile days, as well as predict their ovulation. This will help when a woman is most fertile to avoid sexual activity.

#### Benefits

- It's free and it doesn't require a prescription
- Can avoid possible side effects of other methods such as implanted devices
- Doesn't pose any direct risks

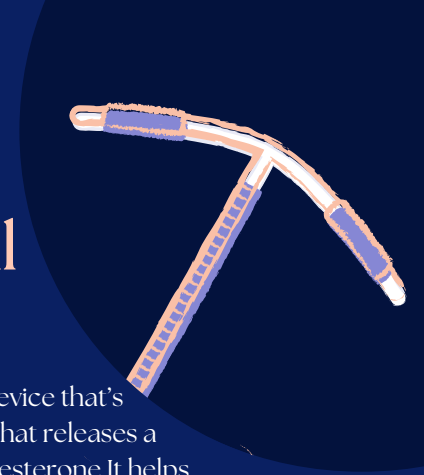
#### Risks/Limitations

- No protection from STI
- Challenging for women who has irregular periods
- Provide long-term birth control
- Considered as one of the least effective forms of birth control



## Intrauterine Device

### Hormonal IUD



The Hormonal IUD is a device that's inserted into the uterus that releases a counterfeit build of progesterone. It helps prevent pregnancy by:

- thickening the mucus in the cervix to prevent sperm reaching/fertilising an egg
- thinning the endometrium and partially suppresses ovulation

#### Benefits

- highly effective — 99% more effective at preventing pregnancy
- Immediately works; if it's inserted within 7 days of the start of a period, and if it's outside this interval, it can start to work within seven days
- Works longer than other contraceptives — no need to take pills/patches

#### Risks/Limitations

- <1% of women will get pregnant in a year of typical use. If it does happen, there's a chance of a fertilised egg implanting outside the uterus. However, it has a lower risk of it happening than other sexually active women.
- doesn't protect against STIs
- A break could occur in the uterus

## Hormonal Contraceptive

# Combined pill & Implanon

The combined pill and the implanon are some examples of hormonal contraceptives where they slowly release the hormones oestrogen and progesterone.

The combined pill is an oral pill that has both the hormones, that keeps your ovaries from releasing an egg.

The implanon is a 4cm long plastic stick that is inserted under the inner upper arm that slowly releases progesterone into the body to prevent the ovaries to release an egg each month.

## Benefits

- Better control of the monthly cycle when taking the pill
- The implanon can last up to three years
- The pill can lower the risk of cancer of the ovaries
- The implanon is the most effective method

## Risks/Limitations

- The pill has to be taken daily
- Doesn't protect the user from
- Possible side effects: headaches, breast tenderness, increased blood pressure, etc.
- Need of prescription for the combined pill

## Mechanical Barrier

# Condom & Diaphragm

Both the condom and diaphragm work by blocking the sperms path from entering the uterus for fertilisation.

There are two types of condoms; male and female. The male condom is placed on an erect penis, and the female condom is inserted into the vagina by a closed-end ring. The diaphragm works the same way as the female condom, but it covers the cervix.

## Benefits

- They can help prevent many STDs
  - Don't interfere with hormone levels or menstrual cycle
  - Can be a backup form of protection

## Risks/Limitations

- An allergic reaction to latex from the condoms
  - irritation to the penis or vagina, or the urinary tract from spermicides — kills sperms
  - Consistency and proper use to be effective

