

how does a female fall pregnant?

in order for women to fall pregnant a man must first penetrate the vagina with his penis. Once this happens to male will reach a climax causing sperm to be ejected from the males penis into the womans vagina. once inside the sperm swims up the womans cervix. The sperm and the uterus work together to move the sperm towards the Fallopian tubes. if sperm and an egg are moving through the fallopian tube at the same time the sperm will penetrate and fuse with the egg (the sperm has up to six days to do this). Pregnancy truly starts when a fertilised egg is implanted in the uterine wall, it takes two to three weeks after sexual intercourse for pregnancy to occur

difference between hormonal contraception and intrauterine devices.

hormonal contraception is a type of birth control that uses hormones to prevent pregnancy. 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. While an intrauterine device is a small contraceptive device that is inserted into the uterus to that blocks sperm from travelling up the uterus and into the Fallopian tubes and in result preventing pregnancy.

Natural contraceptive method

one natural method of contraception is abstinence. Abstinence is the practice of restraining ones self from indulging in something, in this case restraining ones self from indulging in sexual intercourse. There are little to no risks involving this method, the only main thing is in some cases negative affects on mental health. The benifits of sexual abstinence will obviuosly negate any STI or the chance of falling pregnant or impregnating someone.

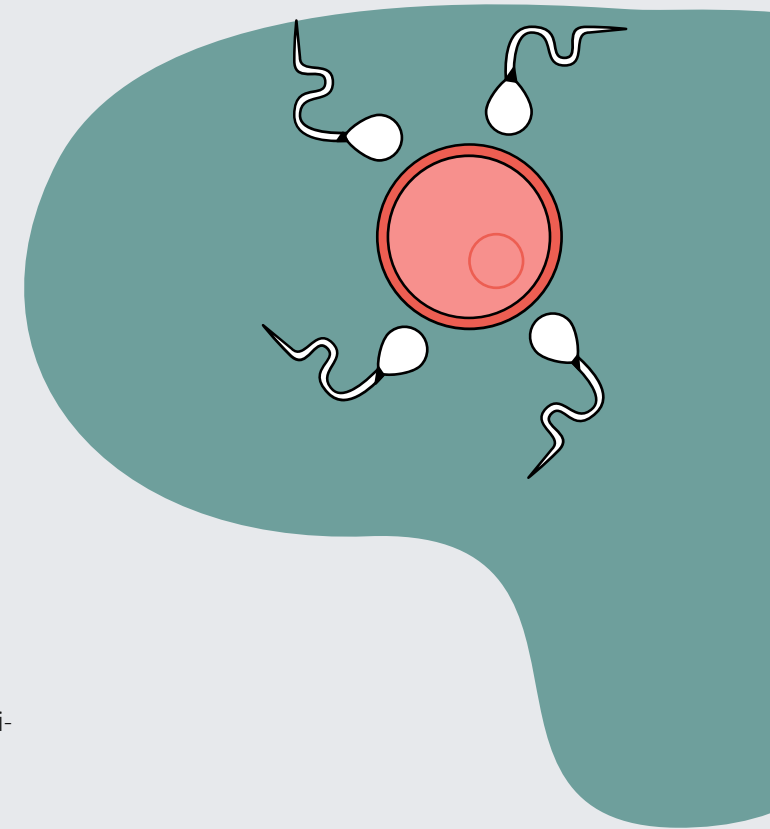
bibliography

Sharecare. 2022. What are the disadvantages of using a condom? | Condoms. [online] Available at: <<https://www.sharecare.com/health/condoms/what-are-disadvantages-using-condom>> [Accessed 26 August 2022].

WebMD. 2022. Minipill Progestin-Only Birth Control. [online] Available at: <<https://www.webmd.com/sex/birth-control/mini-pill>> [Accessed 5 September 2022].

Cleveland Clinic. 2022. Birth Control Pill: Contraception, The Pill, Effectiveness, Types. [online] Available at: <<https://my.clevelandclinic.org/health/drugs/3977-birth-control-the-pill>> [Accessed 5 September 2022].

STI prevention - Contraception



Contraception methods are designed to reduce the probability of the union of gametes or implantation from taking place. There are a variety of methods that can be used, some effective while other not so much, each also 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. this brochure will better help and guide you in your preferred contraception method.

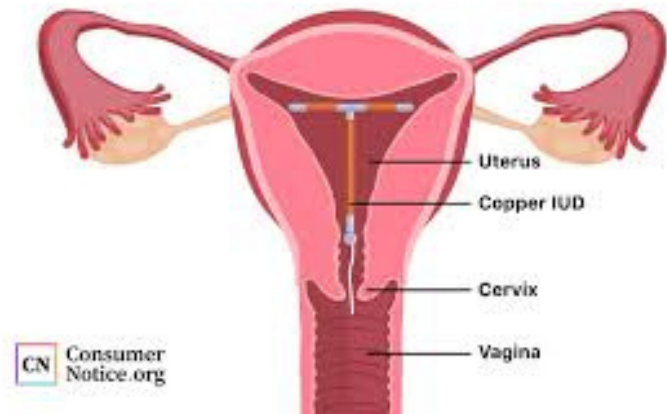
intrauterine device (IUD)

What is an intrauterine device?

an intrauterine device is a small contraceptive device that is inserted into the uterus to prevent pregnancy.

Copper IUD (ParaGuard)

The ParaGard device is a T-shaped plastic frame that's inserted into the uterus. Copper wire coiled around the device produces an inflammatory reaction that is toxic to sperm and eggs (ova), preventing pregnancy.



what are the risks involving an IUD?

with an IUD you are still at risk of STI's, a womans period may also become heavier and longer than before, also if you contract and STI while you have an IUD in it may lead to a pelvic infection if not treated

hormonal contraceptives

what is a hormonal contraceptive?

hormonal contraception is a type of birth control that uses hormones to prevent pregnancy. 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.

The Mini pill (progesterone only pill)

The cervical fluid is thickened by the mini pill. This aids in blocking the entry of the sperm. The release of an egg from the ovaries can occasionally be prevented by the mini pill.

It may take up to three days for the mini pill to start working when you start it for the first time or after taking a break from it.

risks involving the mini pill include:

- irregular menstrual bleeding
- acne
- breast tenderness
- still at risk of STI's

Vaginal ring

works by preventing releases oestrogen and progesterone which prevents your ovaries from monthly egg release. The fluid around the cervix also thickens as a result. This aids in blocking the entry of the sperm. It may take up to 7 days for a vaginal ring to start working when you use it.

Risks involving vaginal rings

- headaches
- nausea
- spotting bleeding from vagina
- vaginal discharge

Mechanical contraceptives

what are mechanical contraceptives?

Mechanical contraception is a barrier that prevents the sperm and eggs meeting for example a male condom, female condom, diaphragm and cervical cap. The condom is the only mechanical contraceptive method that prevents STI's though.

Male condom

the male condom is a latex cover that is put over males penis to prevent the ejection of sperm cells from entering the female vagina.

some risks involving condoms include

- vaginal or penal irritation
- condom breakage
- UTI's from spermicide lubricants
- reduced sexual sensitivity



Female condoms

As a barrier strategy for secure sex and contraception, female condoms are an alternative to male condoms. They are used during vaginal sex to stop semen, or fluid containing sperm, from reaching the uterus.

risks involving female condoms

- irritaion of skin
- can slip out during sex
- they are slightly less effective at preventing STI's and pregnancy than male condoms