

Natural Contraception

What is natural contraception?

Natural contraception is a form of pregnancy prevention which relies on the monitoring of a woman's menstrual cycle (period)

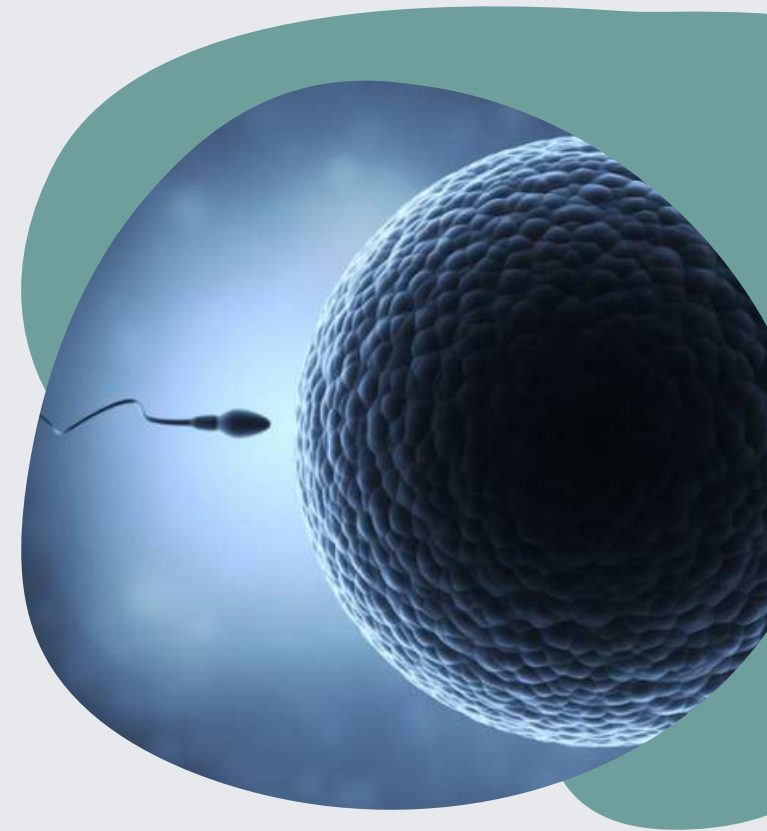
Natural Family Planning

Natural family planning revolves around abstinence during the most fertile time of a woman's menstrual cycle. This is usually 5 days before ovulation, the day of and 2 days after.

Some risks and side effects of natural contraception:

- There are no serious health effects or risks with using the natural contraception method.

Using this method of contraception can be over 99% successful at preventing unwanted pregnancy. Although, it may be difficult to accurately track the menstrual cycle as it can change over time due to multiple factors.



Methods of
CONTRACEPTION

Mechanical Contraceptives

What is a mechanical contraceptive?

Mechanical contraceptives (barrier method) prevent the union of the sperm cell and the ovum, thus preventing pregnancy.

Male Condom

A male condom is usually a latex covering that is put over an erect penis, stopping sperm cells from entering the vagina and reaching the ovum.

Some risks with using a male condom are:

- Condom breakage, causing exchange of body fluids.
- UTIs from spermicide lubricants
- Vaginal or penile irritation from latex

Male condoms are 98% effective when used, and help prevent STDs.



Diaphragm

Diaphragms are soft, shallow silicone domes that covers the cervix, closing off the opening to the uterus and stops sperm from getting through. For added protection, spermicide is used.

Some risks with using a diaphragm are:

- Not protected from STDs
- Irritation from spermicides
- Higher risks for urinary tract infections

Diaphragms have a 95% effectiveness when used correctly, and provides a reusable and inexpensive way of contraception. Though, they do not protect against the risk of contracting sexually transmitted diseases (STDs) and urinary infections (UTIs)

Hormonal Contraceptives

What is a hormonal contraceptive?

Hormonal contraceptives are ways of preventing pregnancy through methods that act on the endocrine system of the body, preventing the release of ovum or sperm getting through to the uterus.

Combined Pill

The pill is a oral form of contraception in which the user takes a pill containing both oestrogen and progesterone everyday around the same time each day. The pill prevents the ovaries from releasing ovum each month while also thickening the fluid around the cervix to prevent sperm from entering.

Some risks and side effects with using the pill are:

- nausea and headaches
- irregular vaginal bleeding
- breast tenderness

The pill has a prevention rate of 99% if taken as instructed, but becomes 93% when the user misses a pill. A benefit of using the pill is the high prevention rate.

Vaginal Ring

The vaginal ring is a form of hormonal contraceptive which releases progesterone and oestrogen which gets absorbed through the walls of the vagina. This method, like the pill, prevents the ovaries from releasing ovum and prevents sperm from getting to the uterus by thickening the fluid around the cervix.

Some risks and side effects with using a vaginal ring are:

- very small risk of thrombosis or stroke
- Similar side effects to the pill - nausea, headaches and bleeding

The vaginal ring has a 91% chance of preventing pregnancy. Unlike the pill, vaginal rings do not require daily attention. Although, they do not prevent against STIs or UTIs.

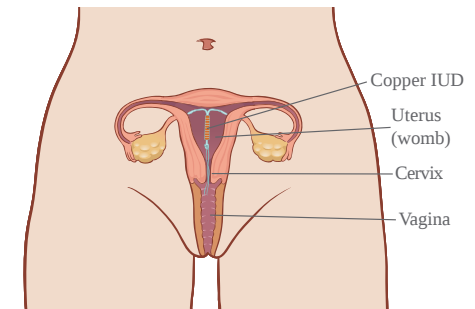
Intrauterine Contraceptives

What are intrauterine contraceptives?

Intrauterine contraceptives/devices (IUDs) are a form of contraception where a small device is placed into the uterus to prevent pregnancy. They are highly effective and lasts 5 years or more. There are two types of IUD: Hormonal IUD and Copper IUD.

Copper IUD

The copper IUD is a plastic and copper, T-shaped device that is inserted into uterus. The IUD works by affecting how the sperm move and survive in the uterus, making it harder for the ovum and the sperm cell to combine. The IUD also changes the lining of the uterus, making it harder for the egg to stick to the lining to start pregnancy.



Some risks and side effects when using the copper IUD include:

- small chance of infection when inserted
- change in period patterns

Copper IUDs have a 99% prevention rate if placed correctly. The IUD does not require daily maintenance, but does require a monthly check for the string. It can last up to 5-10 years, depending on the type of IUD inserted. The IUD also does not get affected by any type of medication unlike some other forms of contraceptives.