

ISEA Background Research - Birth Control

My topic choice for ISEA is to inform the general public about methods of birth control in general. After researching about birth control, I found out that there are more uses in birth control than just to prevent pregnancy and there are a lot of methods out there for men and women to choose from. I also noticed although birth control is widely known for aiding in the prevention of pregnancy, but not many people know what birth control actually is.

Birth control is a method contraceptive that can help prevent pregnancy, but there are also medical uses of birth control as well as birth control can also help correct hormonal balances, such as PCOS, for example, and regulate your period.

(youngwomenshealth.com) The most common birth control people will recognize is birth control related to women such as the pill, the IUD, the implant, the ring, and the patch, but there are actually a wide variety of contraceptive methods that can be used.

(womenshealth.gov - Birth Control Fact Sheet) According to MedlinePlus.gov, the type of birth control that may work for you is also dependent on your health, frequency of sexual activity, number of sexual partners and desire to have children in the future as some methods may increase your chance of things such as high blood pressure, higher

tendency to get blood clots, and prolong your prevention of pregnancy for more than a few months to a few years.

People do not realize that all of these different types of birth control methods will have different effects on different people and work differently for everyone, and it will be a trial and error process with you and your doctor to find the best form of birth control for you. Many people still also do not recognize that birth control for women is not the same as using external contraception, such as a condom, and not using an external contraception, such as a condom, does not protect against STDS.

There is a stigma surrounding birth control as a main use of preventing pregnancy, and that that is its only use it has, and I would like to enlighten the public with an age friendly app on what birth control is, types of birth control, general effects, and how finding the right birth control can be a process since there are different types methods and hormones for different needs. I would like to eliminate some of the stigma around birth control using this app as well since people mainly see women who use birth control as promiscuous, rather than safe and smart. Essentially, I would like to inform the public about how birth control is safe and smart, and get some safe sex facts and education out there in a more efficient and straightforward manner by making an app for it.

Bibliography

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