

Health Review

Contraceptives; what you should know?

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Contraception is the deliberate prevention of pregnancy by using various means which include behavioral, pharmaceutical and surgical. Contraceptives are devices used in the process of contraception. The mass advent of contraceptives can be attributed to unwanted pregnancy in this 21st century. Many couples have adopted the use of contraceptives as a tool for a good family planning.

Why Contraception?

1. Protection against unwanted pregnancy
2. Protection against Sexually Transmitted Diseases, STDs (Rakhi et al., 2012)

Contraceptives Method

1. Withdrawal
2. Safe Period
3. Condom (Male and Female)
4. Contraceptives Pills

Others include: intrauterine devices, spermicides, female and male sterilization, diaphragms, hormonal approaches, patches, injectable, etc.

Let take a brief review into the relevance of the aforementioned four (4) methods.

Withdrawal

This is oldest contraceptive method known to man. It involves the removal of the penis from the vagina just before ejaculation in a bid to avoid the semen into the vagina. This method is way less effective (18 or more pregnancy per 100 women in a year) (CDC 2011). It requires high level of self-control and cooperation of the male.

Safe Period

This is a traditional method of contraception just like the withdrawal method. It is calculated by the woman after her monthly period. This method is not reliable as the chances of getting pregnant is high. Also safe period are just few days after her period. The advantage of this contraception method is that it does not involve any external or internal devices.

Condoms (Male and Female)

Made of very soft (thin) latex that prevent semen from entering into the vagina. One of the advantages of this method is that, it does not affect the period cycle of a woman unlike some other methods (Ireland 2020). Though it poses low risk to the woman health, but bad latex materials can cause irritation. This method is 95% effective when used appropriately (Rakhi et al., 2012). In conclusion, avoid the usage of expired latex (rubber).

Contraceptive Pills

Either emergency or regular pill, the goal is to prevent pregnancy. The emergency pill is used in times when condom tears. The pills are taken post intercourse to prevent conception. Pills are very effective when used appropriately. The pill cannot be used by anyone because the history of the woman using it is very important. To use this method of contraception, you need the intervention of an medical expert for proper prescription and monitoring.

Conclusion

Just a few methods were discussed in this review which are common ones around us. No matter the method you prefer to use for your contraception, take a close look at its effectiveness and safety. Stay healthy, stay safe.

References

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