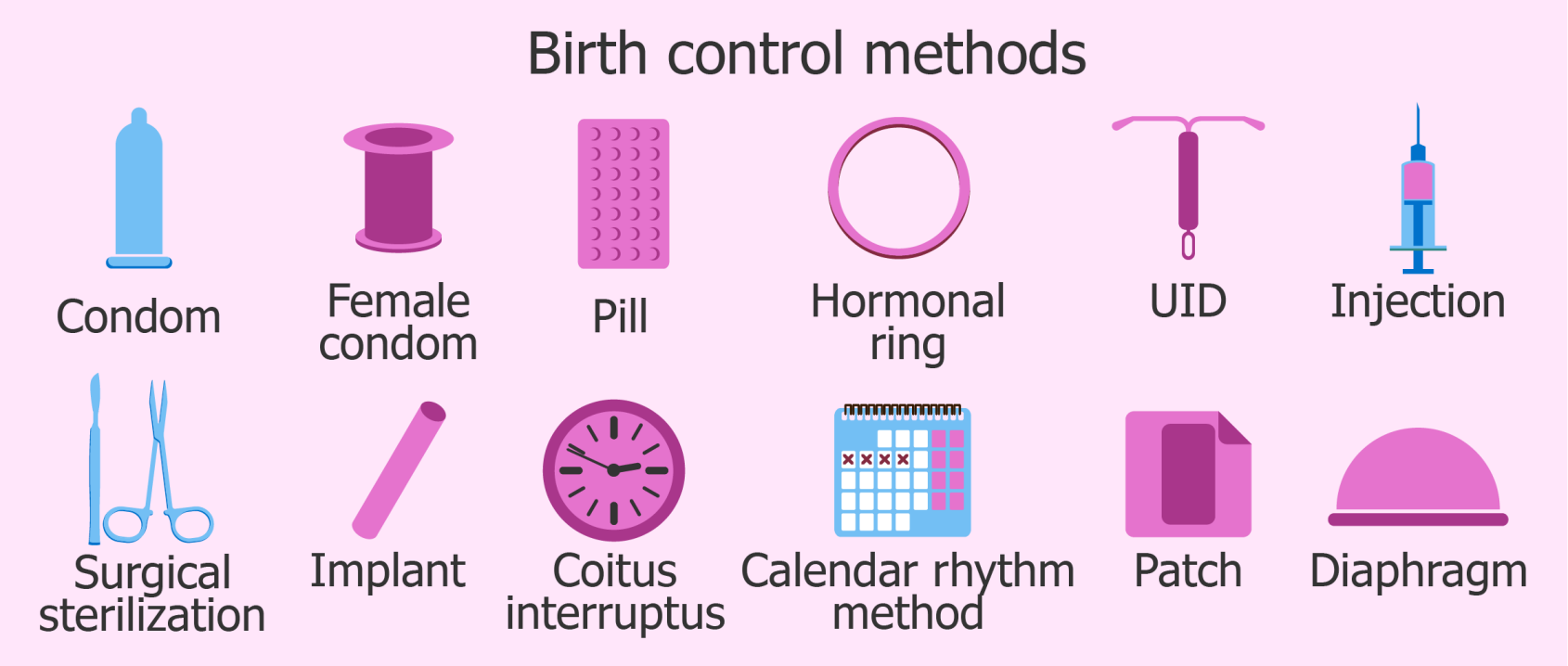
Contraception

Dr Rochelle Vatharajh

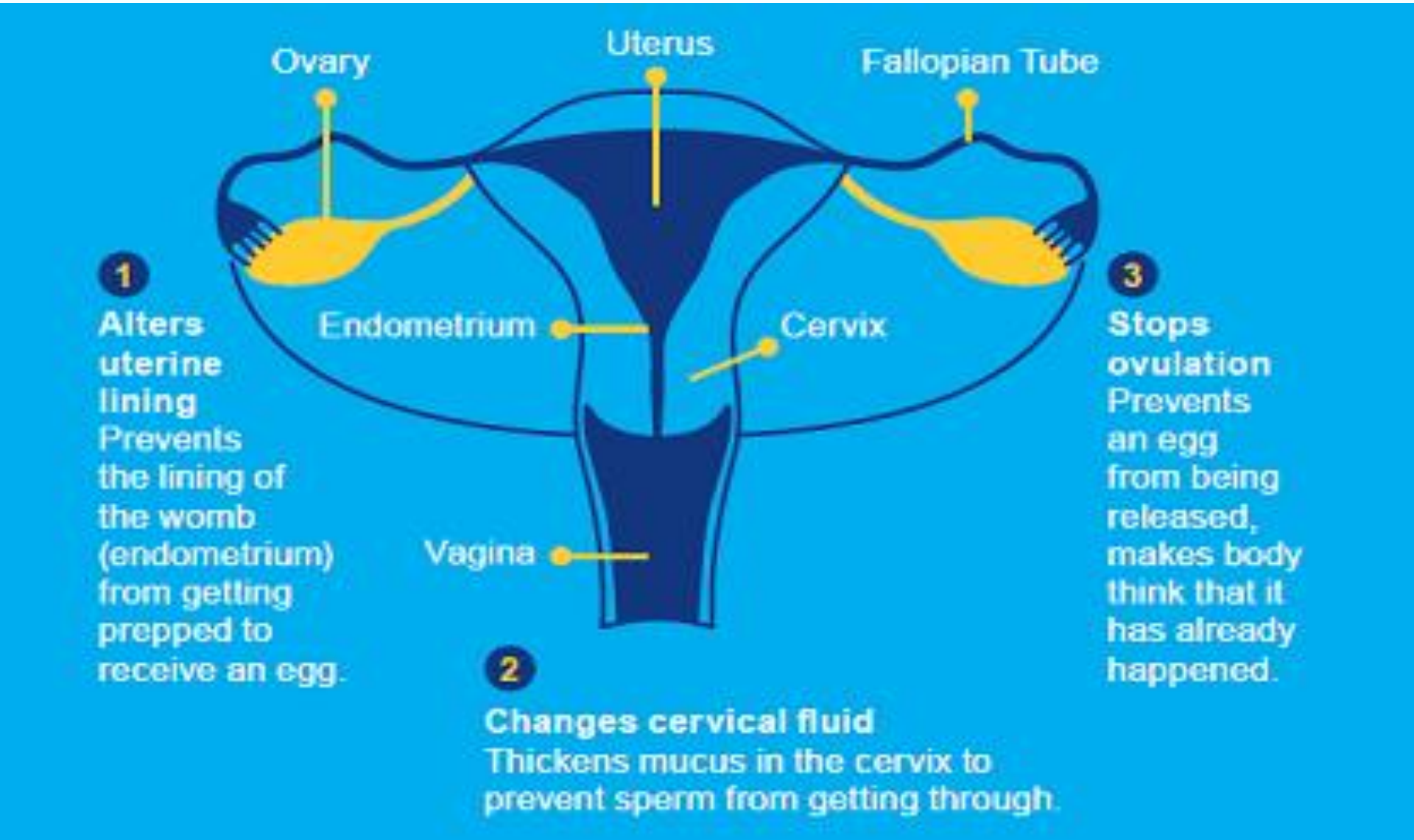
Contraception



What Is Contraception?

- Definition: it is a method used to prevent pregnancy.
- It can be divided into barriers eg male and female condoms.
- Hormonal therapy- which uses hormones to prevent ovulation.
- Intrauterine devices which use both hormones and copper to create a hostile enviroment in the uterus to prevent implantation.

What is contraception?



Birth Control Methods

- Many elements should be considered before choosing a contraceptive.
- These elements include safety, effectiveness and affordability.
- Contraceptive counselling with your health care provider is essential prior to deciding which contraceptive method is suitable for you.

Birth control Methods

- In choosing a method of contraception dual protections should be used in prevention of sexually transmitted diseases.
- Although hormonal contraceptives and intrauterine devices are effected in pregnancy prevention it does not protect against STD'S.



Reversible Birth Control

- Progesterone intrauterine devices- ‘Mirena and Kyleena’
- These are small T- shaped devices that are inserted into the uterus
- It releases small amounts of progestin daily to prevent pregnancy.
- The device stays insitu for 5 years and its typical failure rate is less than one percent.



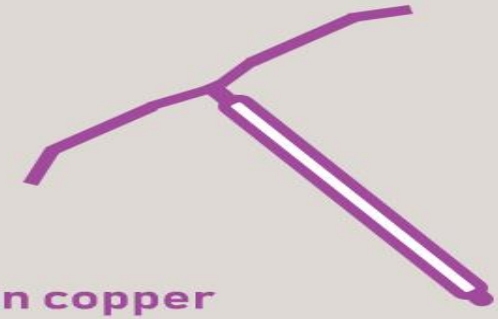
Reversible birth Control

- Copper T device- this device is placed into the uterus and can function up to 10 years.
- Its main action is to create a hostile enviroment in the uterus to prevent implantation.
- It does not contain hormones and thus cant help with management of hormonal disturbances.
- Its failure rate is less than one percent.

Intrauterine Devices

IPPF

IUD



WHAT IS IT?

A small device wrapped in copper
which is placed inside the womb by a medical practitioner.

HOW DOES IT WORK?

It releases copper ions which immobilize the sperm and makes it really hard for them to move around in the womb.

HOW EFFECTIVE IS IT?

99%

PROS?

- One of the most effective contraceptives out there
- Can be kept in for up to 5 or 10 years, depending on which you get
- It doesn't interrupt sex

CONS?

- Requires a medical practitioner for it to be inserted/removed
- Does not protect against STIs

Hormonal Methods

- Implant – "Implanon" is a single thin rod consisting of progesterone.
- It is inserted in the upper arm and releases small does of hormone daily up to 3 years.



Implant

Advantages and Disadvantages

Advantages

-Once the rod is inserted, you do not have to worry about getting pregnant.

-The Implanon rods are reversible within 3 years but once the rod is removed you can usually quickly become pregnant again.

-Usually no one can see the rod once it has been inserted.

Disadvantages

-Implanon can cause irregular bleeding and spotting.
-Requires a minor medical procedure for both insertion and removal.
-The possibility of skin bruising after insertion and scarring after removal.
-Does not protect against sexually transmitted infections.

Increased health risks, such as:
Blood clots
Headaches
Weight gain

Hormonal Methods

- Injection or Shots- progesterone is injected into the buttocks or upper arm every 2 to 3 months.
- This form of contraception is effective especially if the ladies cant take oral therapy.
- Most notably this form of contraception may delay fertility as the hormone remains in the body for a period up to 18 months.



Hormonal Methods

Contraceptive Injection

Advantages

- Decreased menstrual bleeding/ cramping
- Improvement with endometriosis
- Reduces risk of endometrial cancer
- Reduces risk of ovarian cancer
- Safe to use with blood clotting disorders
- Good with seizure disorder
- Effective for physically challenged
- Decreases ectopic pregnancies
- Breast feeding is not compromised
- Private

Disadvantages

- Irregular bleeding
- Amenorrhea
- Hypoestrogenism
  - Vaginal dryness
  - Acne
  - Hirsutism
- Return to fertility may be delayed
- No protection from STI
- Weight gain
  - Average of 5.4# in first year
- Bone mineral density effect
  - Calcium either diet or supplement
  - Weight bearing exercise
  - Avoid Cigarette use

Zieman M, et al (2010)

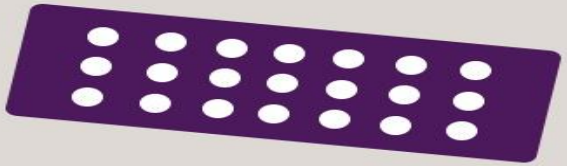
Hormonal Method

- Oral Contraceptives- can be combined hormones (oestrogen and progesterone) or progesterone only tablets.
- The pills are taken on a daily basis at the same time.
- If you are older than 35 years with a history of blood clots, hypertension or cancer, the oral contraceptives should not be the primary option for birth control. It is very important to discuss your medical history with your doctor prior to taking medication.

Hormonal Methods

IPPF

THE PILL



WHAT IS IT?

A tablet containing hormones which is taken daily by women/girls. There are many different varieties available.

HOW DOES IT WORK?

It stops the ovaries releasing eggs, and thickens cervical mucus which stops sperm from getting to the egg.

HOW EFFECTIVE IS IT?

90–99% (dependent on correct/consistent/common use)

PROS?

- Highly effective and easy to use
- Doesn't interrupt sexual activity
- Can reduce heavy and painful periods

CONS?

- May cause headaches, mood swings & other physical side effects
- You need to remember when you're supposed to take it

Hormonal Method

- Patch- the skin patch is worn on the buttocks, arms or lower abdomen.
- This method releases hormones slowly into the bloodstream.
- A new patch is placed every week up to 3 weeks.
- The fourth week is a patch free week so you can have your menstrual period.

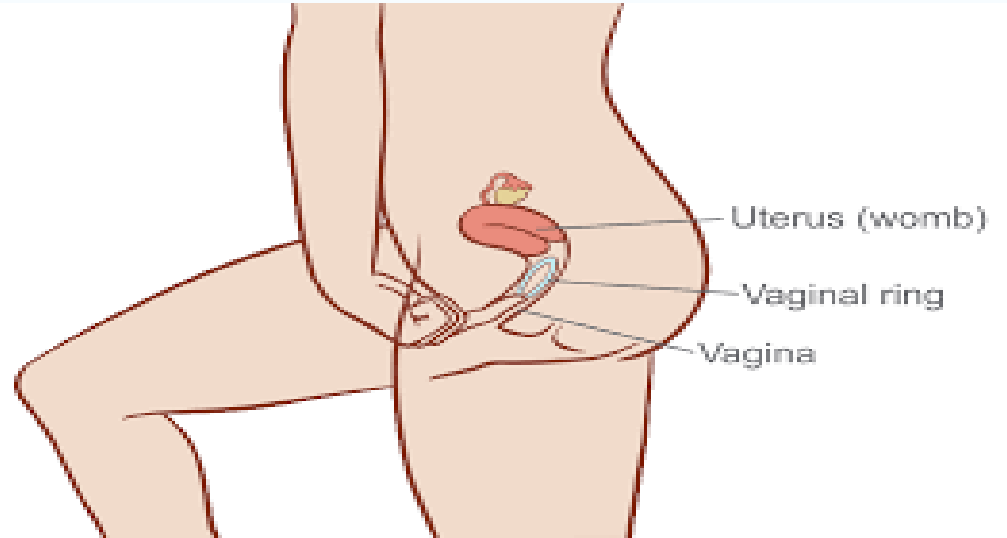
PROS & CONS

USING THE PATCH AS A CONTRACEPTIVE METHOD

PROS	CONS
	
Menstruation is regular, lighter and less painful	It's only available on prescription
Just as effective as the Pill (up to 99% when used correctly)	Not suitable for women who suffer from blood clots, high blood pressure, diabetes or have been diagnosed with breast cancer
Showering, bathing and swimming do not affect the patch	It does not offer protection against Aids and other sexually transmitted diseases
You can expect to gain very little or no weight at all	Some medication, such as St John's Wort, can make the patch less effective

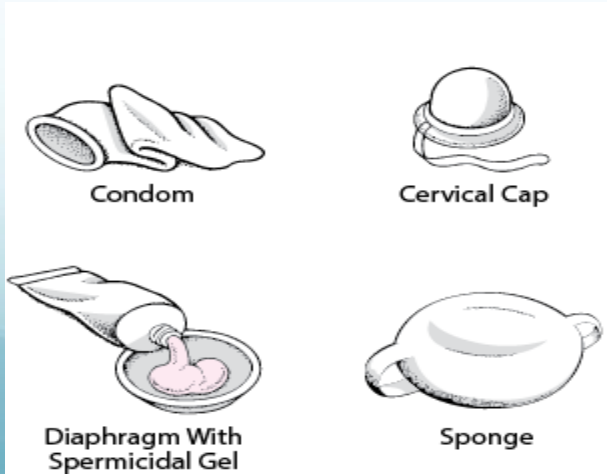
Hormonal Method

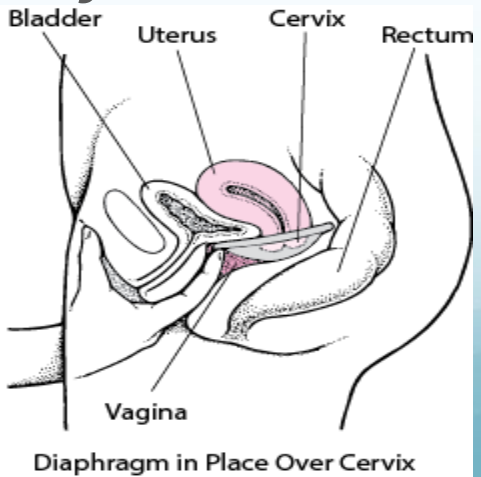
- The vaginal ring- “Nuva Ring”
- The ring releases progesterone and oestrogen.
- It is placed into the vagina for 3 weeks and then the next week is the period.
- It is a very effective form of contraceptive.



Barrier Contraceptive

- Diaphragm, Sponge, condoms.
- These are physical barriers which are generally used with spermicides to prevent pregnancy.
- They are effective when used properly and offer great protection for prevention of STD'S.
- Barrier contraceptives can only be used once.

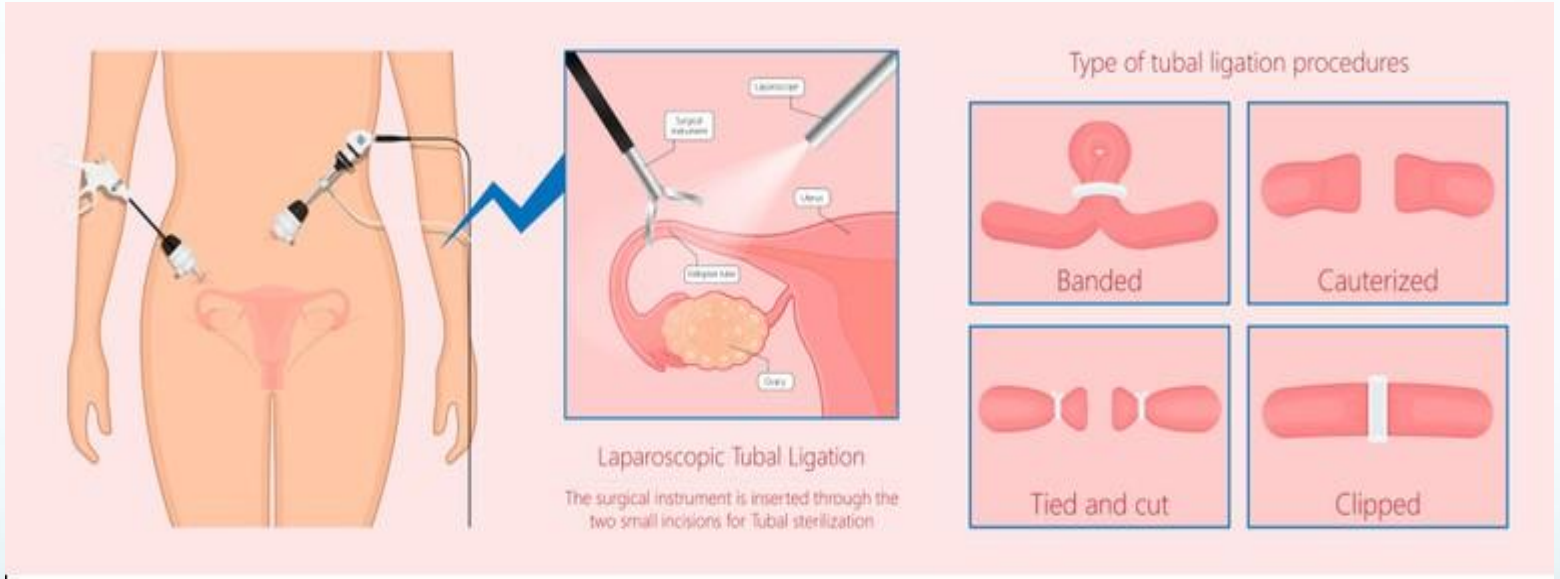




Diaphragm in Place Over Cervix

Permanent Methods of Contraception

- Female Sterilisation- Tubal Ligation
- This procedure involves tying, burning or clipping of the fallopian tubes.
- This obstructs the pathway for fertilisation to occur.
- Usually a day procedure and patients goes home on the same day as the ligation is done.
- Very effective method with reversal of these procedures usually carrying significant risks.



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Take Home Message

- Contraception is effective if used properly.
- Discuss with your health care provider which option best suits you.
- Always notify your doctor of all health related issues prior to starting a contraceptive.
- Hormonal and non hormonal contraceptives alone cannot prevent STD's.
- Make sure to use barrier contraceptive as a means to all round contraception.