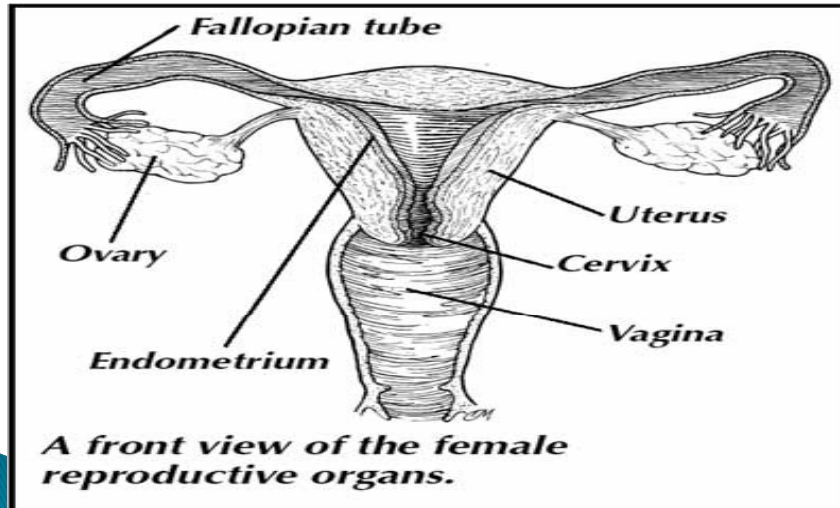


Female Reproductive system



Contraception

- Types:
 - Hormonal (the pill, hormone injection)
 - Mechanical (IUD).
 - Physical and Chemical (condom and vaginal suppositories).
 - Permanent surgical (tubal ligation and Vasectomy).
 - Others: Not accurate like breast feeding, sexual abstinence, withdrawal before ejaculation, post coital.
- The Pill , IUD(loop) and tubal ligation are the most effective methods in females.

The Pill

- ▶ Composed of estrogen and progesteron
- ▶ **How it works:**
- ▶ Suppressing the hypothalamus from producing neurohormones hence preventing ovulation.
- ▶ **Mode of Intake:**
- ▶ Pack contains 21 tablets
- ▶ Start on the fifth day of menses for 21 days and stop for 7 days.

The Pill

- ▶ **Benefits:**
- ▶ Effective
- ▶ Decrease blood loss and pain
- ▶ prevent ovarian cysts
- ▶ ??decrease breast disease and Rheumatoid arthritis

The Pill

- ▶ Adverse Effects:
- ▶ On circulation (deep vein thrombosis, hypertension, myocardial infarction)
- ▶ On diabetes
- ▶ Fungal infection

The Pill

Absolute contraindications

- ▶ Breast Cancer
- ▶ CVA (cerebro vascular accidents)
- ▶ Thromboembolism
- ▶ Heart problems
- ▶ Diabetes
- ▶ Sickle cell anemia
- ▶ Pregnancy
- ▶ Age above 40
- ▶ One month of an operation

Copper IUD

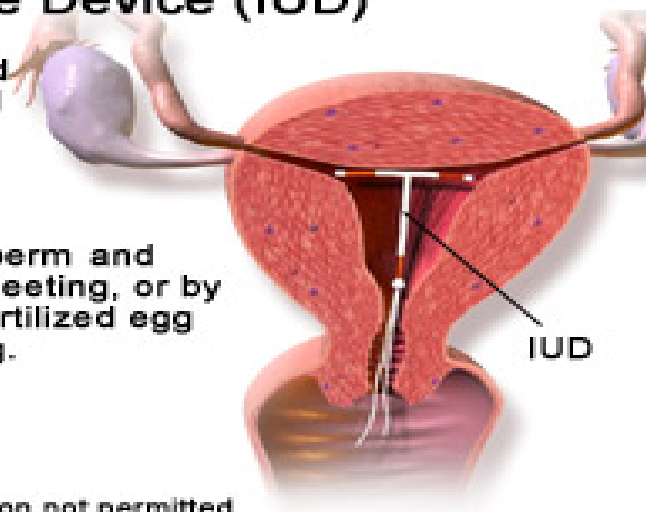


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Intrauterine Device (IUD)

Small T-shaped device inserted into the uterus.

They prevent pregnancy by stopping the sperm and the egg from meeting, or by preventing a fertilized egg from implanting.



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IUD or *Loop*

▶ **Advantages:**

Inserted only once

Provides complete protection against pregnancy

Does not effect future pregnancy

Would not be expelled spontaneously

▶ **Action:**

▶ Prevention of the fertilized ovum from implantation

ADVERSE EFFECTS

- ▶ Perforation of the uterus during insertion (rare)
- ▶ Heavy menstruation
- ▶ Pelvic infection may develop following insertion

women with the following conditions should not use IUDs

- ▶ ◆ Recent or repeated pelvic infection
- ▶ ◆ Known or suspected pregnancy
- ▶ ◆ Severe cervicitis
- ▶ ◆ Malignant lesions in the genital tract
- ▶ ◆ Unexplained vaginal bleeding
- ▶ ◆ HIV/AIDS
- ▶ ◆ History of ectopic pregnancy
- ▶ ◆ Physical inability to check IUD

Local Barrier Methods

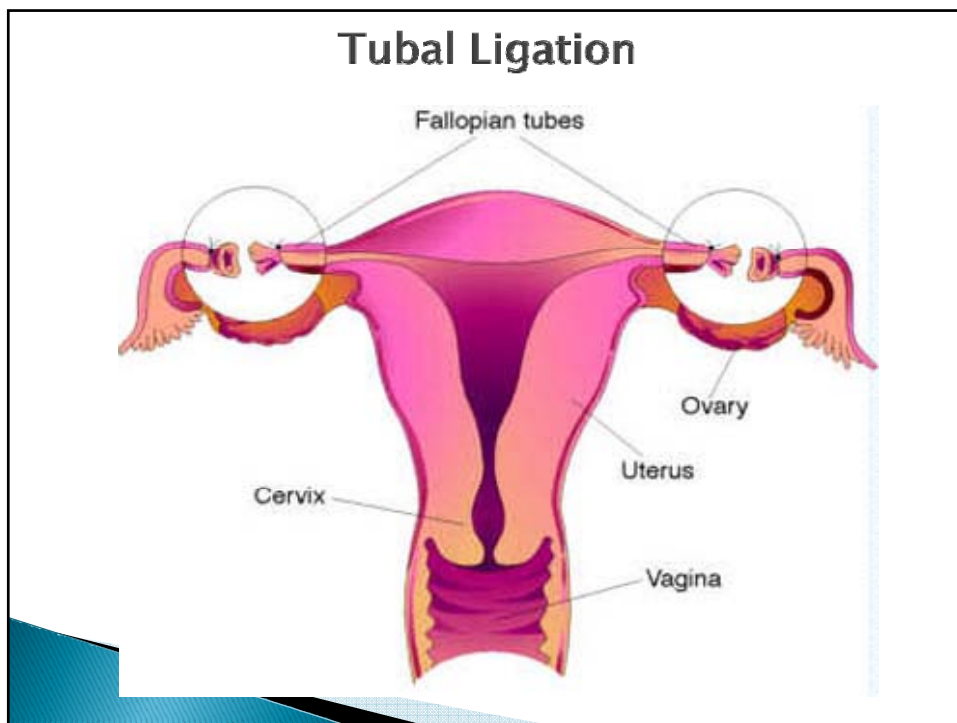
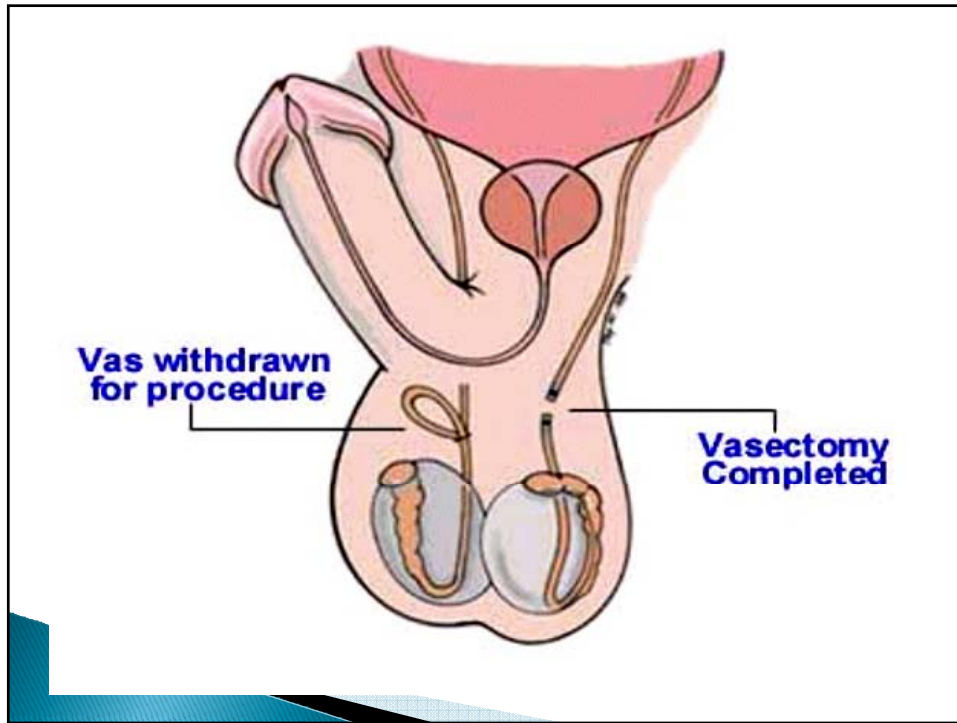
- ▶ Condoms: failure rate 10%, prevents Sexually transmitted diseases.
- ▶ Intravaginal suppositories: failure rate 10% should be used immediately before intercourse and works for 30 minutes only
- ▶ Diaphragm: circular rubber inserted high in the vagina

Other methods

- ▶ Breast feeding: not safe
- ▶ Withdrawal before ejaculation: high failure rate
- ▶ Periodic abstinence: used only with women with regular periods
- ▶ Abstaining from intercourse 5 days before and after mid cycle

Surgical Contraception

- ▶ Tubal ligation in females
 - Ligation of the tube to prevent fertilization
- ▶ Vasectomy in males
 - Preventing sperms from traveling through the vas deferens



Emergency Contraception

- ▶ You can use this method if you have had unprotected sex. For example, if your regular birth control fails (the condom breaks during sex), if you forget to take your birth control pills or if you have sex without using any birth control.
- ▶ There are 2 types of emergency contraception. With the first, you take special doses of birth control pills. With the other, an intrauterine device (also called an IUD) is placed in your uterus.

Morning-after pill

- ▶ You can start taking this kind of emergency contraception right away after having unprotected sex. The sooner you take it, the better it works, but you can take the first dose within 120 hours (5 days) after having unprotected sex. You take the second dose 12 hours after the first.

How does emergency contraception work?

- ▶ Pills used for emergency contraception can prevent your ovaries from releasing an egg, can prevent an egg from being fertilized by sperm or can prevent a fertilized egg from attaching itself to the wall of the uterus.
- ▶ Emergency contraception pills can be very effective if they are used in time. If used within 72 hours of unprotected sex, it can reduce the risk of pregnancy by 75% to 89%. It is important to remember that these pills will work best when taken as soon as possible after unprotected sex.

Emergency Contraception

- ▶ Emergency IUD insertion is also very effective. It can reduce the risk of pregnancy by 99.9% if inserted within 7 days after unprotected sex.