

Unit 5: Methods of contraception in Male and females

Contraception refers to the deliberate and controlled methods used to prevent pregnancy by interfering with the process of conception, which is the fertilization of an egg by sperm. Contraception allows individuals or couples to choose when or if they want to have children.

Here are the methods of contraception for both males and females:

Methods of Contraception for Females:

1. Birth Control Pills: Oral medications that contain hormones (typically estrogen and progestin) to prevent ovulation and thicken cervical mucus, making it difficult for sperm to reach the egg.
2. Contraceptive Implants: Small, matchstick-sized rods placed under the skin that release hormones (progestin) to prevent pregnancy for several years.
3. Intrauterine Device (IUD): A T-shaped device inserted into the uterus that can be hormonal (releasing progestin) or non-hormonal (copper), providing long-term contraception.
4. Contraceptive Patch: A skin patch that releases hormones to prevent pregnancy, similar to birth control pills but applied externally.
5. Contraceptive Injection: Hormonal injections that provide contraception for several months.
6. Diaphragm: A barrier method that is placed inside the vagina to block sperm from reaching the uterus.
7. Cervical Cap: Similar to a diaphragm but smaller and covers the cervix.
8. Female Condom: A barrier method that is worn inside the vagina to prevent sperm from entering.
9. Spermicide: Chemical substances in the form of gels, creams, or foams that kill or immobilize sperm.
10. Emergency Contraception: Used after unprotected intercourse to prevent pregnancy. It can be a pill or a copper IUD.

Methods of Contraception for Males:

1. Condoms: Barrier method that covers the penis and prevents sperm from entering the vagina.
2. Withdrawal Method: Also known as "pulling out," involves the man withdrawing the penis before ejaculation to prevent sperm from entering the vagina.
3. Vasectomy: A surgical procedure that blocks or cuts the tubes (vas deferens) that carry sperm from the testicles, making a man sterile.
4. Spermicide: Chemical substances that can be used by males as a cream, gel, or foam to kill or immobilize sperm.
5. Male Contraceptive Pills: Experimental pills designed to suppress sperm production, though they are not widely available yet.

Choosing the right contraceptive method should be based on individual preferences, health considerations, and the advice of a healthcare provider. Additionally, some methods also provide protection against sexually transmitted infections (STIs).