

# Evaluation of contraception methods



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Contraception is of course a permanent topic for women. If there is a birth, there is no need. Women from the menarche to the last menstrual period, they must face the problem of birth. In theory, contraception is also the responsibility of the couple. After woman has given birth to a child, if there is no a birth plan, how do we choose a contraceptive method? Regarding the contraceptive methods currently used clinically, the total effective rate is above 90% by either method. Of course, some have reached the rate of 1% to 2% of the pregnancy rate of 1, 000 women in each year, so the success rate is already very high. However, there is no 100% effective contraceptive method in the clinic. Otherwise, no matter what method is adopted, there is no one hundred percent success. There are several ways to choose birth control to prevent pregnancy. The most effective birth control methods are hormonal, intrauterine devices Sterilization and barrier.

The most popular method of birth control is hormonal which is including pills, patches and the rings. Even though these three options are different, they have similar benefits. All of them are 92% effective at preventing pregnancy. The pills are hormonal, it contains estrogen and progesterone. Take a pill every day at the same time can works better. The patch delivers hormones through the skin, and each patch must change in 1 week after worn. The ring releases hormones like the pills to protect against pregnancy. They usually have temporary side effects until the body adjusts. The weight gain is also one of the main side effects. According to “ Common Birth Control Side Effects – Birth Control and Your Health”, it stated that “ women age 18 to 39 who weigh 155 pounds, or more are 60 percent more likely to have their birth control pills fail, especially if they are low estrogen variety. The average

weight of American women is 152 pounds, according to the Center of Disease Control and prevention.” However, it also has some other benefits, such as relieved dysmenorrhea, regulates the menstrual cycle, and reduces the incidence of ovarian cancer and endometrial cancer. Therefore, many clinical irregular menstruation treatments also use oral short-acting contraceptives. Of course, it also has certain side effects, such as the risk of thrombosis, but we have a lower tendency to thrombosis than whites. There is one thing that must be pay attention is their application which is a cycle of 21 days, people need to insist on taking medicine on time every day, if it is missed, it will seriously affect the contraceptive effect. However, just like brushing teeth, although you insist on doing it every day, if you get used to it, you don't feel trouble. As a result, even though this method has high percentage to prevent the pregnancy, there are still some side effects on it.

The second method is intrauterine devices also called IUD. It is a tiny device that put into uterus to prevent pregnancy. It's long-term, reversible and one of the most effective birth control method. IUD works well as emergency contraception. It can work well to put in uterus within 120 hours after unprotected sex. Unlike the pills, the patches and the rings, IUD can last for years, but they are not permanent. IUD is more than 99% effective. It is so effective because there's no chance of making a mistake. Unlike the pills, the patches, it might be forgetting to take it or use it incorrectly. Once it put into uterus, it can be last until it expires. However, IUD doesn't protect against STD. The condom is the only way to against it. So it is the good way to using condoms with IUD to prevent pregnancy. However, the cost of the intrauterine devices is not that cheap. Sometimes the fee can up to several

hundred dollars. Because IUD is a long-term use, it is only professional could remove it from the uterus. Moreover, compared with the poor reversibility of ligation, the reversibility of the IUD is much better, the fertility function can be restored soon after removal, and the operation of placement and removal is very convenient. For example, placement surgery may have the risk of bleeding, infection, and uterine perforation, but the probability is very low, mainly due to some problems after placement. A small number of people will have backache, abdominal pain, abnormal menstruation and other discomfort after placing the IUD. Some people even have a ring after pregnancy, and they are still ectopic. Moreover, some people's intrauterine devices may gradually merge with the uterine wall and grow into the myometrium. We call it the IUD incarceration, which brings a lot of trouble when take it out.

Another method is barrier method. This method can protect birth control as well. It shows using a diaphragm is a form of birth control. It prevents pregnancy by creating a physical barrier between a woman's and a man's sperm. The condom has two kinds of condoms. They are male condoms and female condoms. They offer protection against sexually transmitted infections and have high percentage effective. They do not contain hormones, that are effective if used correctly and they are affordable. The contraceptive rate can be 100% if the condom of good quality is not broken. However, at present, there is no contraceptive method that can be 100% contraceptive. However, among many contraceptive methods, as a contraceptive tool, condoms are easier to use and have no side effects than other methods of contraception. According to " Birth-Control Secrets Your

Gyno Hasn't Told You – Cosmopolitan. com,” they mentioned that the success rate of contraception is generally more than 85%, and users with special guidance can achieve a contraceptive success rate of 99. %.

Condoms can prevent sexually transmitted diseases. Correct use of condoms can reduce the probability of contracting AIDS by 85%, and the probability of contracting gonorrhea can be reduced by 80%, but it cannot effectively prevent human papillomavirus. And the common vulgaris on the mucous membranes, genital warts, genital herpes simplex (HSV), syphilis and soft chancre, because sexually transmitted diseases can be spread through the parts of the condom that cannot be covered.

In conclusion, there are three main methods to prevent pregnancy. There is not best or worse method, they all have good and bad part. People need to decide to use it depend on their own situation. But I think it is necessary to know about the different method, it is not only good for families to planning the numbers of kids, but also it is good to protect female when they have emergency.

## REFERENCES

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