

Types of birth control for women

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Types of birth control al Affiliation) Introduction Birth control methods work efficiently depending on the how it is used. Women require knowing the right time and the right kind of contraceptive to use. Women have to make critical decisions regarding the best kind of birth control method. The choice of the choice of birth control methods depends on numerous factors. Birth control helps women to prevent unwanted pregnancies and exposure to sexually transmitted diseases. There are many methods of birth control there is no method that is best for anyone. Women consider the advantage and disadvantages that the birth control has on them. Women consider the birth control method that will best suit their lifestyle. The methods include; emergency contraceptives, pills, condoms, patches among others. Patches work for women who have already given birth and the ones who have not given birth (Holmes, Hoskins, & Gross, 2012).

The choice that most women make depends on their health, how frequent she copulates and whether she whether she wants children. Lifestyle plays a big part in the choice of birth control methods. On the contrary, contraceptives vary in their effectiveness to prevent birth control to women. Possible side effects play a crucial part in how women choose their birth control methods. The types of birth control methods are abstinence, natural methods and methods that prevent unwanted pregnancies.

Women can decide to abstain from sexual activities as a method of birth control. It is the best method for women who want to control unwanted pregnancies and protect themselves from STI. On the other hand, natural method helps women in birth control to prevent the pregnancies by copulating during their safe days. Safe days are the days during their menstrual cycle when they can copulate without getting pregnant

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(Womenshealth. gov, 2015). Women who use this method have to be certain of the menstrual cycle. The method is common for women who are in a stable relationship but do not want to have a baby. The method prevents birth control but does not stop the women from being infected with sexually transmitted diseases.

Women are administered with injections that prevent their bodies from releasing eggs into the ovaries. Women also attach a patch on their body that boosts hormones into the bodies of women to regulate the release of eggs in the ovary. Other methods of the same kind include vaginal ring and birth controls pills. Women take birth control pills on a daily to regulate the release of hormones into the body of women. The pills cause the lining of the uterus that stops the sperm from reaching the ovaries (Holmes, Hoskins, & Gross, 2012).

Women visit their doctors for advice on the best kind of contraceptive to use. The method applies to women who do not smoke and are older than 35 years old. In addition to the age, the method requires that the women using it do not have a history of liver or breast cancer. The use of antibiotics reduces the effectiveness of the pill.

The methods are an effective means of birth control, and they do not prevent women from contracting STIs.

References

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