

Birth Control, Family Planning and Contraceptive Methods in Men and Women: A Systemic Review

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INTRODUCTION

Birth depends upon your choice based on different factors like health, how often you copulate, and planning for children or not.

BARRIER METHODS FOR BIRTH CONTROL

Condoms: It is a thin latex or polyurethane sheath. Before intercourse It is placed around the erect penis and in female condom is placed inside the vagina. It must be worn throughout the intercourse to prevent pregnancy. These condoms are available in most drug and grocery stores. Free condoms are also available in some family planning clinics prescription in not mandatory.

Diaphragm and cervical cap: It is flexible rubber cup and is filled with spermicidal cream or jelly. It is placed before intercourse into the vagina to prevent the sperm reaching the uterus. It should not be removed for 6 to 8 hrs even after the intercourse. Similarly, a smaller device is called as the cervical cap. Risks include irritation and allergic reactions to the diaphragm or spermicide, and increased frequency of urinary tract infection and vaginal yeast infection. In rare cases, toxic shock syndrome may develop in women who leave the diaphragm in too long. A cervical cap may cause an abnormal Pap test.

Vaginal sponge: These are soft and contain a chemical that kills or "disables" sperm. This sponge is inserted into the vagina after moisturization. It is available in the pharmacy.

HORMONAL METHODS OF BIRTH CONTROL

Some methods use hormones. They may use either both an estrogen and a progestin, or a progestin alone. Prescription is mandatory for these birth control pills
Implants: These are inserted beneath the skin these appear like small rods. They secrete a continuous dose of hormones to inhibit ovulation.
Progestin injections: These are Depo-Provera type injections, the dosage of these type of injections can be easily inject into the body in every 3 months to the upper arm muscle areas or else buttocks of the body.
Skin Patch: This is Ortho-Evra type, it means transdermal system. It can be placed on the body of both upper shoulders, buttocks and other body parts. The ortho-evra system releases the continuous hormone dose.
Vaginal Ring: This is NuvaRing and is known as vaginal ring is a small soft, plastic ring with 2 inches wide that you place inside your vagina. It releases a continuous dose of the hormone's oestrogen and the progesterone.
Emergency contraception: Refers to methods of contraception that can be used to prevent pregnancy after sexual intercourse.

PERMANENT BIRTH CONTROL METHODS

These are for couples who doesn't have a intention to have children in future. The methods used are vasectomy and tubal ligation. The procedure can be reversed in some cases who wish have children last time but the success rate is not high in some.

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