

Methods of Birth Control

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BIRTH CONTROL METHODS

Continuous Abstinence

This means that you are not allowed to have intercourse (vaginal, anal, or oral) at any time. It's the only surefire approach to avoid pregnancy and Sexually Transmitted Illnesses (STIs), such as HIV.

Condoms For Women

The woman inserts this condom into her vaginal opening. It prevents sperm from entering her body. It's made of thin, flexible synthetic rubber and comes with lubricant. It can be used up to eight hours before intercourse. Each time you have intercourse, you should use a new condom. It is not advisable to use a female and a male condom at the same time.

Condoms for Men

Male condoms are a thin sheath worn around an erect penis to prevent sperm from entering the body of a woman. Latex, polyurethane, or "natural/lambskin" condoms are available. STIs are not protected by the natural kind. Condoms function best when combined with a spermicide that kills the sperm in the vaginal canal. And each sex act necessitates the use of a fresh condom.

Condoms can be one of two types:

- It's lubricated, which might make sexual encounters more pleasurable.
- It's non-lubricated and can be used for oral sex as well. If you're using non-lubricated condoms for vaginal or anal intercourse, it's best to lubricate them first. They can be purchased at a pharmacy. Massage oils, baby oil, lotions, and petroleum jelly are oil-based lubricants that weaken the condom and cause it to tear or shatter.

Since 1994-95, the Department of Family Welfare has started purchasing condoms. Condoms under the brand name 'Nirodh' are distributed free of charge to acceptors through Primary Health

Clinics and subcenters in rural regions, as well as hospitals, dispensaries, MCH centers, and post-partum centers.

The hormones estrogen and progestin are found in the pill. It is taken regularly to prevent the ovaries from releasing an egg. The pill also alters the uterine lining and cervical mucus, preventing the sperm from joining the egg.

The "extended cycle" pills are preferred by some women. These consist of 12 weeks of hormone-containing pills (active) and 1 week of hormone-free pills (inactive). Women who take prolonged cycle medications only have their periods three to four times a year. There are several different types of oral contraceptives on the market, such as the I pill.

Abortion

Medical abortion is a type of non-surgical abortion that involves the use of medications to cause the abortion. The term "abortion pill" refers to an oral preparation for medical abortion. It is both safe and efficient. Should only be taken with the permission of a medical professional.

The most prevalent surgical methods of induced abortion are vacuum aspiration and surgical abortion up to 15 weeks gestation.

Sterilization

For sterilization of either husband or wife, the government issued instructions requiring doctors to get written agreement from both husband and wife. State governments have also established laws and policy guidelines requiring the doctor to assess the applicant's eligibility based on age, number of live children, marital status, and other factors. No one can be sterilized unless they are at least 35 years old, married, and both partners have given their consent.

REFERENCES

1. <http://www.cdc.gov/women/>
2. <http://www.motherchildtrust.org/>
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Received: December 1, 2021; **Accepted:** December 12, 2021; **Published:** December 27, 2021

Citation: Carl E (2021) Methods of Birth Control. Gynecol Obstet (Sunnyvale). 12.

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