

CONTRACEPTIVES

Match methods with their advantages and disadvantages :

rhythm method* *IUD* *vasectomy* *barrier methods* *coitus interruptus* *oral contraceptive pill

Advantages: This method is reliable if taken correctly. It is convenient and it is not intercourse related. Its use reduces pain during periods, prolonged bleeding and premenstrual syndrome symptoms (PMS). It controls functional ovarian cysts and is associated with a reduced incidence of carcinoma of the ovary and endometrium.

Disadvantages: The main risks are thromboembolism and cardiovascular complications (which may become worse depending on the age, obesity, cigarette smoking, diabetes, hypertension etc.) Other side effects include weight gain, decreased libido, breast discomfort, mood swings, and breakthrough bleeding. The effectiveness of the method is limited by some antibiotics, by hepatic-inducing drugs, and by vomiting and diarrhoea. The use of the method is associated with an increase in cervical intra-epithelial neoplasia (CIN) and cervical carcinoma, whereas the effect on breast cancer remains unknown.

Advantages: This may be used if other methods are unacceptable because of religious reasons or when a couple wants to avoid possible side effects of other methods.

Disadvantages: This method requires regular menstrual cycle. The necessary instruction for the method may seem long and complicated. It has a high failure rate.

Advantages: The device can remain in place up to 5 years. The contraceptive effect is almost immediately reversible. The device containing progesterone (for example Mirena™) acts on the endometrium reducing blood flow during menstruation and painful periods.

Disadvantages: infection, abnormally heavy or prolonged menstruation, abdominal pain, perforation of the uterus, expulsion of the device and ectopic pregnancy.

Advantages: The method is still widely used. It hasn't got any adverse side effects and it's free of costs.

Disadvantages: The method has got a high failure rate because of variable ejaculatory control and the fact that the pre-ejaculatory fluid may contain some sperm. Besides, the method doesn't offer protection against sexually transmitted diseases.

Advantages: Compared with female sterilization it is a relatively easy operation that doesn't require general anaesthetics. Pearl index: 0-0.5.

Disadvantages: The method is difficult to reverse (in some cases may be completely irreversible). The method doesn't protect a patient against STDs (sexually transmitted diseases). The effectiveness is delayed: another method of contraception must be used until two azoospermic samples have been obtained 3 and 4 months after the procedure.

Advantages: Effective and free from side effects when used correctly. They are widely available. These methods offer protection against STDs (in particular – the male condom).

Disadvantages: The condoms must be put on right before the penetration, which some people find discouraging. The cap and the diaphragm have to be fitted and checked regularly at the doctor's surgery.

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