

# CONTRACEPTION

Laura Rusnak, MPH, CHES

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## Objectives

- Understand ovulation and how, why & where pregnancy occurs
- Discuss the reasons to use contraceptives, ways to choose a contraceptive, and the difference between perfect use and typical use.
- Evaluate the nonprescription and prescription methods of contraception and the advantages and disadvantages of each.

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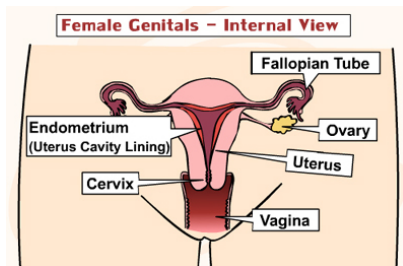
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## Female anatomy & conception



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## METHOD EFFECTIVENESS

The difference between perfect use and typical use is an indication of how much human error may influence the contraceptive.

- \_\_\_\_\_ use
- \_\_\_\_\_ use



These are measures of effectiveness, the higher the number or range, the better the protection against **pregnancy**

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## CONTRACEPTION

- Contraception versus safer sex
  - Many effective contraceptives provide no protection from sexually transmitted infections.
- Deciding to use contraception
- Effectiveness
- How it works
- Reversibility
- Advantages
- Disadvantages



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## Types of methods and how they work

- Non-prescription methods
  - \_\_\_\_\_
  - \_\_\_\_\_ between sperm and egg
- Hormonal
  - Prevent \_\_\_\_\_
  - Thicken \_\_\_\_\_
  - Prevent \_\_\_\_\_
- Permanent
  - \_\_\_\_\_

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## Abstinence

- Abstinence from what?
- Effectiveness – it works until it doesn't
- Personal definition
- Partners definition



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## WITHDRAWAL

- aka "pull-out method" or "pull-n-pray"



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## Male condom

- Take one everywhere you take your genitals!
- Effectiveness
- Advantages
- Disadvantages



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For the latex allergic or increased sensitivity (think: more warmth, less friction) try the "poly" condoms



\_\_\_\_\_ :  
Cost is similar to latex, more comfortable



\_\_\_\_\_ :  
Slightly more expensive, tighter

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The lambskin condom:

Excellent pregnancy prevention!

Terrible \_\_\_\_\_ !

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Condoms come in various shapes and sizes to accommodate user comfort

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## THE TWELVE STEPS TO PUTTING ON A CONDOM!

- 13 volunteers



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## HORMONAL METHODS: Pill, Patch & Ring

- Similar
  - Effectiveness
  - How they work
  - Reversibility
  - Advantages/disadvantages
- Different cost and methods of use
  - Pill - Oral
  - Patch - Transdermal
  - Ring - Vaginal

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## ORAL CONTRACEPTIVES

- The Pill
- Plan B (aka, morning-after pill)

- \$10 coupon at [planbonestep.com](http://planbonestep.com)
- Most effective if taken within \_\_\_\_\_
- Does not \_\_\_\_\_ an existing pregnancy
- Can be purchased \_\_\_\_\_ an emergency happens
- Bulls Pharmacy - \$35
- Walgreens on Fowler - \$45
- 1-888-not-2-late, to find a pharmacy near you
- Some pharmacies will only sell Plan B to females



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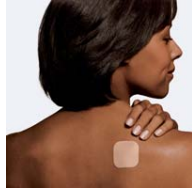
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**ORTHO EVRA PATCH:**  
aka "The Patch"



- \_\_\_\_\_; transdermal, hormonal birth control

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**NUVARING:**  
aka "The Ring"

- Vaginal, hormonal birth control
- \_\_\_ weeks in, \_\_\_ week out



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**HORMONAL METHODS:**  
LARC

- \_\_\_\_\_ – 3 types:
  - Depo-provera ("the shot"), 3 months
  - Implanon ("the implant"), 3 years
  - Intra-uterine device (IUD), 5-10 years

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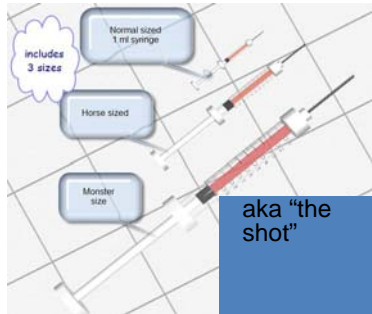
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### LARC: DEPO-PROVERA



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### LARC: IMPLANON – aka "THE IMPLANT"



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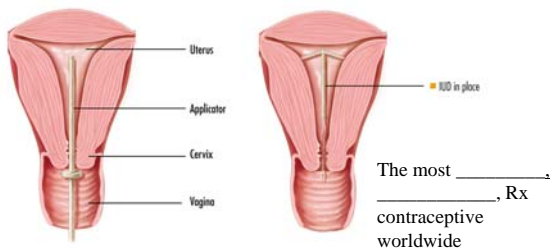
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### LARC: INTRAUTERINE DEVICE (IUD)



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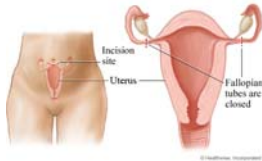
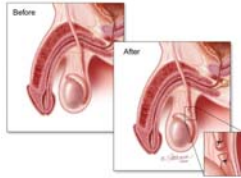
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## PERMANENT METHODS::

### Sterilization

- Male: vasectomy
- Female: tubal ligation
  - aka "tubes tied"



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## THE FUTURE OF CONTRACEPTIVES

- Male contraceptive implants, injections
- More that offer STI & pregnancy prevention
- Lower cost
- Better access
- More education about choices

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## WHAT IF...

- All Rx methods of pregnancy prevention are female-based. What role if any should a man have in the decision to prevent pregnancy?

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## Readings

- 20% of quiz questions will come from reading material not covered in the notes. See Canvas for readings associated with this chapter.

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