

World Population Day

World Population Day aims to increase people's awareness on importance of family planning. Contraception plays vital role in controlling growth of population. Family planning/contraception reduces the need for abortion especially unsafe abortion. By preventing unintended pregnancy, family planning/contraception prevents deaths of mothers & children. It is vital for pharmacists to know the available options

STERILIZATION

- ✓ Surgical operation is used to cut or "tie off" the fallopian tubes.
- ✓ This prevents the egg and sperm from meeting this method can be reversed.
- ✓ 99.8% effective (Highly effective amongst all)



INTRA UTERINE DEVICE

- Thin copper wire T-shaped with nylon string on it.
- It mainly works by preventing fertilization.
- Can stay in place for up to 5 years.
- 99.5% effective



CONDOM

- ❖ A condom is thin latex
- ❖ No reusable covering that fits over the erect penis.
- ❖ It catches the semen and stops sperm from entering the woman's body
- ❖ 82% - 98% effective



SHOT

- ✓ Hormone (progestin) injected into the arm or buttock, lasts for 3 months.
- ✓ It stops the release of an egg and makes the mucous in the cervix thicker so that sperm cannot enter the uterus.
- ✓ 94% - 99.8% effective



PILLS

- The combined hormone birth control pill contains small amounts of (estrogen and progestin).
- Stop the release of an egg.
- 91% - 99.7% effective



FERTILITY AWARENESS

- ❖ Method can be used to keep track of which days a pregnancy is most likely to happen.
- ❖ The woman must also keep track of her periods, can lead to miscalculation in case of irregular menstrual cycle.
- ❖ 76%-97% effective but highly variable



WITHDRAWAL

- It is when a man pulls his penis out of the vagina prior to ejaculation.
- Sperm may be present in pre ejaculate fluid.
- Unreliable method

Birth Control Is The Blessing That Will Save The World.

Issued in Public Interest by
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