



**CONTRACEPTION  
INTROD. & PHYSIOLOGICAL  
METHODS**

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2015

# INTRODUCTION

- **Definitions:**

- **Fecundability:** ability of a couple to achieve pregnancy during one menstrual cycle.
- About 20%.

# TYPES OF CONTRACEPTIVE METHODS

- 1- Natural ( physiological).
- 2- Mechanical.
- 3- Chemical.
- 4- Hormonal.
- 5- Surgical (sterilization).

Except  
IUD

**Barrier**

# TYPES OF CONTRACEPTIVE METHODS



# CHARACTERISTICS OF IDEAL CONTRACEPTIVE:

- Safe.
- 100% effective.
- Free of side effects.
- Easily obtainable & cheap.
- Acceptable to the user and sexual partner.
- Free of effects on future pregnancies.

- Many factors influence decision:
  - Advantages & disadvantages of various methods.
  - Side effects & contraindications.
  - Effectiveness.
    - Perfect use vs. typical use
  - Expense.
  - cultural beliefs.

# ASSESSMENT OF EFFECTIVENESS

- Pearl index.
- Life table method.

# Pearl index

$$\text{Pearl-Index} = \frac{\text{Number of Pregnancies} \cdot 12}{\text{Number of Women} \cdot \text{Number of Months}} \cdot 100$$



# PHYSIOLOGICAL (NATURAL) METHODS

# Natural methods

- Abstinence.
- Coitus interruptus (withdrawal).
- Periodic abstinence ( fertility awareness based methods, safe period).
- Lactational amenorrhea ( LAM ).

# Coitus interruptus

- Very old.
- Disadvantage:
  - Lack of self control.
  - Pre-ejaculatory fluid contains sperm.
  - High failure rate ( 20% in typical use & 5 % in perfect use).

# Fertility Awareness Methods

- Based on understanding ovulatory cycle.
- Cooperation is very important.
- Free, safe, and acceptable to all religions.
- Require extensive initial counseling.
- 25% of women will experience unintended pregnancy in first year (typical use; 3-5% in perfect use).
- Some women combine with barrier methods (use during fertile periods).

# Fertility Awareness Methods

- **Basal body temperature (BBT)**
  - Woman takes temp at morning.
  - Must be before any activity.
  - Chart for 3-4 months to determine normal pattern.
  - Abstain from intercourse several days before and 3 days after anticipated ovulation.

# Fertility Awareness Methods

## ■ Calendar method

- Also known as rhythm method.
- Assumes ovulation takes place 14 days before start of menstrual period.
- Sperm viable for 48-72 hours, ovum for 24 hours.
- Record menstrual cycles for 6-8 months to determine shortest & longest cycles.
- Use record to identify fertile & infertile periods.
- Least reliable of FAM.

# Fertility Awareness Methods

## ■ Cervical mucus method

- Involves careful assessment of cervical mucus changes throughout cycle.
- Ovulation mucus clearer, more stretchable (spinnbarkeit), more permeable to sperm.
- Luteal phase mucus thick, sticky, traps sperm (progesterone influence).
- Woman abstains from intercourse for one cycle & assesses mucus Peak day of wetness & clear, stretchable mucus is assumed day of ovulation.
- Can be used by women with irregular cycles.

# Fertility Awareness Methods

- **Symptothermal method**
  - Multiple assessments made & recorded
  - Cycle days, coitus, cervical mucus changes, BBT, & secondary changes (increased libido, bloating, mittelschmerz)
  - Combined approach is more effective



# LACTATIONAL AMENORRHEA METHODS (LAM)

- **Bellagio consensus (1989).**
  - Exclusive breastfeeding.
  - Lactational amenorrhea.
  - 1<sup>st</sup> 6 months postpartum.

# LAM

## Mechanism

- Increase prolactin.
  - Suppression of gonadotrophin & anovulation.
  - Luteal phase insufficiency.

# LAM

- Effectiveness.
  - Highly effective , failure rate 0.5% in typical use.
- Advantage & disadvantage.

*Thank You!*

