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## Birth by sleep guide

Deciding on a child can be an exciting time for a woman. However, for women of any age trying to prevent pregnancy, birth control (also called contraception) can help. The path to improved health There are many options to prevent pregnancy. Whether it is a method, drug or device, each has its advantages and disadvantages. Some elections are permanent. Others are reversible. Abstinence: This means that there is no sexual intercourse. This is the only safe method to prevent pregnancy. Contraception pill:This is a popular form of contraception. Taken every day by mouth, the pill is 99% effective at preventing pregnancy when used as prescribed. There are two types of contraceptive pill: a combination of pills and mini-pills. The combined pill works by combining hormones estrogen and progestin to prevent ovulation (which is necessary for pregnancy to occur). This means that your eggs do not release eggs. Hormones also make your cervical mucus thicker, making it difficult for sperm to move. They also dilute the lining of the uterus, which makes it difficult to attach eggs there. Women who are sensitive to estrogen can take a mini pill. The mini pill contains only the progestin hormone. As it thickens cervical mucus and dilutes uterine mucus like a combined pill, it also slows the path of eggs that travel through the fallopianopianops during ovulation. This helps prevent pregnancy. Other hormone-based methods:These include a patch, a bullet, an implant (under the skin in the hand) and a vaginal ring that releases hormones. These methods are 93% to 99.95% effective. Intrauterine devices (IUDs):This method requires the doctor to insert a small T-shaped device into the uterus. There are two types: copper and hormonal (progestins). You may have pain and cramps when inserting and removing IUDs. Copper IUDs can increase menstrual cramps as well. IUDs change mucus inside the female cervix (the lower end of the female uterus). This prevents the sperm from meeting the egg. They are more than 99% effective when used correctly. Vaginal barriers:Several contraceptive products can create a barrier between sperm and uterus. These include condoms (male and female), diaphragms, cervical caps and contraceptive sponges. Male condoms carried a man. A woman can insert a female condom, diaphragm, cervical cap or contraceptive sponge directly into her vagina. These methods are between 79% and 86% effective. Sterilization:I women and men have surgical options to prevent pregnancy. One option women have is tubal ligation (some people call it tube binding). This procedure surgically blocks female herops. This prevents sperm from entering the seam. Another option for women is a hysterectomy. During this operation, the uterus is removed. A woman won't be able to get Note, for example, however, this surgery is never performed for contraception. For men, vasectomy is a form of contraception. This surgical procedure prevents sperm from mixing with a man's sperm when ejaculating. This does not interfere with sexual intercourse and is considered a permanent method of contraception. In some cases, the operation can be undone. However, it depends on the age, circumstances of the first operation and potential health complications. Sterilization is more than 99% effective. Spermicide: These foam-like substances or gel kill sperm. A woman can apply them directly into the vagina. They are about 79% effective. Natural family planning:There is no cure or device with this form of contraception. It relies on avoiding sexual intercourse in days that overtake when ovulating is more likely. Ovulation is the time when a woman most likely becomes pregnant. Sperm can live for a short time in the vaginal area. Therefore, you need to avoid sexual intercourse before and during ovulation. Ovulation kits and fertility monitors can help you determine if you're ovulaating. However, natural family planning is not an exact science. This method is effective about 76% of the time. Emergency contraception: This is not considered a typical method of contraception. It is used in cases where birth control is not used during sexual intercourse. It is also used in cases where a woman immediately knows that birth control has failed (as when a condom breaks). Emergency contraception is available in pill form (taken up to 5 days after unprotected sex). These are between 97.9% and 98.8% effective at preventing pregnancy. Copper T IUD is another form of emergency contraception. It must be inserted by a doctor within 5 days of unprotected sex. That's 99% effective. Things to consider your choice of contraception should consider several things. This includes your age and overall health. You should also take into account the risks and possible non-contraceptive benefits of the method, drug or device. Oestrogen-containing contraceptives, for example, can increase the risk of blood clots. Some hormonal methods can help with painful periods or severe menstrual bleeding. Your choice should take into account how well it works for your needs. This includes thinking about whether or when you want to start a family in the future. Finally, your choice should take into account how often you need to manage your contraception. For example, contraceptive pills must be taken daily. If you are unable to take the pill at the same time each day, you may want to consider another form. Some options (such as hormone injections and vaginal rings) will last up to several months. Spermicides must be administered at least an hour before sex. If you can't plan ahead or wait, that method probably wouldn't be good for you. Some vaginal rings may remain in for several months. Barrier methods, such as diaphragms and cervical caps, must be removed after 6 to 8 hours. Condoms are removed immediately. However, intrauterine devices can remain in place for 3 to 10 years before having to be changed. Questions to ask your doctor How do I know which method is best for me? Do certain birth control options cause cancer or other chronic diseases? Are certain forms better based on a woman's age? Other than a male condom, can any other form of contraception prevent sexually transmitted disease? Are certain forms of contraception unpleasant? Can I get free or cheap contraception? Resource Centers for Disease Control and Prevention: Contraception: Birth Control Methods National Institutes of Health, Eunice Kennedy Shriver National Institute for Child Health and Human Development: The other daughter for contraception and birth control Postterm pregnancy occurs when the baby is not delivered by the end of week 42. There is no health risk to the mother, but after the 42nd week the fetus may be at risk of malnutrition. Also, if it passes fecal matter -- which usually doesn't happen until after birth -- and inhales it, it can develop pnemomy. Your doctor may decide to induce childbirth two weeks after the due date. The cause of the postterm pregnancy is unknown. In most cases, however, it is believed that the mother incorrectly set the exact date of her last menstruation and the pregnancy was not postterminal after all. If a woman has had one postterm pregnancy, she has a higher than average chance of it happening again in later pregnancies. Postterm pregnancy does not pose a health risk to the mother. However, as the placenta continues to age beyond the 42nd week of pregnancy, its ability to transmit oxygen and nutrients to the fetus may begin to decline. In some cases, this reduction in oxygen and nutrient transfer can be serious enough to cause fetal death. If the fetus lives, at birth the baby usually has a characteristic postterm appearance: wrinkled, cracking, exfoliating the skin; long nails; abundant hair; and a little fat under the skin. Postterm babies often undergo fecal material called meconium in amniotic fluid before delivery. If the baby sucks meconium into the lungs at the time of delivery, severe pneumonia may occur. Treatment A common treatment for post-war pregnancy is to periodically check the fetal heartbeat until childbirth begins on its own or is induced (started artificially). The work was caused by the use of oxytocin (Pitocin) intravenously. Oxytocin stimulates uterine contractions similar to those of normal operation. The fetal monitor is commonly used to detect any abnormalities of the fetal heart. Most with induced work experience normal operation and delivery. Although post-media birth does not endanger the mother, ectopic pregnancy can be fatal. On the next page you will find out what it is and how it affects the mother. 15 people explain their IUD insertion in 10 words or less Good, bad and extremely unpleasant. Credit: Getty Images Birth Control, IUD, STD, Ortho-Novum, Ortho Evra, NuvaRing, Ortho Tri-Cyclen Lo, Yasmin, Ovrette, Seasonale, Seasonique, Milex Wide Seal, Ortho All-Flex, Mirena, ParaGard, Norplant, Essure, Vasectomy, Plan B, Emergency Contraception, Condom, Dot, Pill Credit: Getty Images It's easy to be confused by all birth control options: Should you take a stall-only pill or a major combo pill? Can an IUD affect your chances of having children in the future? Is a female condom as effective as its male counterpart? Luckily, we have the answers. Here are the 12 most common birth control methods and why you should or shouldn't try them. Advertisement Ad Credit: Getty Images As it's called:Estrostep Fe, LoEstrin 1/20, Ortho-Novum 7/7/7, Ortho Tri-Cyclen Lo, Yasmin, Yaz What Works: This contraception mainstay is still 99% effective against pregnancy when taken around the same time each day. It is also known for easing hot flushes and restoring regular periods. Who should avoid this: Smokers and those 35 or older. Oestrogen can cause dangerous blood clots. If you suffer from migraines, you should also pass because it can cause painful headaches. Credit: Getty Images As it's called:Micronor, Nora-BE, Nor-QD, Ovrette What it does: Known as a mini pill, progestin-only drugs don't contain estrogen. They are safer for smokers, diabetics and patients with heart disease, as well as for those at risk of blood clots. It also won't reduce milk supply for women who are breastfed. Who should avoid it: If you have memory problems to take your tablet at the same time each day, progestin-only pills may not be your best bet. They should be taken at the same time each day; If you are more than three hours late, plan to use the backup. Advertisement What's called:Lybrel, Seazonal, Seasonique What Works: These pills prevent pregnancy and allow you to have your period only every three months. (For example: Lybrel stops your period for a year, but you need to take the pill every day, all year round.) Who should avoid it: There is no evidence to prove that it is dangerous not to have periods, but there is still no long-term research to show that it is safe. What it's called:NuvaRing What Works: The ring is made of flexible plastic and delivers estrogen and progestin, just like the combined pill. Place the ring in the vagina for three weeks, then remove it for a week to have regular menstrua. Who should avoid it: Women who smoke or have blood cancer, should not use NuvaRing. Credit: Getty Images As it's called:Milex Wide Seal, Ortho All-Flex, Semina, SILCS What works: Made of rubber and dome-shaped, the diaphragm prevents sperm from fertilizing the egg. It covers the cervix and must always be used with spermicide. Women must be equipped for the diaphragm in the doctor's office. Who should avoid it: If your weight tends to vary by more than 10 pounds at a time, the diaphragm may not work. If you gain or lose weight, you will need to be rebuilt. Are you prone to bladder infections? Perhaps you should consider another option. If you have had toxic shock syndrome, you should not use the diaphragm. Advertisement Ad Credit: Getty Images As it's called:Mirena, ParaGard What Works: ParaGard is a surgically implanted copper device that prevents sperm from reaching the egg. Mirena, also surgically implanted, works by releasing hormones. Intrauterine devices (IUDs) are more than 99% effective and good for 10 years. Who should avoid it: Some doctors recommend the device only for women who have given birth. When the device is installed, the uterus expands, and this can cause pain in women who have not had children. If you plan to have children in a year or two, check out other options. The IUD can be removed, but the high price — up to \$500 — may not pay for short-term use. Credit: Getty Images As it's called:Femy, Protectiv, Reality What Works: A female condom is made of polyurethane, or soft plastic, and protects against sexually transmitted pathways. It is inserted deep into the vagina, via the cervix, similar to the diaphragm. Unlike a male condom, a female condom can be placed in place up to eight hours before sex. Who should avoid it: Male condoms offer greater protection — both against sexually transmitted travel companions and pregnancy — than female condoms, so if you and your male partner are not in a long-term, monogamous relationship, female condoms are not a perfect substitute. Credit: Istockphoto As It's Called:Durex, LifeStyles, Trojan What It Does: Male Condoms Protect Against Pregnancy and Sexually Transmitted Infections, Including HIV. Properly worn, condoms prevent sperm from entering the uterus. Go with latex or polyurethane condoms: lambskin does not protect you from all sexually transmitted pathways. Who should avoid it: If your partner is allergic to latex or polyurethane, you will need to find another option. And if you tend to use lubricant containing oil, such as hand lubricant or baby oil, you will need to switch to an oil-free option such as K-Y Jelly, which, unlike oil-based lubricants, does not break down latex. Commercial Credit: Getty Images As it's called:Essure, a tubal binding, a vasectomy What works: Women can undergo either a tuna binding, a surgical procedure that blocks the oars from carrying eggs into the uterus, or tubal implants (Essure), a non-surgical technique in which a small coil is inserted into the oars. The sterilization process is less risky for men: Vasectomy is a minor operation in which tubes carrying sperm from the testicles are cut. Who should avoid it: If you plan to have children, sterilization is not an option — it is not designed to be reversible. Ad credit: Getty Images As it's called:Copper T IUD, Next Choice, Plan B, Plan B One-Step What Works: Emergency Contraception is a backup for regular contraception. Plan B contains a higher dose of the same synthetic hormones combined with the pill. It works best if taken within 72 hours of unprotected sex, but can work up to five days later. There is also a copper T IUD, which a doctor can insert into the uterus five to seven days after unprotected sex. Who should avoid it: Plan B, known as the morning-after pill, is available without a prescription in most pharmacies, but only to women in 18 and older. Minors need a prescription. Copper T IUDs can be very expensive — up to \$500. Plus, they last up to 10 years,

so if you're hoping to get pregnant in the future, this isn't for you. you, you.

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