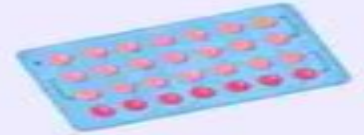


Methods Of Contraception That Are More Effective Than The Pull-Out Technique

1. Barrier methods: When we talk about barrier methods, we don't just mean male condoms. These days, even female condoms have become a popular type of barrier contraceptive. They not just prevent pregnancy but also protect you from sexually transmitted infections/diseases.



2. Contraceptive pills: Emergency contraceptive pills, such as Plan B, are the go-to solution for many women who have been at the receiving end of a bad pull-out game. Likewise, many women opt for the regular or daily contraceptive pills too, which keep you safe throughout your cycle.



3. Skin patches: Birth control patches combine the synthetic forms of the hormones progesterone and estrogen. Also known as the transdermal contraceptive, the patch can be worn on the arm, lower belly, and anywhere else on the body.



4. Vaginal rings: These are small flexible contraceptive rings, such as NuvaRing, which contains synthetic hormones such as etonogestrel (a synthetic progestin) and ethinyl estradiol. You can insert it in your vagina, while the vaginal walls absorb the hormones and do the work.



5. Intrauterine devices (IUDs): This small T-shaped plastic device is inserted into the uterus to prevent pregnancy. They are of 2 types: the hormonal IUDs that contain progestin and the non-hormonal ones (such as ParaGard) that are wrapped in a copper coil.



Technique Of Contraception

Norman Haire



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