Contraception fill in the blank notes

**Contraception**
 how to protect yourself from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 how to \_\_\_\_\_\_\_\_\_\_\_ when to get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ completely

**Knowing the female hormone cycle helps to make contraceptive treatments.** They are grouped into 4 categories:

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **treatments**
* (prevent \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by tricking the body into thinking it is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_: (Block \_\_\_\_\_\_\_\_\_from meeting \_\_\_\_\_\_\_\_\_\_\_\_)
* **Sperm \_\_\_\_\_\_\_\_\_\_\_** (\_\_\_\_\_\_\_\_ the sperm before it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* **Permanent** (\_\_\_\_\_\_\_\_\_\_\_\_\_that blocks the \_\_\_\_\_\_\_\_\_\_\_\_that carry the sperm and egg so they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
* All categories **work well** only if they **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* All methods have **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** with them too.
* During your lifetime you may use several different methods.

**Hormonal methods**

**The pill: Synthetic hormones (estrogen and progesterone)**

* **Pros** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by tricking body into thinking it is pregnant.
	1. \_\_\_\_\_\_\_\_\_ effective must be taken at the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. Allows for more spontaneity. Regulate \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and cramps
* **Cons** Requires a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.** Can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Contraceptive injection:** \_\_\_\_\_\_\_\_\_\_\_ effective. synthetic hormones \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ once every \_\_\_\_\_\_\_\_\_\_\_\_\_.

**Pros:**  Prevents ovulation for \_\_\_\_\_\_\_\_\_\_\_\_ Does not allow the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lining to accept a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ egg.

**Cons** Requires a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.**  Does not require daily action

 Takes up to 9 months to \_\_\_\_\_\_\_\_\_\_\_\_ if you want to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Contraceptive patch or ring**

**Patch**: \_\_\_\_\_\_\_\_\_ stick a patch on your arm \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **Pros:** similar to \_\_\_\_\_\_\_\_\_\_\_\_ prevents ovulation
* **Cons**: If patch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ you must use another method until \_\_\_\_\_\_\_\_\_\_\_\_\_

**Ring:** \_\_\_\_\_\_\_\_\_\_\_ flexible ring containing \_\_\_\_\_\_\_\_\_\_\_\_\_ is placed around \_\_\_\_\_\_\_\_\_\_\_.

* **Pros:** similar to pill
* **Cons:** must be replaced every month. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	1. Requires \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Some women can \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it.

**Morning after pill**

 Use after \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_ effective up to \_\_\_\_\_\_\_\_hours

 \_\_\_\_\_\_\_ effective after\_\_\_\_\_\_\_\_\_\_\_ days

* **Pros:** In case of emergency only very high dose of hormones.
* **Cons:** not very effective. Requires \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Barrier methods Male and Female condoms**

* **Condoms** \_\_\_\_\_\_\_\_\_\_effective: often used with a \_\_\_\_\_\_\_\_\_\_ 99%effective
	1. Poly urethane or latex sheath that covers an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or inserts into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Pros:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ male condom is cheaper than female condom.
	1. Prevents \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as well as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Doesn’t affect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cycle
* **Cons:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_can be difficult to insert.May\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.** Requires attention \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_intercourse.

**Cervical cap or diaphragm**

* A small latex \_\_\_\_\_\_\_\_\_\_\_that covers the \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Can be inserted up to \_\_\_\_\_\_\_hours before \_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_ effective less if you have had \_\_\_\_\_\_\_\_\_\_\_\_\_
* **Pros:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_than condoms**.** Does not affect \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cycle
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ require action immediately before intercourse
* **Cons:** Must be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is difficult

**Toxic methods**

* **Spermicides \_\_\_\_\_\_\_\_\_\_\_\_\_\_ effective**
	1. Placed in the \_\_\_\_\_\_\_\_\_\_\_\_\_ or on the \_\_\_\_\_\_\_\_\_\_\_\_ just before intercourse. \_\_\_\_\_\_\_\_\_\_\_\_\_
	2. This works best when used in conjunction with the \_\_\_\_\_\_\_\_\_\_\_\_\_ methods.

**IUD or intra uterine device. \_\_\_\_\_\_\_\_\_\_\_\_ effective**

 Covered in \_\_\_\_\_\_\_\_\_\_\_. Shaped like a “T” and placed in the \_\_\_\_\_\_\_\_\_\_\_

 The copper kills the \_\_\_\_\_\_\_\_\_and the “T” prevents the \_\_\_\_\_\_\_ from \_\_\_\_\_\_\_\_\_\_\_.

* **Pros:** reliable long-term method \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.** Often used \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* **Cons:** requires a prescription and doctors’ appointment**.** Can increase \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

**Permanent methods**

 When you are \_\_\_\_\_\_\_\_\_ you no longer want to have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

* **Women**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Major internal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	1. The \_\_\_\_\_\_\_\_\_\_\_\_\_ tubes are \_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Egg can no longer\_\_\_\_\_\_\_\_\_\_\_ sperm
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ still occurs with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ hormone cycle.
* **Men:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_ day \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
	1. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are \_\_\_\_\_\_\_\_ and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_ can’t get out.
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are normal they just contain \_\_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.