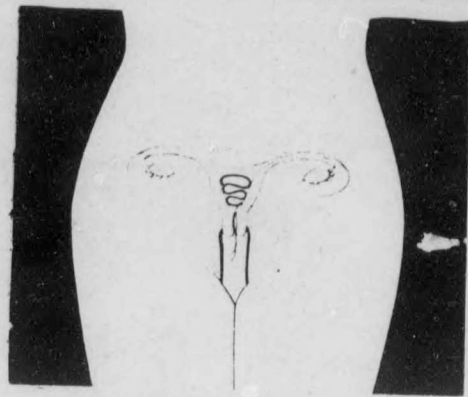


CONTRACEPTION



Intrauterine Device

not left near or inside
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great deal cleaner
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they should realize
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of the most popular
safest methods of

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and follicle stimulat-
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or calf pain
and redness, or
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may also gain a
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often be rectified by the woman switching
to a pill which contains less progesterone
- the cause of the weight gain.

THE IUD

The intra-uterine device is probably the
second most popular method of birth
control. It is a small plastic device which a
doctor inserts inside the uterus. Insertion
is a simple procedure and the IUD can be
left in place for several years. Some
women may have a few cramps after
insertion, and for a while her period may
be heavier with slight bleeding occurring
in between. These effects are usually
temporary.

It is not understood entirely how the
device actually works, but they do provide
effective if not perfect protection from
pregnancy.

The device should be checked
occasionally, as sometimes it may slip out
without the woman noticing. It is also a
good idea (though not completely
necessary) to use a contraceptive foam in
addition.

The IUD cannot be felt by the man
during intercourse, and does not interfere
with the insertion of tampons.

IUD's come in different shapes, and new
ones are being invented. The uterus may
reject one shape yet accept another.

An IUD can be removed if conception is
desired with no adverse effects.

DIAPHRAGM WITH CREAM OR JELLY

The diaphragm is a flexible rubber
cup-shaped shield which holds contracep-
tive jelly in place. With the contraceptive
jelly or cream, it provides both a
mechanical and a chemical barrier
against sperm.

A doctor must measure the woman
before prescribing a diaphragm, and the
diaphragm must be left in place for at
least eight hours after intercourse. In
addition, extra jelly must be added if she
has more sex within the eight hour
period.

After removal it should be washed and
dried to keep it in good condition.
Douching should be done only after the
removal of the diaphragm.

Certain basic rules should be followed
such as checking with a doctor if there is a
gain or loss of 10 or more pounds,
abortion or miscarriage, pelvic surgery, or
the birth of a child. The diaphragm must
fit exactly, to be effective.

THE CONDOM

One of the better know methods, no
doubt, the condom is a thin sheath which
is rolled on and over the man's penis as
soon as it is erect. A space with no air is
left at the tip to catch the seminal fluid.

Condoms are an easy method as they
can be bought at the drugstore without a
prescription.

To give effective protection against
pregnancy the condom should be put on
before any sexual contact is made.
Because some fluid may be released
before climax any delay may result in
pregnancy.

The man must hold the condom in place
when he withdraws or as his penis
becomes soft so that leakage of seminal
fluid will be avoided. A fresh new condom
must be used each time a man has sexual
intercourse.

Risk of pregnancy with this method is
reduced if the woman also uses a
contraceptive foam, cream or jelly at the
same time. These preparations provide
extra lubrication too, if needed, although

some condoms are prelubricated to give
additional comfort and sensitivity.

VAGINAL FOAMS, CREAMS AND JELLIES

Foams, creams and jellies are used by
some to prevent conception, though
they are not entirely reliable.

if they are used in conjunction with
other methods, i.e. condom or diaphragm,
then the risk of pregnancy is greatly
reduced.

They form a chemical barrier to prevent
sperm from entering the uterus. They, like
the condoms, can be bought without a
prescription. The instructions in each
package should be carefully followed, and
a person should look for the word
contraception before purchasing a foam,
cream or jelly.

These products are harmless (except to
sperm) and cannot be felt when in use.

VOLUNTARY STERILIZATION

A great deal of thought should occur
before this method is considered. It is
irreversible, although the advances in
medical science do indicate that male
sterilization can be reversed in some men.

FOR A WOMAN:

The tubes through which the egg travels
are cut and tied by a minor surgical
operation in hospital. Then the monthly
egg cannot reach the sperm and it is
simply absorbed by the body. This is not a
hysterectomy because the uterus is not
removed. The woman continues to have
her periods and she is still a woman in
every way. Frequently her appetite for
sex increases because she no longer has
to worry about becoming pregnant.

FOR A MAN:

The tubes through which the sperm
travel are cut and tied off in a doctor's
office. After this, no sperm can get into
the semen during sexual intercourse.
Instead, the sperm are absorbed back into
the body. Laboratory tests must be taken
after this operation at intervals of 2 - 6
months to determine the sperm count,
until the tests show that all the sperm
have disappeared from the fluid. When
this occurs, the man can no longer
become a father but he can still enjoy a
normal sex life. A vasectomy does not
decrease sex drive or manliness. Many
men find that since they no longer have to
fear that the woman will get pregnant,
their sex drive is increased.

In conclusion, with the amount of birth
control information available, and the
simplicity of receiving it, there is really
very little reason why accidents should
occur.

As mature individuals it should be up to
each and every student to decide for him
or her self which method is best for them.

Incidentally, advances in medical
science now indicate that a male "pill"
will soon be available. The method is not
as yet available to the public, but
interested persons should keep an eye
out for further news. It will truly equalize
the responsibility of birth control, and the
partners can decide between themselves
who will take the pill.

No method is perfect - a fact which
should be kept in mind. These methods
have to followed according to instructions
otherwise the chances of contraception
are great.

Think a little - there's more involved than
yourself.

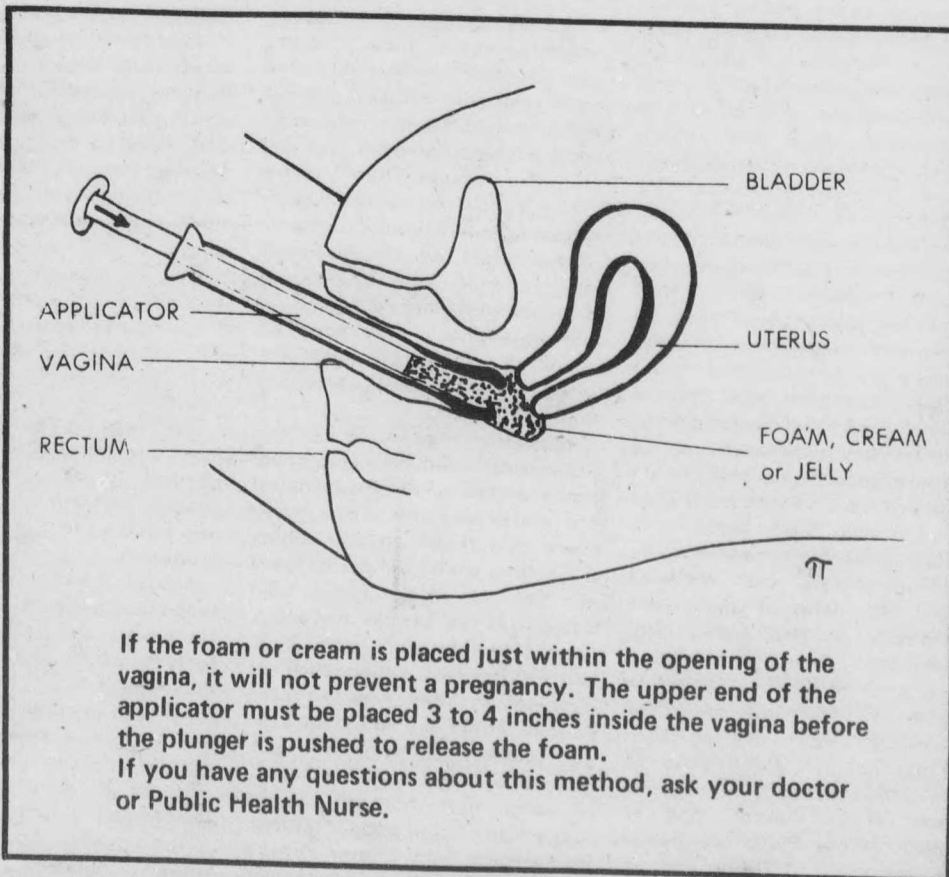
EXAMPLES OF INTRAUTERINE DEVICES



LIPPES LOOP

SAF-T-COIL

DALKON SHIELD



If the foam or cream is placed just within the opening of the
vagina, it will not prevent a pregnancy. The upper end of the
applicator must be placed 3 to 4 inches inside the vagina before
the plunger is pushed to release the foam.
If you have any questions about this method, ask your doctor
or Public Health Nurse.