

There are four basic ways of birth control: Natural methods like watching for the time of ovulation or withdrawing which doesn't work. Barrier methods like an IUD or diaphragm. Oral Contraceptive; hormonal methods like the birth control pill or depo-provera. Sterilization like castration, vasectomy or tubal ligation. There are about 200 to 500 million sperm cells in every ejaculation. It takes only one to fertilize a female egg, hence, penis withdrawal is not considered an effective birth control method because of subsidiary emissions before ejaculation. The first day of bleeding is the first day of the woman's cycle. About two weeks before the onset of menstruation, ovulation occurs. This is the process where the egg/ ova breaks out of the follicle and moves from the ovary through the fallopian tube to the uterus. This process takes from 12 to 36 hours. About 4-6 days before this, the woman starts to produce fertile mucus and the cervix starts to open. During this time, ovulation, you're considered fertile and it's the optimal time to get pregnant. The basic changes you can monitor is waking temperature which goes from 97-97.5 Fahrenheit before ovulation to 97.5-98.6 after for at least three days. If you reach in and pull some mucus out of your vagina, you can test it for fertility. If it's whitish and immediately breaks up, you're not in a fertile phase. If it's clear and keeps its cohesion, you're fertile. During this time if you don't want to get pregnant, either abstain from sex or use contraception. The Rhythm Method is basically a guessing game and overall, not very effective. During the menstrual cycle, the female produces the egg during the ovulation period which is a one day window of time in which a man can donate a healthy sperm to impregnate the egg. The sperm can live for two days, the egg for one, hence, some people try to estimate when this ovulation period is occurring and abstain from intercourse during this short time. The Birth Control Pill contains the synthetic hormone estrogen or progestin or a combination of the two of them. The pills affect hormonal levels such that ovulation doesn't occur and the conditions change in the fallopian tubes and uterus making it not conducive for impregnation. Birth control pills are issued with a prescription and it's a good idea to be under a doctor's care for side effects like mood swings from hormonal imbalances, possible internal bleeding, etc. The pills are taken for a cycle of 21-28 days then the menstrual period starts right after. Antibiotics can counteract the effectiveness of birth control pills, particularly low dose estrogen contraceptives like brevicon, demulen and modicon. Some of the antibiotics that can affect birth control pills are Tetracycline, Ampicillin, Chloramphenicol, Midicel and Rifampin. Condoms are thin latex or natural membrane balloon like things that a man puts on his penis to catch the sperm when he ejaculates. They're used to prevent pregnancy and increasingly to prevent STDs, however, some reports cite that the microscopic holes in them are five times bigger than the size of the HIV virus so a person could get infected despite using this protection. Use a new condom for every act that leads to ejaculation. There are Female Condoms which are basically larger versions of the male condom that a woman inserts into her vagina before intercourse. Diaphragms and cervical caps are round, rubber devices with an insulated metal rim inserted into the vagina along with spermicidal jelly or a suppository to stop the sperm from entering the cervix to go to the uterus. A gynecologist prescribes and fits a diaphragm. The diaphragm should be left in the vagina for no more than eight hours or so during sexual intercourse then removed and washed. Cervical Cap, Ltd. 430 Montgomery Ave. Los Gatos, Ca 95030 408-395-2100 Referral to a doctor that fits cervical caps.

Telephone Pirates: The 99% True Confession of a Reformed Telemarketer, Tigers: Beautiful Pictures & Interesting Facts Children Book About Tigers (Animals Knowledge Series), Advances in Structure Research by Diffraction Methods: Fortschritte der Strukturforschung mit Beugungsmethoden: v. 5, Tickle, Tickle! Itch, Twitch!, Manx Cats, Sexual Desire Disorders, Penthouse Magazine May 1991, War of Words: Memoir of a South African

Journalist,

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