

## Arrangement Of Fertility And Nursing

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### What does mean the family planning?



Family planning means to birth the child in the time when you want and plan it...



In 1965 year the world health organization made a order about sexual education of the people. Also started appeared education about contraceptive methods in public. However in that one year it came the low about forbidden to make abortion and sterilization (just medical indication could be using)

In 1983 came to the life new principles: to educate the woman about different methods of contraceptive (this way to promote the healthy woman's personnel). From that one year it s possible to make the surgical sterilization without medical indication. Before 10 weeks of pregnancy the abortion is legal

### What is the goals for family planning?



## What is the goals for family planning?

- To give to the couples information about family planning methods
- To not make birth with the small intervals between the babies
- Not to have plenty of children
- To prevent the unwanted pregnancy

## What is the situation in the World, Turkey and North Cyprus about family planning?



## What is the situation in the World, Turkey and North Cyprus about family planning?

- Nowadays in Turkey and TRNC exist to many education programs about sexual health and family planning
- In the pharmacy the contraceptive staff possible to buy without prescription
- In the hospitals exist special programs such as postabortion, adolesants, perimenopause etc.

## Which one contraceptive methods do we know?



## Methods Of The Birth Control

- #1 is Abstinence
- Rhythm method, days 10-17
- BCP (birth control pills) – Can be estrogen and progesterone or just progestin only
- Diaphragm
- Cervical cap
- Condoms (woman and man)
- IUD (intrauterine device)
- Norplant
- Tubal ligation
- Vasectomy
- Elective Abortion

## Oral Contraceptive Pills



## Oral Contraceptive Pills

- Preparation of synthetic estrogen and progesterone block ovarian stimulation by preventing the release of follicle-stimulating hormone (FSH) from the anterior pituitary gland
- In the absence of FSH, a follicle does not ripen and ovulation does not occur
- Combined oral contraceptives contains both "estrogen and progesterone"
- Progestin- only progestin

## How To Use Oral Contraceptive?



## How To Use Oral Contraceptive?

- If to use the oral contraceptive in the right way it is 99.9% effective
- Oral contraceptive exist 28, 22 or 21 pill in a pack
- It starting to use from the first or fifth day of the cycle
- In the 28 tablets pack the last 7 pills consist the iron for an instance of hormone
- The pills need to take every day in the same time
- If the woman using 21 pills pack she need to give 7 days break. In this time (usually in 2 -3 day) the menstruating flow will started. After the 7 days break, even if menstruation did not finish, the woman will start another pack of pills

## The contraindication for using oral hormonal contraceptives

- Thrombosis or varicose disease
- Diabetes militus with vessels complications
- Liver diseases in decompensation stage
- Tumors of liver
- Kidneys decompensation
- All type of cancer
- Vaginal bleeding undiscovered etiology
- Breast Feeding

## The side effects of the oral contraceptives



## The side effects of the oral contraceptives

- Nausea
- Breast tender
- Strong head ache
- Low the amount of the menstrual blood flow, but possible to appear some small blood spotting inside of the cycle
- Depression
- Changing with the body weight
- In the skin with the insolation possible to appear the kloasma

### The positive sides of the oral contraceptives



### The positive sides of the oral contraceptives

- Very effective method of contraceptive
- The menstrual flow became regular and not too much intensive
- Making less intensively of menstrual pain
- Not influent on the sexual relationship
- Minimize the risk of the atopic pregnancy
- Minimize the risk of the ovary cist
- The fertility ability coming back after stopping to use the pills
- Can normalize the skin problems
- Minimize the risk of osteoporoz
- Very deeply discovered method

### The negative sides of the oral contraceptives



### The negative sides of the oral contraceptives

- Every day it necessary to drink a pill
- Some woman can take the extra weight during the using of oral contraceptives
- Sometimes it s not possible to mix the method with other medicine
- With the smoking it can cause circulation problems
- It s not protecting from TSI
- In 35+ woman who smoking more then 20 cigarettes in a day the risk of heart attack became in very high level

### Who can use the oral contraceptives?



### Who can use the oral contraceptives?

- The women who need always method of contraceptive
- Women who get high bleeding during the menstruation
- Women who have a problem with unregular cycle
- Women with high level intensively menstrual pain
- Women with function cist of the breast

### Who cannot use the oral contraceptives?



### Who cannot use the oral contraceptives?

- Women who can be pregnant
- Women with a cancer
- Women with a breast cancer
- Women with a thrombosis disease
- 35 years + smoking women
- More then 20 cigarette in a day smoking women
- Hypertension and diabetes sick women
- 40 + years old women
- Women with liver disease

### What is the Mini Pills?



### What is the Mini Pills?

- Mini Pills it s contraceptive pills which consist just only Progestin inside
- The effects 98.5 % in breast feeding mothers, 96 % in others
- It s making the cervical mucus more solid, 40 -60 % minimize ovulation and making intratubal slowness of the egg

### The Positive Sides Of Mini Pills

- The fertility ability coming immediately after it s breaking
- The breast feeding mother can using them
- They are not influence on the mother milk quality even it can help to increase the amount of milk
- They don t have the most part of the negative effects of the normal hormonal pills

### The Negative Sides Of Mini Pills

- Every day it necessary to drink a pill
- Necessary to use exactly in the same hours
- Just maximum 3 hours possible to prolongate the intake
- It s not protecting from TSI

### Under skin the hormonal contraceptive



### Under skin the hormonal contraceptive

- As usually this implants 3.4 cm, soft one with 36 mg of Levonorgestrel
- Norplant working for 5 years
- It s for 99 % efectiv mothod

### Positive sides

- Long term working
- Does not need to use a pills
- High level of effectively
- Not influence on the sexual relationships

### Negative sides

- To put and take off processes need the operation
- It can inflame
- Women can t stop it when she wants
- It could be noticed under the skin
- Not effective for STI



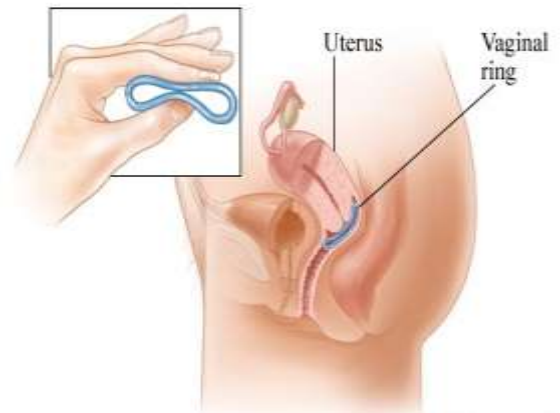
### Vaginal Ring





## Vaginal Ring

- The vaginal ring is a highly effective method of birth control when it is used exactly as directed. The ring failure rate is the same as that of birth control pills.
- The ring is started during one of the first 5 days of the menstrual cycle.
- The ring cannot be incorrectly inserted. Its exact position in the vagina is not critical for it to work because the ring is not a barrier contraceptive. The ring is left in place during sexual intercourse. It is replaced with a new one every 4 weeks.
- Note the day that you insert a new vaginal ring. Leave the ring in place for 3 weeks
- To take a 1-week break to have a menstrual period, remove the ring on the same day of the week that you inserted the ring 3 weeks before
- Insert a new ring on the same day of the week as you did 4 weeks ago



## What is The Positive Sides Of Vaginal Ring?



## The Positive Sides Of Vaginal Ring

- Once-a-month self-administered use offering convenience, ease of use and privacy (most users and most partners do not feel the ring, and of those who do, most do not object to it)
- Lower estrogen exposure than with combined oral contraceptive pills or the contraceptive patch Ortho Evra
- A low incidence of estrogenic side effects such as nausea and breast tenderness
- A low incidence of irregular bleeding despite its lower estrogen dose

## The Negative Sides Of Vaginal Ring

- Sometimes can give not comfortable feeling to one or other partners
- Not protecting from STI
- More expensive then other contraceptive methods
- Some times the ring can fall down from vagina
- Needs a prescription

## Side Effects

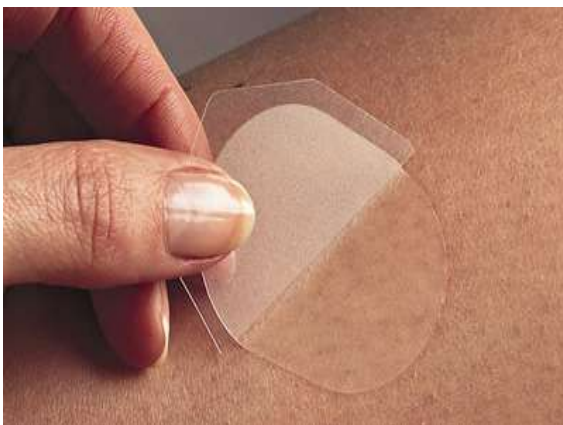
- Vaginal discharge
- Vaginal irritation
- Contractions of the uterus
- Acne problem
- Extra weight problem
- Sometimes the body taking it like the antibody, in this case we need to take off it from the vagina

The researches from 2009 – 2007 shows that over 5 years using the vaginal ring can cause Virus of Human Papiloma Virus and 4 times increasing the cervix cancer

## Tran dermal Patch



A woman applies her first patch onto her upper outer arm, buttocks, abdomen or thigh on either the first day of her menstrual cycle (day 1) or on the first Sunday following that day, whichever she prefers. The day of application is known from that point as *patch change day*. Seven days later, when *patch change day* comes again, the woman removes the patch and applies another to one of the approved locations on the body. This process is repeated again on the next *patch change day*. On the following *patch change day*, the patch is removed and not replaced. The woman waits 7 days without a patch in place, and on the next *patch change days* she applies a new patch. Extended use regimens, where patches are used for several weeks before a patch-free week, have been studied



## Contraindications

- Breast cancer
- Allergy or hypersensitivity to any active substance or excipients
- Estrogen-dependent tumours
- Vaginal bleeding of unknown origin.
- Thrombophilic alterations.
- Kidney or liver disorders



## Emergency contraceptive

Emergency contraception (EC), or emergency postcoital contraception, are birth control measures that may be used after sexual intercourse to prevent pregnancy



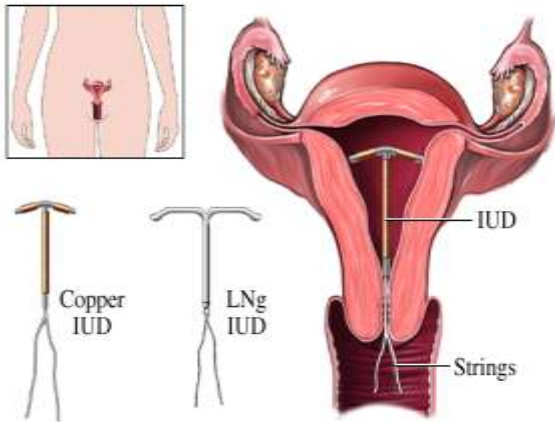
Levonorgestrel is a manufactured hormone used in a number of birth control methods. In pill form, sold under the brand name Plan B among others, it is useful within 120 hours as emergency birth control. It becomes less effective the longer after sex and only works before pregnancy has occurred

## Intrauterus devices



## Intrauterus devices

An IUD is a small, T-shaped plastic device that is wrapped in copper or contains hormones. The IUD is inserted into the uterus by the doctor. A plastic string tied to the end of the IUD hangs down through the cervix into the vagina. The woman can check that the IUD is in place by feeling for this string. The string is also used by your doctor to remove the IUD



## Hormonal IUD

The hormonal IUD, such as Mirena or Skyla, releases levonorgestrel, which is a form of the hormone progestin. The hormonal IUD appears to be slightly more effective at preventing pregnancy than the copper IUD. There are two hormonal IUDs—one works for 5 years, and the other works for 3 years

## Copper IUD

The most commonly used IUD is the copper IUD (such as Paragard). Copper wire is wound around the stem of the T-shaped IUD. The copper IUD can stay in place for up to 10 years and is a highly effective form of contraception

## Thank you for your attention

