

Topic: Family Planning
Class: B.Sc Part –III (Hons.)
Paper- VII
Group – A

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Risks

- Many methods of birth control have side effects.
- Knowing the side effects can help a woman to determine which method of birth control is right for her.
- There is no perfect form of birth control.
- Every method has a small failure rate and side effects.

- Some methods carry additional risks.
- However, every method of birth control has fewer risks than pregnancy.
- The risks include:
- Hormonal methods:
- The hormones in birth control pills, Depo Provera, and Norplant can cause changes in menstrual periods, changes in mood, weight gain, **acne** , and headaches.
- In addition, once a woman stops using Depo Provera or Norplant, she may go many months before she begins ovulating again.

- **Barrier methods:** A woman must insert the diaphragm in just the right way to be sure that it works properly.
- Some women get more urinary tract infections if they use a diaphragm because the diaphragm can press against the urethra,
- The tube that connects the bladder to the outside

- **Spermicides:** Some women and men are allergic to spermicides or find them irritating to the skin.
- **IUD:** The device is a foreign object that stays inside the uterus, and the uterus tries to get it out.
- A woman may have heavier menstrual periods and more menstrual cramping with an IUD in place.
- **Tubal ligation:** Some women report increased menstrual discomfort after this surgery.
- It is not known if this side effect is related to the tubal ligation itself.