

Title:

Common Birth Control Methods and How Effective They Are

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Summary:

There are numerous birth control methods out there, which means that people have a wide range

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Article Body:

There are multiple methods, tools, and techniques that a woman can use in pursuit of birth control. While many are available to men as well, but females have the wider range of choices. It should be noted, however, that there are many caveats. For example, very few methods for contraception ~ or ^family planning,~ as the Catholics would say, are completely safe. In fact, a vast majority of them still have a slight risk of going awry. Scientifically speaking, the single most effective form of birth control is still abstinence. While it prevents conceiving, after all. Technically speaking, human fertilization is still possible through artificial means. Abstinence, as a form of birth control, does not cost anything. It also provides the additional benefit of protection from getting an STD. However, many people find the lack of sex to be a frustrating aspect of abstinence as the method that is likely to make it unappealing.

Withdrawal, also known as coitus interruptus, is supposedly an effective form of birth control. It involves the male ^withdraw~ from the vagina just prior to ejaculation, preventing the sperm from entering the female. Some men have expressed problems with this approach, mainly because it forces men to remain on edge. This theory, causes sexual frustration on the part of the male and, arguably, reduces sexual gratification. For most couples find this an acceptable trade-off in favor of contraception, the fact is that even with this method, there is a certain degree of risk of pregnancy. This method may not work as effectively as it should, depending on factors including the presence of fluid on the tip of the penis that might already contain sperm cells before the man ejaculates.

The Catholic Church-approved Natural Family Planning method is one that presents even more risk than withdrawal. It involves variables involved. The main problem with this is that it requires a detailed, intimate understanding of the female ovulation cycle and the dependence on the regularity of it. This method involves estimating when the female is fertile, which is taken as the only time when sex would be safe from the possibility of pregnancy. While it works if the female's ovulation cycle is regular, with the slightest unknown alteration or interruption, it fails. In contrast, if the couple ever decides to have a child, they also have an idea of when the female is fertile.

increasing chances of conception.

Pills are usually among the most favored birth control methods on the market. These medications alter the hormone levels of the woman's body, preventing the release of the egg cell from the ovaries. There are many side effects associated with the use of the pill, but in general terms, it is the most effective birth control method. However, this is true only if the prescribed schedule for taking the pills is followed, since any irregularity or alteration could disrupt the hormonal flow that the pills control.

Condoms are one of two birth control options for males, and also the option that has the highest failure rate. They have small holes in them, which can reduce their effectiveness. On their own, condoms can be a very effective birth control method. In conjunction with other birth control methods, such as the pill, then it can be very effective.

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