

Contraception – Study Guide – Topics and Questions

Chapter Ten (11th and 10th editions)

1. Know the name of the person most responsible for promoting changes in birth control legislation and promoting birth control availability and use in the US (according to your textbook).
2. Know in what year the first birth control pills came on to the US market.
3. Know what percent of couples will become pregnant during a year of unprotected intercourse. [see the table on failure rates – under the heading “No Method”]
4. Know the following terms and their meanings:
 - failure rate
 - backup method
 - “outercourse”
5. Know what the 4 basic types of Pill are called.
For each type of pill know whether it contains estrogens, progestins, or both.
The 4 types according to your book are:
 1. constant-dose combination pills
 2. triphasic pills (more correctly multiphasic pills - which includes triphasic & biphasic)
 3. Seasonale (actually an example of a constant-dose combination pill)
 4. progestin-only pills
6. Know the three mechanisms by which the pill is thought to prevent pregnancy.
In other words, what three changes caused by the hormones in the pill make pregnancy less likely?
 1. What effects do the hormones have on ovulation? How does this prevent pregnancy?
 2. What effects do the hormones have on cervical mucus? How does this prevent pregnancy?
 3. What effects do the hormones have on the uterine lining? How does this prevent pregnancy?
7. Know at least three benefits of the pill [see information provided in a table in the textbook]
 - including which cancer types it provides some protection against.
8. Know at least one serious (life threatening) complication associated with the pill.
9. Know three new methods of hormonal contraception: the patch, the ring, and Seasonale pills.
Know how long one patch, one ring, and one pack of Seasonale last.
(before they have to be replaced with another patch, ring or Seasonale pack to maintain protection)
10. Know how many periods / year one is likely to experience if using Seasonale.
11. Know how often Depo-Provera shots need to be given
in order to maintain effective contraceptive coverage.
12. Know what types of condoms provide some protection against the HIV virus and what types don't.
13. Know how temperature affects latex.
14. Know how oil-based and water-based lubricants affect latex.
15. Know how long the diaphragm should stay in place following intercourse.
16. Know with what agents to clean and maintain a diaphragm.
17. Know the 2 different components added to the plastic frame of IUDs that help prevent pregnancy
(answer: copper or hormone: progesterone/progestin).
18. Know what monthly check should be performed by IUD users.
19. Know the characteristics that describe women who are good candidates for IUD use
Know why those characteristics are important...
(...to minimize the impact of what medical problems that occur more often with IUD use?)
[for full information you will need to use the lecture information as well as the textbook]
 - women in stable monogamous relationships
 - women with no history of STDs or PID
 - women who have at least one child or have completed childbearing
 - women who are at least 25 years old
 - women who have ready access to medical facilities
20. Know the names of the hormone pills marketed exclusively as emergency contraceptives.

21. Know the names of 4 [natural family planning or fertility awareness] methods for determining the time in a woman's cycle when she is fertile or not fertile.

For each method, know what signals or clues are used to determine whether or not a couple can have unprotected sex.

The 4 methods are:

- Standard days method

- Mucus method (ovulation method)

- Calendar method (rhythm method)

- Basal body temperature method

22. Know which is safer and cheaper:

- tubal sterilization or vasectomy?

23. Know the names of three contraceptive methods that are not very effective

- as discussed in your textbook under the title "Less-Than-Effective Methods."

- (Nursing, Withdrawal, Douching)