

**Topic:** Methods of contraception

### What are the different methods of contraception?

### Solution

Any approach used to prevent the conception of unwanted pregnancy refers to contraception. Major contraceptive methods are categorised as barrier methods, surgical and chemical methods. Barrier methods are the physical devices that prevent conception by inhibiting the entry of sperms in female genital tract. Example: condoms, diaphragm, cervical caps etc. Surgical methods include vasectomy (blocks vas deferens to prevent sperms from coming out) and tubectomy (blocks fallopian tubes to prevent entry of egg in it) in males and females respectively. Chemical methods of contraception include any hormonal preparation that serves to alter the hormonal balance of body to prevent egg maturation or fertilisation. For example, oral and vaginal pills. Other methods include intrauterine devices (inserted by a physician into the uterus to prevent implantation), medical termination of pregnancy, coitus interruptus etc.

**Topic:** Methods of contraception

What could be the reasons for adopting contraceptive methods?

### Solution

Contraceptive methods include any approach to prevent conception; for example, oral contraceptive pills, surgical methods (vasectomy, tubal ligation), contraceptive implants, diaphragm, cervical cap, condoms, intrauterine devices etc. These methods are adopted for protection against sexually transmitted diseases, to have sufficient gap between two successive childbirth to ensure better health of mother and children, to restrict the number of kids, to enjoy reproductive health and to control exponential population growth.

**Topic:** Problems and strategies of reproductive health

What do you think is the significance of reproductive health in a society?

### Solution

Reproductive health in a society helps to prevent the spread of various sexually transmitted diseases and impart the ability to produce offspring carrying better survival rates. Sex education helps in maintaining the population size and to avoid unwanted pregnancies.

**Topic:** Problems and strategies of reproductive health

Suggest the aspects of reproductive health which need to be given special attention in the present scenario.

### Solution

Reproductive health is the main factor to be considered in health scenario as it is the backbone of the next generation health too. They should be given clear and correct guidance on the reproductive health by maintaining a healthy diet and also healthy and hygienic conditions during the pregnancy. In the present situation, mainly youth should be made aware of the use of contraceptives and the adverse effects of sexually transmitted diseases. Women should be educated about the safety precautions and diet to be followed during the pregnancy.

**Topic:** Sexually transmitted disease

Is sex education necessary in schools? Why?

### Solution

Sex education is necessary in schools because it provides correct information about of reproductive health, related organs, about adolescence and sexually transmitted diseases. As well as it creates awareness to protect people from the misconceptions about various sex related issues.

**Topic:** Problems and strategies of reproductive health

Do you think that reproductive health in our country has improved in the past 50 years? If yes, mention some such areas of improvement.

### Solution

Yes, the reproductive health has improved in India in the last 50 years. The areas of improvement are as follows:

- (1) Gained better awareness of sex-related problems
- (2) Increased number of medically assisted deliveries
- (3) Decreased infant mortality rates due to improved post-natal care
- (4) Increased awareness about contraceptives and STDs.

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**#526088**

**Topic:** Methods of contraception

Is the use of contraceptives justified? Give reasons.

**Solution**

Yes, the use of contraceptives is justified due to the following reasons:

- 1) Contraceptive devices help in reducing unwanted pregnancies, which reduces increased birth rate and hence, checks population explosion.
- 2) Contraceptives provide an option for planning the family by spacing the pregnancies and avoiding unwanted pregnancies.
- 3) Contraceptives also prevent the incidence of sexually-transmitted diseases, AIDS etc. to some extent.

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**#526089**

**Topic:** Methods of contraception

Removal of gonads cannot be considered as a contraceptive option. Why?

**Solution**

Any techniques that can prevent the unwanted pregnancies are termed as contraceptive methods. Surgical removal of gonads causes sterility of individual and is irreversible process while contraceptive methods can be reversed when pregnancy is desired. Thus, it is not considered as a contraceptive option.

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**#526090**

**Topic:** Problems and strategies of reproductive health

Amniocentesis for sex determination is banned in our country. Is this ban necessary? Comment.

**Solution**

Amniocentesis includes extraction of amniotic fluid by insertion of a needle through the abdomen into the uterus and amniotic sac. Amniotic fluid contains amniotic membrane cells and foetus skin cells which are then cultured to detect any chromosomal anomaly in the foetus by analysing chromosomal aberration/defects. Since amniocentesis can disclose the sex of foetus, it has been misused by expecting parents abort the developing foetus if it is a female child. Sex determination by amniocentesis caused genetic imbalance by reducing a number of females to males and thus its use for sex determination of foetus has been banned in India where the girl child is still unwanted one.

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**#526091**

**Topic:** Assisted reproductive technologies

Suggest some methods to assist infertile couples to have children.

**Solution**

Intracytoplasmic sperm injection (ICSI), Artificial insemination, Gamete intrafallopian transfer (GIFT) are some of the methods that help infertile couples to have children.

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**#526092**

**Topic:** Sexually transmitted disease

What are the measures one has to take to prevent contracting STDs?

**Solution**

Sexually transmitted diseases (STDs) get transferred from one individual to the other through sexual contact. Hence, it can be prevented by :

The use of contraceptives, such as condoms, etc. while intercourse, can prevent the transfer of these diseases. Sex with unknown or multiple partners should be avoided as they may have such diseases. Regular medical checkup to ensure good health is necessary.

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**#526098**

**Topic:** Infertility

State True/False with explanation:

- (a) Abortions could happen spontaneously too. (True/False)
- (b) Infertility is defined as the inability to produce a viable offspring and is always due to abnormalities/defects in the female partner. (True/False)
- (c) Complete lactation could help as a natural method of contraception (True/False)
- (d) Creating awareness about sex related aspects is an effective method to improve reproductive health of the people. (True/False)

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**Solution**

- (a) Abortions could happen spontaneously too. (True)
- (b) Infertility is defined as the inability to produce a viable offspring and is always due to abnormalities/defects in the female partner. (False; both male and female partners can be the cause infertility)
- (c) Complete lactation could help as a natural method of contraception (False; it acts as contraceptive till six months after parturition only)
- (d) Creating awareness about sex-related aspects is an effective method to improve the reproductive health of the people. (True)

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**#526099**

**Topic:** Methods of contraception

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Correct the following statements :

- (a) Surgical methods of contraception prevent gamete formation.
- (b) All sexually transmitted diseases are completely curable.
- (c) Oral pills are very popular contraceptives among the rural women.
- (d) In E. T. techniques, embryos are always transferred into the uterus.

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**Solution**

- (a) Surgical methods of contraception prevent the release of gametes.
- (b) Few sexually transmitted diseases are curable at their early stages; AIDS is not curable.
- (c) Oral pills are very popular contraceptives among the urban women.
- (d) In E. T. techniques, 8 celled embryos are always transferred into the fallopian tube while 16 celled are transferred to the uterus.