

Complaints and Side Effects of Different Contraception Methods Regularly Used in District Kohat

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Abstract: Methods which control or prevent pregnancy are called contraception techniques. These techniques are also called birth control techniques. There are so many contraception methods which are being following now a day, permanent contraception includes male vasectomy and female tubal ligation. A survey study was conducted in local population of rural and urban areas of district Kohat in which effectiveness of few available contraception methods and the satisfaction level of the user was evaluated. About 155 out of 200 (77.50%) contraceptives user complained about different contraception methods. This study revealed that the use of oral pills causes severe abdominal and leg pain, nausea, hypertension and an increase level of appetite. Intra uterine contraceptive devices users complained that it causes uterine infection and allergic responses in uterus of the female's body. People who used injections for contraception complained that it causes irregularity in menstruation. Condom were found most reliable contraception method by 98.36% of the respondents. IUCDs were found effective for preventing pregnancy but it was criticized by 76.19% of the respondents as it leads to uterine infection and also it interrupts sexual activity. Condoms were considered to be least harmful contraception method with minor uterine inflammation and good results in low cost. Operative contraception methods were found very costly along with lifetime infertility, reversion of which was not historically successful method.

Key words: Contraceptives • Side Effects • Kohat

INTRODUCTION

Methods which control or prevent pregnancy are called contraception techniques. These techniques are also called birth control techniques [1]. Malthusian League was recognized in 1877 in United Kingdom to aware people about the importance of family planning methods [2]. To prevent unwanted pregnancies Birth Control Program was established 20th century [3]. That time contraception was not acceptable legally, Annie Besant and Charles Bradlaugh were accused for supporting and publishing contraception methods [3]. World's first clinic of birth control was established in 1921 by Marie Stopes of Malthusian League in Britain [4] There

are so many contraception methods which are being following now a day, permanent contraception includes Male Vasectomy and Female Tubal Ligation. In vasectomy vas deferens are cut off and tangled to prevent education of the sperms [5]. While tubal ligation involved obstructing fallopian tubes [6]. This method is considered to be 99% successful in first year of the surgery. While next year it may reconnect and lead to an accidental pregnancy [7]. IUCD is a T-Shaped intra uterine contraceptive device that is either made up of levonorgestrel or copper [8]. It blocks the fallopian tubes and prevent the sperms to get attached to the egg, it acts as spermicidal device [9, 10]. IUCDs are reversible contraception methods, can be removed easily by health

service provider [11]. Oral contraceptive pills include estradiol and progestin which prevent pregnancy and stunts fertility [12]. Injectable contraceptives are often hormonal which effects on endocrine glands and prevent pregnancy [13]. The aim of the research work was to find out the possible solution of Complaints and Side Effects of Different Contraception Methods Regularly Used In District Kohat.

MATERIALS AND METHODS

A survey study was conducted in local population of rural and urban areas of district Kohat, Pakistan in which effectiveness of few available contraception methods and the satisfaction level of the user was evaluated. Respondents were asked different questions related to the use of contraception methods, all the data was recorded in questionnaires.

RESULTS

Frequency Of Complaints About Different Contraception

Methods: About 155 out of 200 (77.50%) contraceptives users complaints about different contraception methods. 33/35 (94.28%) complained about oral pills, 33/ 42 (78.57%) criticized IUCDs, 24/42 (57.14%) censured Injections, 57/61 (93.44%) criticized condoms while 8/20 (40.00%) complained about operative contraception methods. Still most of the respondents cited the qualities of these contraception methods which couldn't be neglected (Table1).

Demerits And Side Effects of Contraception Methods

Used In District Kohat: This study revealed that that the use of oral pills causes either severe abdominal and leg pain, nausea, hypertension and an increase level of appetite, while another problem with the pills is that they have to be taken on daily basis on the same time, that is very difficult to remember. Few respondents also complained that they are prescribed to use condoms as well along with the use of pills, so this is very difficult to use more than one contraceptive at a time. Users of Intra Uterine Contraceptives Devices complained that it causes uterine infection and allergic responses in uterus of the female's body. IUCDs like Copper-T don't protect against sexually transmitted diseases as sexual activity is totally unprotected. Moreover, it was also observed that use of IUCDs disturb sexual activity. Menstruation crams, uterine inflammation and blood spotting was also observed along with the use of IUCDs. An important

Table1: Frequency of complaints about different contraception methods

Contraception Method	Total No. of using Contraception (%)	No of People suffering from side effects (%)
Pills	35(17.50)	33(94.28)
IUCDs	42(21.00)	33(78.57)
Injection	42(21.00)	24(57.14)
Condom	61(30.50)	57(93.44)
Operation	20(10.00)	8(40.00)
Grand Total	200	155(77.50)

issue related to this contraception method was that it has to be inserted by an expert health service provider. People who used injections for contraception complained that it causes irregularity in menstruation and also is unable to protect against sexually transmitted diseases, hypertension, weight gain and menstruating was also reported with the use of this contraception methods. Condoms was the least complained contraception method as it causes minor uterine inflammation in the uterus of a female, few women are found to be allergic to the condom material i.e. latex. It was also reported that it distract the sexual activity as male partner has to put it on during intercourse. A large number of respondents didn't support operative contraception method as it leads to lifetime infertility while its reversion to fertility is mostly unsuccessful. This method was reported very costly and most of the people with low income were unable to afford it. Another demerit of this method was that it doesn't protect against sexually transmitted diseases. It leads to an unprotected sex against STDs (Table2).

Merits and Advantages of Contraception Methods Used in

District Kohat: In this study Oral pills were suggested by respondents who didn't complained, they considered it to be effective contraception method and they don't interrupt sexual activity if not co-used with condoms. Similarly, IUCDs and condoms were also proposed for their effectiveness as they also don't interrupt sexual activity. Use of condom enables male partner to pay his role in prevention of pregnancy. Operative contraception methods were considered to be one-time step for protecting against pregnancy for the rest of the life. It also doesn't interrupt sexual activity (Table3).

Level of Satisfaction in Relation to the Use of Contraception Methods:

About 35/200 (17.50%) respondents were using oral pills, out of them 16/35 (45.71%) were satisfied while 19/35 (54.28%) didn't show any satisfaction from pills. A total of 42/200 (21.00%) respondents were found IUCDs users, among which 10/42 (23.80%) were found satisfactory users while 32/42

Table 2: Demerits and Side effects of contraception methods used in district Kohat

Contraception Method	Side Effect
Pills	1. Abdominal/ Leg Pain 2. Daily Use at same time 3. Nausea 4. Increased appetite 5. Condoms might be used along with pills 6. Hypertension
IUCD	1. Uterine Infection, Allergy 2. Don't Protect against STDs 3. Distract sexual activity 4. Menstruating cramps 5. Spotting 6. Inflammation 7. Need to be inserted by an expert
Injection	1. Irregular menstruation 2. Don't Protect against STDs 3. Weight gain 4. Spotting 5. Hypertension
Condom	1. Minor Uterine Inflammation 2. Women's allergy to latex 3. Distract sexual activity as one has to put it on during intercourse
Operation	1. Life-time infertility 2. Costly 3. Reversion is mostly unsuccessful 4. Don't Protect against STDs

Table 3: Merits and advantages of contraception methods used in district Kohat

Contraception Method	Merits
Pills	1. Effective as don't interrupts sexual activity
IUCD	1. Effective against pregnancy
Injection	1. Effective against pregnancy for few months 2. Don't interrupt sexual activity
Condom	1. Protect against STDs 2. Effective against pregnancy 3. Male has to pay active role in preventing pregnancy
Operation	1. One-time step to prevent pregnancy forever 2. Sexual activity is not interrupted

(76.19%) were found unsatisfactory. About 42/200 (21.00%) people were using injections for contraception, out of them 35/42 (83.33%) were satisfied by injections while 7/42 (16.66%) were found unsatisfied. Condoms users were 61/200 (30.5%), out of them 60/61 (98.36%) were satisfied while 1/61 (1.63%) unsatisfied with this method. A total of 20/200 (10.00%) population was found with operative contraception methods, out of them 10/20 (50.00%) were found satisfied while the same percentage of people were found unsatisfied with this contraception method. Overall 69/200 (34.50%) of population was not satisfied with the usage of contraception methods while a large no. of population i.e. 131/200 (65.50%) was satisfied with them (Table 4 & Graph-1).

Table 4: Level of satisfaction in relation to the use of contraception methods

Contraception Method	Satisfactory Results N.(%)	Unsatisfactory Results N.(%)	Total No. of using Contraception N.(%)
Pills	16(45.71)	19(54.28)	35(17.50)
IUCD	10(23.80)	32(76.19)	42(21.00)
Injection	35(83.33)	7(16.66)	42(21.00)
Condom	60(98.36)	1(1.63)	61(30.5)
Operation	10(50.00)	10(50.00)	20(10.00)
Grand Total	131(65.50)	69(34.50)	200

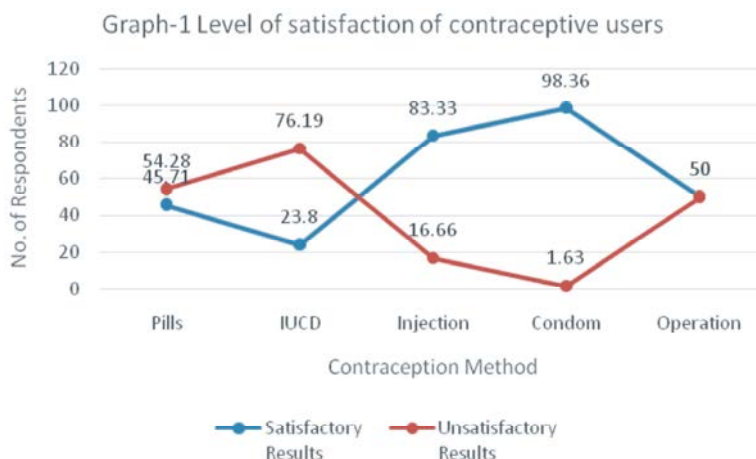


Fig. 1: Level of satisfaction of contraceptive users

DISCUSSION AND CONCLUSIONS

The current study is parallel to the study of Huber *et al.* [14]. They highlighted the comparatively same side effects by the use of contraception methods. In current study hypertension was observed in those respondents who were using injections and oral pills, this situation was also reported by Cilia *et al.* [15]. Condom was found most reliable contraception method by 98.36% of the respondents. IUCDs were found effective for preventing pregnancy but it was criticized by 76.19% of the respondents as it leads to uterine infection and also it interrupts sexual activity. Abdominal pain, leg pain, nausea and increased appetite were reported by Pills user. Uterine infection, uterine allergy, inflammation, menstruating cramps and spotting were complained by IUCD user. Irregular menstruation, weight gain and hypertension were observed in injection users. Condoms were considered to be least harmful contraception method with minor uterine inflammation and good results in low cost. Operative contraception methods were found very costly along with lifetime infertility, reversion of which was not historically successful method.

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