

Contraception & Conception

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*A*s we know two above opposite words are basic issues in a healthy life and also basic ones in reproduction to be managed appropriately.

Now what can we do for in time contraception, to prevent unplanned pregnancy and its complications? For sure correct knowledge, attitude and practice are key points. In order to provide them, we have to know the physiology of menstrual cycle, ovulation, spermatogenesis, fertilization and implantation, mechanism of different methods of contraception and cost-effectiveness of them. Above all it is important to transfer these data to people at public and private levels and support clients by face to face consultation. Men's accountability and participation and individualization of cases are very important to decrease failure rate and increase continuation rate of methods and also satisfaction rate with acceptance. Regular follow up will be advised to clients to see if there are any side effects or complications such as missed IUD and manage them appropriately to preserve fertility along with effective contraception. New contraceptive methods have to be considered in special cases such as levonorgestrol – IUD and tubal

Quinacrine insertion which are comparable to surgical methods for tubal ligation.

As a rule sterilization methods such as tubal ligation and vasectomy are preferred to be last choices although assisted reproduction technology and microsurgical techniques are accessible.

Don't forget that informed choice by client after enough consultation is the best approach as long as different methods are accessible and acceptable by couple.

Let's review a real case.

One day a 30- year- old woman came to me with the chief complaint of hot flushes, amenorrhea and FSH, LH rise for 6 months after stopping OCP. For 5 years after first delivery she had a plan for second pregnancy, she had amenorrhea and was excited because of probability of premature menopause. Her mother got menopause at 35 years old! So be careful about familial history of clients.

In this issue of *JFRH* two related papers are published in regard to emergency contraception and male participation in family planning, which is a chance to consider them as important as they are. So let's work more and see more papers in coming issues.

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