

## Improper use of contraception leading to infectious diseases

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### Abstract

It's important for sexually active people to be aware of the different types of contraception available. Contraception has two primary roles. It prevents unwanted pregnancies as well as the spread of sexually transmitted infections (STIs). Some people – for instance, those in monogamous (one partner) relationships – might use contraception simply as a means of birth control, while individuals who have more than one sexual partner will also be concerned about getting an STI. Since not all types of contraception prevent STIs, and some forms of birth control are more reliable than others, you need to evaluate which method is best for you and your partner. There's a 2% to 5% chance that male condoms will tear or slip off, but this is usually associated with inexperience in using them. Handling condoms properly lowers the chances of their tearing or slipping off, and removing a full condom before the penis is soft again helps ensure that sperm won't spill out. On average, approximately 12% of couples using only this method of birth control have an accidental pregnancy. Women who use diaphragms may be prone to getting bladder infections; this might suggest a poor fit. To lower the chances of infection, urinating before inserting the diaphragm and after intercourse is recommended. Toxic shock syndrome, though very rare, can also occur in diaphragm users. If you experience sudden high fever, diarrhea, vomiting, sore throat, aching joints and muscles, or dizziness, immediately remove the diaphragm and see a doctor. Women who use spermicides have a higher risk of recurrent urinary tract infections (i.e., 2 or more bladder infections in 6 months). When this happens, switching to a different birth control method can help. Approximately 99% of unplanned pregnancies can be avoided using this method. Inserting an IUD is sometimes used as an alternative form of emergency contraception, especially if more than 72 hours has elapsed since unprotected sex. Preventive methods are also leading to certain unaccepted infectious diseases unnoticed (RTI & STI), it's becoming one of the leading problems as our culture is in a changing phase of modernization. It has an impact on frequent use of contraception with lack of knowledge and awareness of proper use of contraceptive methods.

### Biography:

Akanksha Singh is a food technologist. Done btech food tech from Sam Higginbottom university of agriculture, technology and science.



### Speaker Publications:

1. Maternal and Obstetric Factors Associated with Low Birth Weight ;Oct 2019/ Journal of Nepal Health Research Council 17(45):443-450
2. Study on Patient's Awareness towards Role of Artificial Intelligence in Dentistry. May 2017
3. International Journal of Multidisciplinary Approach and Studies An Analysis of Knowledge & Practices on Personal Hygiene of Adolescents District -Allahabad, Uttar Pradesh International Journal of Multidisciplinary Approach and Studies introduction: In Indian Context adolescence means contemporary India while; April 2019

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