

MYTH:

The Emergency Contraception (EC) pill is the same thing as an abortion pill.

FACT:

EC is NOT an abortion pill. The purpose of EC is to stop a pregnancy before it starts. It can be taken up to 5 days after unprotected sex. If a woman is already pregnant when she takes EC, her pregnancy will not end.

MYTH:

Tubal ligation safeguarding STDs

FACT:

tubal ligation can protect from sexually transmitted diseases. Safeguarding from STDs will require you to take measures.

MYTH:

Tubal ligation impacts sex life:

FACT:

Again this is a myth. Tubal ligation surgery does not affect your libido in any way. On the contrary women are much relaxed since they are least worried about becoming pregnant.



**MTHYS AND MISCONCEPTIONS
ON CONTRACEPTIVES AND FAMILY PLANNING**



MYTH:

Complications With Method

Male condoms can easily get lost in a woman's vagina or uterus and can travel through a woman's body, requiring surgery to get the condom out.

FACT:

On average, about 2% of condoms break or slip off completely during sex, primarily because they are used incorrectly. If a condom does slip, it will go no further than the woman's vagina, where it can be easily retrieved, with no need for surgery.

If a man notices a break or slip, he should tell his partner so that she can use emergency contraceptive pills if she wants.

MYTH:

Effectiveness

Condoms are not effective in preventing pregnancy or sexually transmitted infections, including HIV.

FACT:

Condoms are the only contraceptive method that can protect against both pregnancy and sexually transmitted infections (STIs), including HIV transmission. In order for condoms to be most effective they must be used correctly and consistently (with every act of sex). When used correctly and consistently, condoms are 98% effective in preventing pregnancy.

MYTH:

A vasectomy decreases your sex drive or makes you impotent.

FACT:

Neither of these are true, according to the American Academy of Family Physicians (AAFP). A vasectomy does not have any bearing on your sex drive, testosterone levels, your ability to have an erection or your ability to ejaculate.

Vasectomy is an effective permanent birth control method for men. Vasectomy is less invasive, safer, and requires less recovery time

MYTH:

IUD prevents pregnancy by causing abortions.

FACT:

IUDs do not work by causing abortions. IUDs work by preventing fertilization. The copper-bearing IUD acts as a spermicide, killing or impairing sperm so they cannot reach the egg. Thus, the current evidence suggests that the main mechanisms of action of IUDs occur prior to fertilization.