

VHT

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Improving Health in Communities

FAMILY PLANNING METHODS

How do these different family planning methods work?

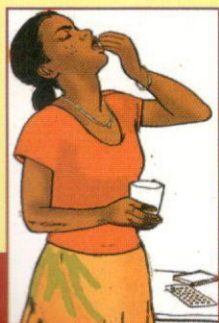
SHORT ACTING METHODS - These can work from one round of sex up to 3 months



CONDOMS

Condoms are probably the best known kind of family planning. They are widely available and easy to use. They are a non-permanent form of family planning which means it is still easy to have a planned pregnancy at a later date.

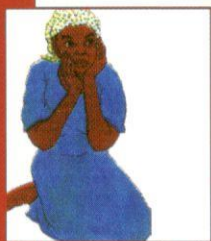
Note: Condoms are the **ONLY** method of family planning which also prevents HIV and AIDS. There is also a female condom.



PILLS

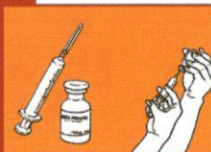
Pills are tablets containing hormones. A woman takes one tablet at the same time every day to prevent pregnancy. If she stops the pills, she can soon become pregnant.





EMERGENCY CONTRACEPTION

It is taken only in an emergency, (e.g. condom has broken or slipped off) or if sex took place against a woman's will or otherwise unprotected and she wants to avoid pregnancy.



INJECTABLES

It is possible to have an injection of hormones similar to medicine in a pill. An injection is given every three months into the woman's arm or buttocks. It prevents pregnancy for up to three months. When the woman stops taking injections she can get pregnant again.



(LAM) BREAST FEEDING

This method is called "LAM". As long as a woman is breast feeding a newly born child, and has not begun menstruating, she will not be able to become pregnant for up to six months. She can have sex during this time without the risk of pregnancy, as long as she gives her baby only breast milk, and has not started menstruating.



MOONBEADS

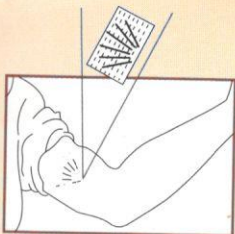
The fertile days of the woman's cycle can be counted using moon beads, so you only have sex on the "safe" days. The woman's menstruation needs to be regular and the instructions must be followed carefully. The man and woman must cooperate for this to work properly.



THE COIL (IUD)

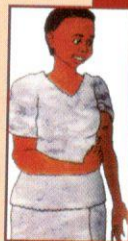
The coil is a small plastic with copper device that is inserted into the woman's womb to prevent pregnancy. The coil prevents sperm joining with the eggs. It protects the woman from pregnancy for up to twelve years. If you want another child, the coil can be removed and the woman can become pregnant again immediately.



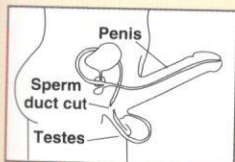


IMPLANTS

Implants are very small plastic sticks containing medicine like pills and Injectables. They are placed under the skin of a woman's upper arm and medicine passes slowly into the system. This stops the woman from releasing eggs. Implants can prevent pregnancy for three to five years.

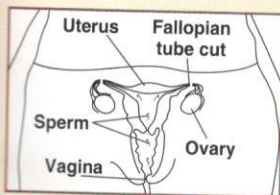
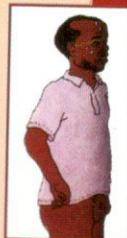


PERMANENT METHODS - These mean the person can no longer have children.



VASECTOMY

A vasectomy is a simple operation which ties and cuts the tubes that carry a man's semen. It only takes a few minutes, but it is a permanent form of family planning. After a vasectomy, the man will still have the same sexual urge, but sperm will no longer mix with semen when he ejaculates. He can no longer make a woman pregnant, but he will continue to have orgasms normally.



TUBAL LIGATION

Tubal ligation is a simple operation to tie and cut the woman's tubes so that the sperm cannot meet the egg. The woman can never become pregnant again.



1. Using family planning is safer and the best way to space a family.
2. Get advice from your health provider on the best method for you and your partner.
3. If you have concerns, myths or side effects go to the health worker.

MEN AND FAMILY PLANNING

It is important to involve men in leading others to plan their families so they can manage to provide for them. This will help other men as they follow his example.

Why should men be involved?

- A man is expected to care for his family's health and well being. Family Planning helps to do this.
- Having a smaller family doesn't make a man less of a man, In fact it makes him more of a man as he can provide enough for his family.

Where can men go for services?

FP services are found in most health centres where there is a rainbow over the yellow flower sign .

How can VHT help?

- Providing FP methods in the community if trained (e.g condoms, pills, injectables)
- By encouraging men to talk with their partners about FP, Taking men to FP providers for advice and services
- Telling them how condoms can prevent HIV

POPULATION

Uganda has a fast growing population which is putting pressure on the country in many ways.

What does a big population mean?

- More food is needed
- Less land is there for growing food as people need more places to live and work
- The environment is destroyed by cutting trees for firewood and building
- There is not enough clean water for everyone
- Sanitation becomes a problem with overcrowding of people
- The government does not have enough money to give services
- Poverty gets worse

Ho can VHT Help?

- Tell community members that their having big families makes the population of Uganda grow faster than available resources
- Let people know they can make a difference
- Encourage men and women to have families they can manage
- Get couples to use family planning methods which are best for them
Refer people for FP services
- Give information and FP supplies (if trained)