

Sexually Transmitted Diseases and Unwanted Pregnancies

Over the past years it has become clear that there is a larger child population in African countries. This is as many African countries are LEDC (Low Economic Developed Countries). Due to this, they do not have a lot of education and when they do it is education on basic skills such as reading, writing and basic mathematical sums. And so, they do not receive any information on sexual intercourse nor consequences and ways to prevent them. This leads to unwanted pregnancies (the mother will most probably be young with little to no money to take care for her child) and other illnesses such as HIV.

Unwanted pregnancies can be avoided through several ways. One very known way is the oral contraceptive also known as “the pill”. The pill has to be taken everyday for three weeks with then a break of one week also called the breakthrough bleeding. There are a variety of different pills which you can take to prevent pregnancy. The pill is made to make changes in the hormone level during menstruation.

During menstruation, four major hormones are used, Follicle-Stimulating Hormone (FSH), Luteinizing Hormone (LH), Estrogen (E) and Progesterone (P). When bleeding ends in the menstrual cycle, FSH and LH increase by small amounts causing a thickening of the endometrium (uterus lining) and the maturing of an egg. Before ovulation, P and E rise for the next two weeks to prepare the uterus lining for implantation of a fertilized egg called an embryo. When no implantation occurs, there is a large drop in P and E causing menstruation. (Taming the Cycle)

Two ideal hormones to remove from the menstrual cycle are FSH and LH as they prompt the maturing of an egg. As it is hard to remove hormones, P and E are added instead, suppressing the release of FSH and LH. (Taming the Cycle)

The pill has its advantages. First of all, it makes your bleeds more regular, less painful and lighter. It can reduce acne, PMS and the risk of getting cancer in the ovaries. On the other hand, it does have its disadvantages as well. (The Combined Pill) The main one is that the pill does **not** protect oneself against STDs (sexually transmitted diseases). STDs are most often transmitted by sexual intercourse and are extremely contagious. They are serious illnesses that require treatment. Some illnesses (such as HIV) cannot be treated and may even be deadly. (STD Facts, Causes, Types, Transmission, and More) More disadvantages are that the pill causes side effects such as nausea, mood swings and headaches. Not only this, but the pill can also increase the blood pressure, increases risk such as breast cancer, and blood clots. (The Combined Pill)

The pill is a very efficient and successful way to prevent pregnancy. However, it does not prevent STDs. prevent both, pregnancy and STDs the usage of condoms is endorsed.

For a woman to get pregnant, the sperm and egg cell need to fertilize to create an embryo. Condoms catch the sperm and make sure that the sperm never enters the woman’s uterus. A condom is usually made out of very thin latex and can exists for both male and female. They