



ADD 15 YEARS TO OUR LIFE
CAN WE? OF COURSE, WE CAN!!

Add 15 Years | With him, worried about becoming pregnant Girls have choices

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PREFACE

Being a mother is the most beautiful feeling in this world!

Imagine if you end up being mother not by your choice. Will you be able to bear the trauma on your mental health, physical health and your relationship?

Pregnancy among young girls is a common global issue. At times they are not even mentally, physically, financially ready for it.

Most of the time young girls do not even know about the choices or simple precautionary measures that they should adopt to prevent themselves from unwanted pregnancy.

Not only young girls but every woman should be aware about the ways of preventing unwanted pregnancy.

They should be educated about the choices available for them to enable them to make the correct choice.

This book is written to provide insight on all the choices available for young girls/women.



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DISCLAIMER

This book has been written to provide only the general information. Please always consult a physician before starting any prescription medicine(s). This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly to any symptoms that may require diagnosis or medical attention.



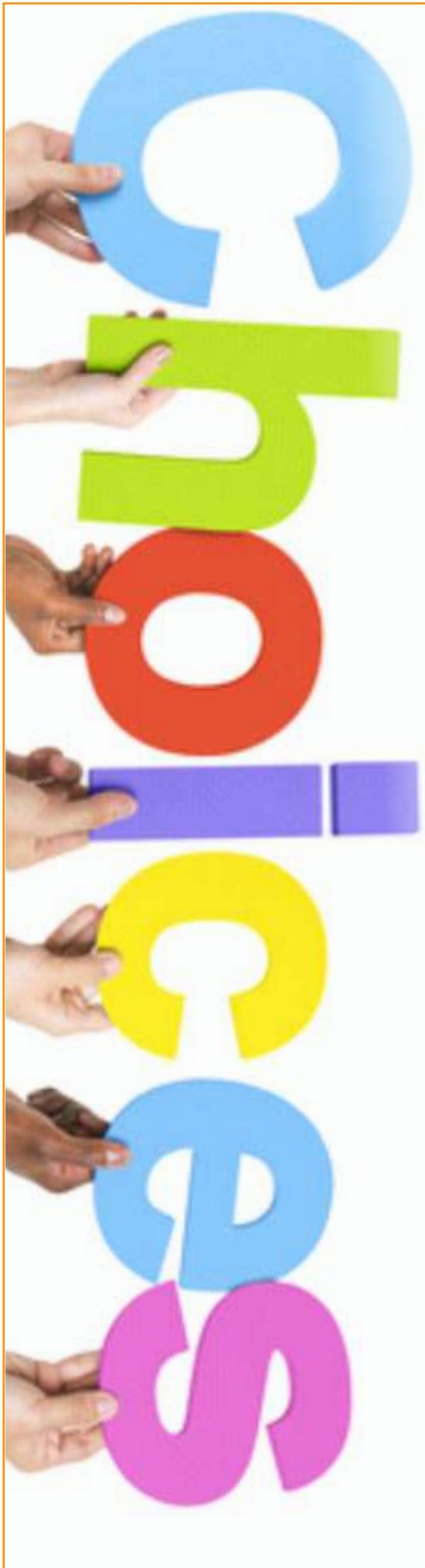


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Chapter 1

Do girls have choices?

Yes, they do!

Girls have choices to not become pregnant if they are not ready for it.



Chap1Fig1

Overall, there are 3 methods available for preventing unplanned pregnancy.

Two of them

Involve consumption of **PILLS** and the third method requires intervention by your OB/GYN.



Chap1Fig3

Girls have choices not to continue with their pregnancy if they are not ready or circumstances are not correct for them

Fortunately, medical profession has become so advanced and we have very safe methods of preventing pregnancy.



Chap1Fig2

The third method

Is also an excellent method which involved placing of what we call **Copper-T** in the mother's womb

It is an excellent choice for the girls who have never been pregnant.

It not only it helps as emergency contraception but you can continue using it as contraception for as long as 10 coming years.

All these methods of emergency contraception preventing pregnancy are well researched and approved by all top medical bodies and these practiced all over the world.

Once again, I need to reiterate that girls have choices.

Emergency Contraception

Emergency contraception are meant for the time when a woman is with her partner and become intimate with him without taking any protection & worried about being pregnant.

Facts needs to be known about emergency contraception pills are,

- They are easily available.
- They are very safe.
- They usually have minimal side effects, may be mild nausea.
- They are well tolerated.

Emergency Contraception pills are considered as one of the **safest methods** of preventing pregnancy.



Chap1Fig4



Chap1Fig5

Chapter 2

Oral Hormonal Contraception

Now, regarding emergency contraception pills, usually we talk in two terminologies and one should not be confused between the two:

1. First one is usage of **emergency contraception pills**.
2. And other is the pills for **emergency termination of pregnancy**.

The difference is that emergency contraception pills are used for not becoming pregnant.

While emergency termination of pregnancy means that a woman has become pregnant and she is not ready for having a child due to various factors and hence she needs to terminate the pregnancy.

Woman can have various personal reasons for not having a child,

- It could be resistance from family for her relationship
- She may want to focus on education
- She may be career oriented and do not want to take a break
- She may not be physically fit to endure pregnancy
- Her financial condition doesn't allow her to have baby
- She may already be having a kid and don't want more

There can be any reason for her to not become pregnant and my job as a MD doctor is to provide an insight and knowledge on various ways through which unwanted pregnancy can be prevented.



Chap2Fig1



Chap2Fig2

Chapter 3

Facts regarding contraception pills

Facts we need to mention again regarding contraception pills:

- Plan B is used as emergency contraception to prevent pregnancy and not to terminate the pregnancy.
- Accidental use of emergency contraception pill to prevent pregnancy has no effect on already existing pregnancy.
- One should always do the urine pregnancy test before using the pills.
- For first three days/72 hours, first choice - Plan B medicine is much more effective.
- If three days/72 hours have gone by, then the second choice - Ulipristal is much more effective and has to be taken within 4-5 days.
- If you plan to continue to be intimate and do not wish to be pregnant, then the third choice of contraception is Copper-T. Copper –T is very effective and the best choice.

In other words, the contraception pills cannot be used and should not be used for long-term contraception.



Chap3Fig1

Chapter 4

First option: Plan B pill

Think About It

In US, you cannot get any medicine until it's prescribed by doctors.

On the other hand, pregnancy in young girls had become a major issue with no easy access to medicine to prevent it. Finally, US Government was forced to make it available over-the-counter as it was very safe and effective.



Chap4Fig1

Think About It

Although this pill is effective up to 72 hours/three days, commonsense tells that it should be taken as soon as possible after being intimate.

Plan B pill/Next Choice/ I-pill/Morning After pill levonorgestrel tablet (1.5 MG)

This pill has to be taken **within three days/72 hours** of being intimate.

It is logical that the young girls do not want to discuss their pregnancy issue with their parents. But physiologically girls younger than 18 years of age mostly need parents' help in such situations.

This problem has been resolved now. If you are 17 years or older, you do not need prescription at all, you can just go to the pharmacist and buy the pill.

If you are younger than 17, then you need a prescription but I can assure you that you will not face any difficulty in getting the prescription from doctor.

Reason for not providing medicine without prescription for girls below 17 years is that they need support of their parents and doctors for their safety and continues good health.

Coming back to Plan B pill **levonorgestrel tablet (1.5 MG)**

But, you can also divide it into two dose of 0.75 mg and take it at a gap of 12 hours.

At times, doctors feel that dividing the dose into two can help you to tolerate the pill in better way

You can take one complete pill of levonorgestrel 1.5 mg at one time.

But to be honest, the extensive experience with Plan B pills tells that usually it is tolerated very well as single dose.



Chap4Fig2

Once you have been with your partner; and if you do not take steps within three to five days; then risk of becoming pregnant is very high.

It is because the **Plan B pill** used for the contraception for not becoming pregnant may **not be effective after 72 hours**.

Please Note

One thing you have to understand is that Plan B pill is not meant to terminate the pregnancy or cause abortion, even if you accidentally take it, it will not cause any affect if you are already pregnant.



Chap4Fig3

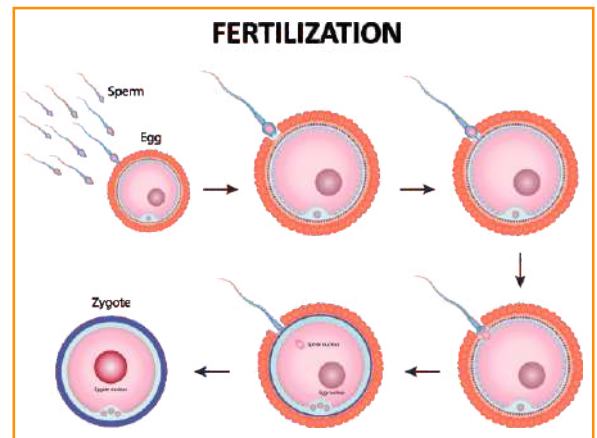
Chapter 5

How does the Plan B pill (levonorgestrel 1.5MG) work?

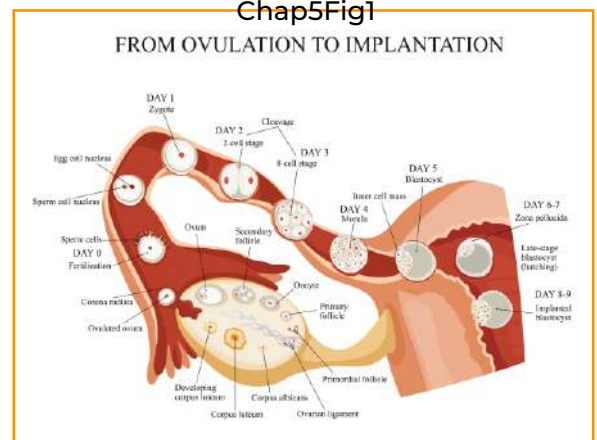
This medicine is related to female hormone.

Depending upon the time of the cycle, it works in following ways:

1. It can prevent or interfere with the **fertilization** of the ova.
2. Or it can interfere or prevent **the tubal transport** because once the egg is released from the ovary it drops into the fallopian tube and it takes three to four days to reach to the uterus (mother's womb).
3. Even after all this, if we are at a stage where ova is fertilized and it has reached to the mother's womb, then this medicine will help prevent the **implantation**.
4. For implantation, the functioning of the corpus luteum is important because corpus luteum releases a hormone which helps to prepare the mother's womb for accepting the fertilized embryo. Corpus luteum is made after the ova is released. So, Plan B medicine can cause the regression of the corpus luteum.



Chap5Fig1



Chap5Fig2

Every woman who is having regular monthly cycle should note

- They ovulate during the second or the third week of their monthly cycle
- And that is when the risk of becoming pregnant is highest

We have to stress again that this pill is only for preventing the pregnancy but if you are already pregnant then this pill will not interfere with the existing pregnancy and will not terminate it.

Sometimes few girls **worry about being overweight** and claim that Plan B pill is not working for them, but that is not true.

All the researches have proved that **even if you are overweight** and, you take the medicine, **the medicine should be effective**



Chap5Fig3

Chapter 6

Second Option: Ulipristal pill

The second option/choice is the medicine named **Ulipristal**

It is available in a single dose of **30 mg**.

It has to be used within **122 hours/five days**



Chap6Fig1



Chap6Fig2

Why the second choice is different from the first one?

1. **Ulipristal** is a prescription medicine in US while the Plan B medicine is available over-the-counter to anybody who is 17 years old and does not need any doctor's prescription. But for this medicine one does need a doctor prescription.
2. **Plan B** medicine works or is very effective in the first 72 hours. Once 72 hours have been passed, then Ulipristal is the only choice left to be taken between 4th – 5th day.

Basically, if someone has missed taking Plan B medicine in first 3 days then Ulipristal comes at the rescue for 4th and 5th day. Please note, even Ulipristal will not be effective after 5th day.

It is always a good idea to do the urine pregnancy test before taking the emergency contraception pills to prevent pregnancy.

Urine pregnancy test should be done again after 2 weeks.



Chapter 7

How does the Ulipristal pill work?

Ulipristal works in 2 ways:

Firstly, it works by delaying the ovulation. Actually, it really prevents the follicle to release egg.

Secondly, it prevents the implantation of the fertilized egg into the uterus/mother's womb.



Chap7Fig1

Chapter 8

Third option : Copper-T intrauterine device

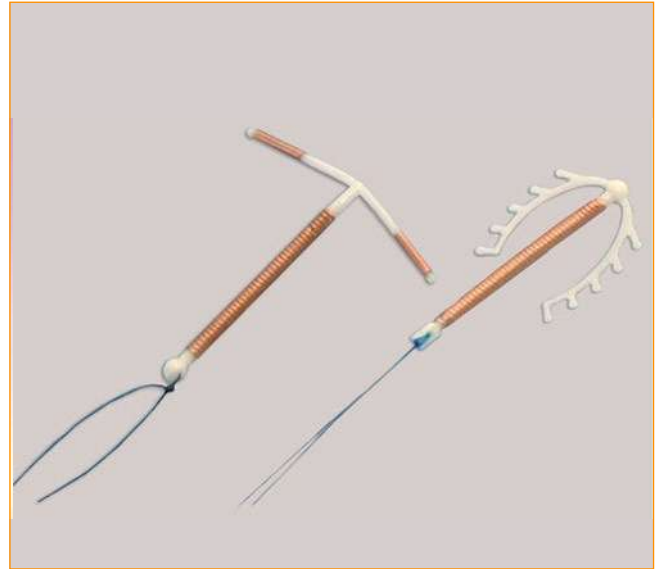
Think About It

*Emergency contraception can actually be continued with **Copper-T** for almost 10 years.*

Copper-T intrauterine device is the **most effective method** for emergency contraception to prevent pregnancy.

It is a tiny T shaped object which is placed in the uterus/mother's womb **by a gynecologist** in her office.

Copper-T can be placed in the uterus/ mother's womb up to five days/122 hours of being intimate.



Chap8Fig1

It will not only prevent pregnancy but is also extremely effective means of continued contraception for months and years.

Chapter 9

How does intrauterine device/copper-T works?

Copper-T plays a role to hamper with the sperm motility and capitation. It prevents sperm to reach the fallopian tube.

To fertilize the ovum, the sperm has to enter the fallopian tube, they cannot do it so they are not able to fertilize the ovum.

Also, it works as **Spermicides** and it prevents the mobility of the sperms.

It also **prevents the action of the acrosomes** which is important for fertilization.

Once it is inserted, it is **highly effective**. It is effective in terms of cost as well.

Copper-T must be:

- Prescribed,
- Inserted,
- And removed by only a clinician.



Chap9Fig1



Chap9Fig2

Chapter 10

Facts about Copper –T

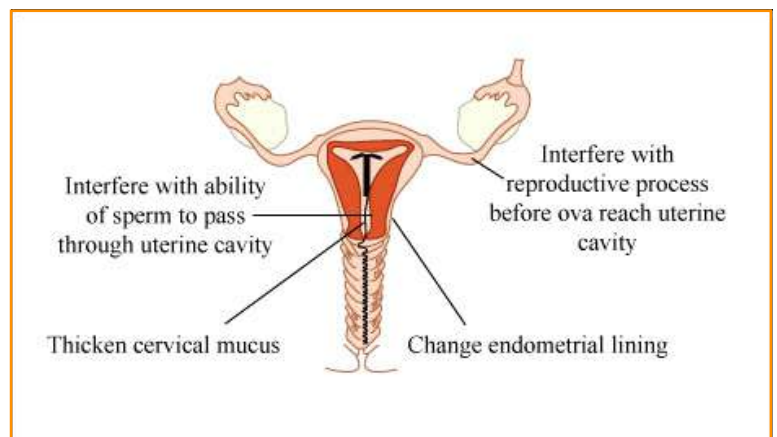
- **Copper-T** does not prevent implantation of the embryo in the uterus.
- If you got **Copper-T** placed very late then it will not prevent the pregnancy. This should not happen when a doctor will do it because doctor will ensure that you are not pregnant before placing the Copper T.
- Also, It **does not cause abortion** or termination of the pregnancy
- Girls/women do not need to get their tubes tied. They can use Copper-T which will be effective for the next 10 years.
- It is very important to know, that a mother of a recently delivered baby can also have the Paragard IUD right away within minutes after baby and placenta are delivered.

Although, there may be some risk of expulsion of the IUD but there is not risk of infection or perforation.

- Other IUDs including copper IUD can be used safely after one and half months after delivering the baby and it is very safe for breastfeeding women also.



Chap10Fig1



Chap10Fig2

It is important to know that Copper –T can be rapidly reversible

Women should check regularly once a month that string is present to ensure that Copper –T not been expelled.

Intrauterine devices, contraception devices/Copper-T, are recommended for:

- Adolescent,
- Young girls,
- A woman who has never been pregnant,
- Or a woman who had children.

It is one of the most common methods used all over the world.

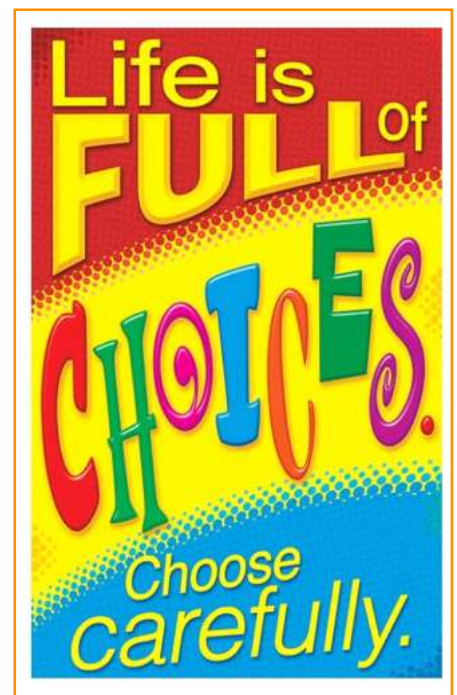
It does not contain any hormone and the only thing it contains is Copper.

Think about it!

Every Women should know that she can become pregnant within two weeks again if she is intimate without taking any precaution.

When she takes emergency contraception pills, it works for only one time. While Copper –T effect is continues for as long as 10-12 years.

Think wisely about your choices!



Chap10Fig3