



Get it together for a
brighter future

KNOW. TALK. GO.
Support Family Planning

MYTHS BUSTER

1

MYTH

Use of modern family planning methods at a young age can cause infertility and prevent one from getting pregnant in the future.



FACT

A young woman's fertility does not remain stagnant, but changes over the years as she grows older and experiences both physical and non-physical changes in her body systems.

There are temporary and permanent modern family planning methods. Permanent methods cannot be reversed while temporary methods stop working once they are discontinued. Temporary family planning methods **DO NOT** cause infertility. Infertility can be caused by a number of reasons and use of family planning is not one of them.

A woman can use a temporary modern method and be reassured that when she discontinues the method, she will be as able to have children as she was before starting the method. For most methods, fertility returns soon after the method is discontinued while for the injectable, there might be some delay. In time, the woman will return to her own fertility.

2

MYTH

Use of modern family planning methods encourages promiscuity (sleeping around) in women.

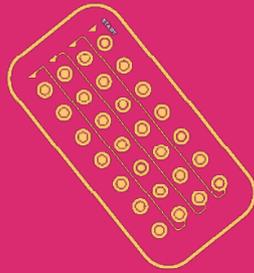


FACT

Promiscuity is the practice of having sex frequently with different partners. Sexual responsibility is a personal decision. A man or a woman who is promiscuous, will be, regardless of whether they use family planning or not. Besides from the barrier family planning methods such as male and female condoms, other modern family planning methods do not protect from Sexually Transmitted Infections (STIs) including HIV.

3**MYTH**

Use of modern family planning methods causes high blood pressure.

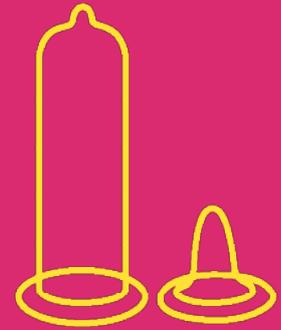
**FACT**

Clients with increased risk of high blood pressure are not medically eligible to use certain contraceptive methods such as Combined Oral Contraceptive pills (COCs). There are some risk factors such as cigarette smoking, other underlying disease conditions, family history of high blood pressure or even an unhealthy lifestyle that could also make using certain contraceptives like the pills cause a bit of an increase in blood pressure.

Speak to a trained family planning provider about deciding on the contraceptive method that best suits you.

4**MYTH**

Use of condoms can cause low sperm count.

**FACT**

Condoms do not have any effect on a man's sperm count. Low sperm count could be due to physical, medical or emotional reasons and these are not related to using a condom.

5**MYTH**

Modern family planning methods fail.

**FACT**

Most modern family planning methods are highly effective but have some failure rates; recorded failure rates in 1 year showed that between 0 to 20 women out of 100 women will experience failure of their method (depending on the type of contraceptive method used)

Most occurrence of failure of modern contraceptive methods is associated with inconsistent and incorrect use of the contraceptive method. Very rarely, contraceptive methods may fail for no known reason.

Failure rates are highly reduced when family planning methods are provided by a trained provider.

6**MYTH**

Traditional family planning methods are safer and more effective than modern methods.

FACT

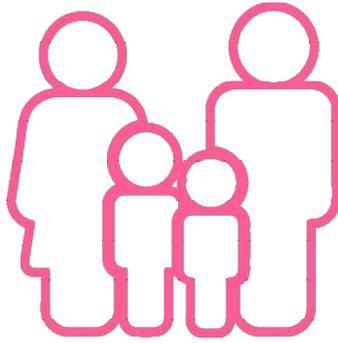
Evidence has shown that modern family planning methods are safe and more effective than traditional methods. Failure rates recorded with use of traditional methods are quite high because traditional family planning methods are dependent on the user following instructions and sticking to its rules. The instructions for traditional family planning methods are often difficult to follow, thereby making them an unreliable method.

Visit your family planning provider to choose a modern family planning method that best suits you.

7

MYTH

Family planning methods cause permanent undesired effects/side effects.



FACT

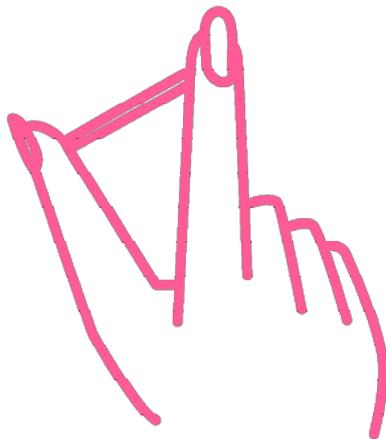
Undesired/side effects of modern contraceptive methods are unwanted symptoms caused by the use of modern contraceptives. These side effects are not signs of illness. They are temporary and limited to the continued use of the contraceptive method. A woman should ask her provider about possible side effects when going for a method.

Not all women experience side effects; some women do not have them at all. And in most women who experience them, they become less or stop within a short period. Common side effects are changes in monthly menstruation patterns (could be irregular, prolonged, frequent or no menstruation), headaches, weight loss or gain, breast tenderness etc. Such side effects are more common with the use of hormonal contraceptives (pills, injectables and implants). The woman should return to her family planning provider for help if the undesired effects bother her.

8

MYTH

Women are operated on during the insertion or removal of implant.



FACT

The contraceptive implant is a tiny, thin rod about the size of a matchstick. Insertion and removal of the implants are done through a simple procedure, which is not a surgical operation. An injection is given on the insertion site, so you do not feel pain. You may feel some pressure during the insertion and your arm may be sore for a few days afterwards. The pain will go away without treatment.

9

MYTH

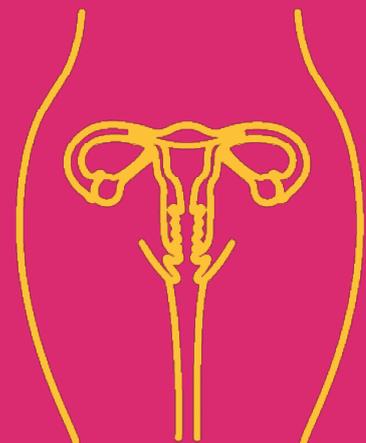
When using a modern family planning method and there is no menstrual blood flow, it means that blood is accumulating in the stomach.

FACT

Blood is not building up inside the woman, rather, the contraceptive method causes the woman not to menstruate. Some modern family planning methods may cause changes in a woman's monthly menstrual pattern, which may range from irregularity of the menstrual cycle to stopping of menstruation.

This undesired effect is more commonly experienced with hormonal contraceptive methods which contain small quantities of hormones that can act on a woman's body to stop her menstrual cycle from occurring. The stopping of menses is temporary and limited to continued use of the contraceptive method.

The woman should return to her family planning provider if the undesired effects bother her.



10 MYTH

A woman cannot get pregnant soon after delivery if her menses has not returned.



FACT

A woman is at risk of unintended pregnancy soon after delivery. This is because in the woman's monthly cycle, the body usually releases eggs (ovulation) before menstruation occurs. During this period, one of the eggs can be fertilized, resulting in pregnancy. It is therefore recommended that she commences a family planning method soon after delivery, even if her menses has not returned since she cannot tell when the eggs will be released.

11 MYTH

A woman cannot get pregnant soon after delivery if she is breastfeeding



FACT

While it is true that breastfeeding protects a woman from getting pregnant, it only protects effectively if a woman is practicing LAM (Lactational Amenorrhoea Method)/ Exclusive Breastfeeding Method. You can get pregnant soon after delivery, even if you are breastfeeding.

For breastfeeding to be an effective form of natural family planning, three conditions **MUST** be met:

- Your monthly bleeding (period) must not have returned
- The baby must be exclusively breastfed, on demand day and night, with no additional food or liquid, even water.
- The baby must be less than six months old.

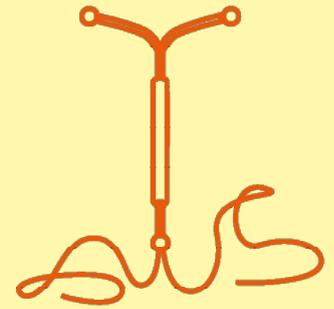
If you do not meet all the criteria or baby is six months, **GO FOR** family planning.

There are several modern family planning methods that can be used while breastfeeding. Visit a family planning provider for more information.

12

MYTH

Implants and IUDs move from the location of insertion to other parts of the body.



FACT

When correctly inserted by trained family planning providers, Implants and IUDs remain where they were inserted.

The IUD is a small, flexible, plastic and copper device that is placed in a woman's uterus (womb) by a trained provider. Most IUDs have 2 thin strings that hang from the cervix into the vagina and provides long-term protection against pregnancy for up to 12 years. When correctly inserted by trained family planning providers, IUDs remain in the uterus (womb).

Implants are small rods or capsules (about the size of a match stick) that are inserted under the skin of the upper arm in a minor non-surgical procedure; an injection is given on the insertion site so you do not feel pain. Implants should only be inserted or removed by a trained health provider. When correctly inserted by trained family planning providers, implants remain in the arm.

If you are concerned about your chosen method, you should return to your family planning provider.

