In this Topic Area you have covered:

1.1 Factors affecting pre-conception health for women and men

1.2 Other factors affecting the pre-conception health for women

1.3 Types of contraception methods and their advantages and disadvantages

1.4 The structure and function of the reproductive systems

1.5 How reproduction takes place

1.6 The signs and symptoms of pregnancy

Pre-conception health is the health and lifestyle of the mother and father are important factors before becoming pregnant:

Diet: Eat a healthy balanced diet to give all the vitamins and minerals needed to help the baby grow and develop well. Exercise: Being fit will help a woman carry the extra weight during pregnancy and help the birth go well. Healthy weight: it can stop her getting pregnant

the midwife might be able to monitor the baby properly cause the woman to have high blood pressure.

Smoking: affects the fertility of women and reduces the sperm count in men.

Alcohol: Too much alcohol can reduce the amount of sperm produced by men and disrupt the menstrual cycle of women. during pregnancy can cause FAS: Foetal Alcohol Syndrome, **Recreational Drug taking:** reduces both men and woman's fertility. In women drugs cause hormones to be unbalanced preventing ovulation and causing birth defects.

Parental Age: Fertility for both Men and Women is affected by their age. This is due to the reduction in the quality of the sperm and eggs

Folic Acid—Vitamin B9: is needed by the woman to help make the central nervous system in an embryo, stopping birth defect such as: spina bifida.

Up to date Immunisations: The baby can be at risk if the mother becomes ill with whopping cough or German measles (rubella).



Development of the embryo and foetus

Once fertilisation of the egg has occurred it is called a **Zygote**, It then continues to divide into a solid ball of cells called a **Morula**. After about 5-6 days it is now called a **Blastocyst**

Umbilical cord: Passes nutrients from the placenta to the foetus throughout the rest of pregnancy

Placenta: Starts developing from the embryo straight after implantation and holds the embryo in place as well as providing nutrients and oxygen from the mother and removing carbon dioxide.

Foetus is the name of the developing baby from 8 weeks until birth By week 12 the placenta is fully developed.



Contraception/ Effectiveness	Advantages	Disadvantages
Natural methods of contraception Used correctly 99%	 No side effects Many religions and cultures accept them as a birth control method 	They can be unreliable if not carried out correctly They have no protection against STI's
Male condom Used correctly 98%	Protects against STI's No side effects Available without prescription	Can slip off or tear May interrupt sexual pleasure Single use, for regular use will need a lot of them.
Femidom Used correctly 95%		
Diaphragm/ CAP Used correctly 92-96%	Can be put in place several before intercourse	Must be used with spermicide Requires practice to use correctly
Combined Pill Used correctly over 99%	Helps make periods lighter and less painful. Can reduce the risk of ovarian cysts	Only available on prescription Needs to me taken at the same time every day
POP Used correctly over 99%	Doesn't interrupt sexual pleasure Can be used during breastfeeding	Needs to me taken at the same time every day Only available on prescription Periods may become irregular
Contraceptive injection Used correctly over 99%	No need to remember to take a pill Safe when breast feeding	Only available on prescription may take up to a year for fertility to return.
Contraceptive Implant Used correctly over 99%	Safe when breast feeding Fertility returns back to normal immediately after removal	Requires doctor/nurse to put in/take out Periods may become irregular
IUD Used correctly over 99%	No need to remember to take a pill No hormonal side effects	Requires doctor/nurse to put in/take out May cause heavy periods
IUS Used correctly over 99%	No need to remember to take a pill Safe when breast feeding	Requires doctor/nurse to put in/take out Possible side hormonal effects Acne/mood swings
Emergency contraceptive Pill Only effective if used within 3 days	Used after intercourse e.g. forgot to take pill or condom breaks	Only available at pharmacies May affect other medications Side effects tummy ache/heavy bleeding