



**MHF**  
MEN'S HEALTH  
FORUM

*A Malehealth Mini Manual*

[www.malehealth.co.uk](http://www.malehealth.co.uk)

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# men and babies

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No one said it would all be easy...



Printed by Haynes Publishing

*A Malehealth Mini Manual*

[www.malehealth.co.uk](http://www.malehealth.co.uk)

in association with The Men's Project





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The Men's Health Forum mini manuals contain easily accessible and uniquely presented information covering a wide range of subjects relating to men's health.

The Men's Health Forum's mission is to be an independent and authoritative advocate for male health, and to tackle the issues and inequalities affecting the health and well-being of boys and men in England and Wales.

Founded in 1994, The Men's Health Forum is a charity that works with a wide range of individuals and organisations to tackle male health issues. Well-established with an active membership, we work for the development of health services that meet men's needs and to enable men to take more control of their own health and well-being. Our members, partners, staff and trustees bring a wealth of experience in healthcare, media, business and grassroots activity.

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The Men's Health Forum, Tavistock House, Tavistock Square, London WC1H 9HR  
Tel: 0207 3884449 Website: [www.malehealth.co.uk](http://www.malehealth.co.uk)



parents advice centre

Parents Advice Centre (sometimes known simply as PAC) is a leading Northern Ireland charity which has, since 1979, provided help and guidance to parents facing any family difficulty. PAC offers a range of support to parents which includes: a regional freephone helpline and appointment service; parenting courses; a forum to highlight parents' needs to decision-makers; a project which focuses upon the specific needs of fathers.

The Men's Project within PAC works to increase awareness of the issues facing men and boys in families and to increase their social inclusion. We welcome this "Men and Babies" booklet because it helps both fathers-to-be and new fathers to recognise the important part that they can, and do, play in children's lives. It also provides practical information to ensure that men can be more involved with their babies.

PAC is very grateful for the financial assistance from The Parenting Education and Support element of The Children and Young People's Funding Package to underwrite the production of this material.

Websites: [www.parentsadvicecentre.org](http://www.parentsadvicecentre.org)

Tel: 02890 310891

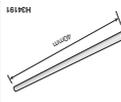
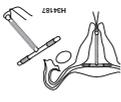
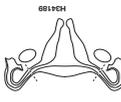
Parents Advice Centre, Franklin House, 12 Brunswick Street, Belfast BT2 7GE

correctly.

The only method of contraception that will protect you against sexually transmitted infections is condoms when used

80 to 90 women out of 100 will get pregnant in a year.

\* Effectiveness is expressed as the percentage of women who will not get pregnant with each year of correct use of a particular contraceptive method. So if the effectiveness is 99%, 1 woman in 100 will get pregnant in a year. Using no contraception at all,

	How it works	Pros	Cons†	Remarks	Effectiveness*
 <p><b>Contraceptive injection</b></p> <p>The hormone progesterogen is placed under the skin. It releases the hormone slowly and stops ovulation and thickening the cervical mucus.</p>	<p>Single injection lasts for 8 or 12 weeks. Quickly reversed at any time.</p> <p>Protects against cancer of the womb and ovary.</p>	<p>Single injection lasts for 5 years. Quickly reversed 10 years (depending on model). Effective immediately.</p> <p>Single insertion lasts for up to 10 years</p>	<p>Periods may become irregular or return after stopping the injections. Side-effects, including weight gain, irregular or stop. Other side-effects, including weight gain, in some users.</p>	<p>Effects cannot be stopped until the injection runs out.</p> <p>Usually inserted and removed using a local anaesthetic.</p> <p>Useful for women with very heavy or painful periods.</p>	Over 99%
 <p><b>Intrauterine system (IUS)</b></p> <p>A small plastic device is inserted into the womb. It releases the hormone progesterogen, thickening the cervical mucus.</p>	<p>Single insertion lasts for 5 years. Quickly reversed 10 years (depending on model). Effective immediately.</p>	<p>Single insertion lasts for up to 10 years</p>	<p>Periods may become heavier, longer and more painful. Not suitable for women at risk of catching a sexually transmitted infection.</p>	<p>Useful for women with very heavy or painful periods.</p>	Over 99%
 <p><b>Intrauterine device (IUD)</b></p> <p>A small plastic device is inserted into the womb. It stops sperm meeting an egg, or fertilised eggs.</p>	<p>Permanent. No known long-term side-effects. Minor operation under local anaesthetic.</p>	<p>Permanent. No known long-term side-effects. Minor operation under local anaesthetic.</p>	<p>Periods may become heavier, longer and more painful. Not suitable for women at risk of catching a sexually transmitted infection.</p>	<p>Useful for women with very heavy or painful periods.</p>	Over 99%
 <p><b>Female sterilisation</b></p> <p>The fallopian tubes are cut, sealed or otherwise blocked. The egg cannot meet the sperm.</p>	<p>Permanent. No known long-term side-effects. Minor operation under local anaesthetic.</p>	<p>Permanent. No known long-term side-effects. Minor operation under local anaesthetic.</p>	<p>Should be assumed to be irreversible. Other contraception must be used until the first period after sterilisation.</p>	<p>Should be assumed to be irreversible. Other contraception must be used until the first period after sterilisation.</p>	99.5%
 <p><b>Male sterilisation (vasectomy)</b></p> <p>The tubes carrying the sperm are cut, blocked. There are no sperm in the semen.</p>	<p>Permanent. No known long-term side-effects. Minor operation under local anaesthetic.</p>	<p>Permanent. No known long-term side-effects. Minor operation under local anaesthetic.</p>	<p>Should be assumed to be irreversible. Other contraception must be used until the first period after sterilisation.</p>	<p>Should be assumed to be irreversible. Other contraception must be used until the first period after sterilisation.</p>	99.95%

The effectiveness of the methods in this table does not depend on the user.

### CONTRACEPTIVE METHODS WITH NO POSSIBILITY OF USER FAILURE