



SYMPOSIUM ON THE HEALTH ASPECTS OF HUMAN REPRODUCTION,  
FAMILY PLANNING AND POPULATION DYNAMICS

Teheran, 3-7 October 1970

CURRENT STATUS OF FERTILITY REGULATION

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Introduction

Methods -

Abstinence Social patterns which protect mother during lactation and infant rearing.  
Separation. Polygamy. Religious observances.

Intermittent abstinence. "Rhythm" or safe-period. Demands sustained motivation  
and discipline.

Withdrawal. Coitus interruptus. Long-term effects.

Appliances. Sheath or condom. Widespread use an undervalued method.

Diaphragm or cap. Requires skilled fitting intelligent use and premeditation.

Oral contraceptives. "Pill". Mode of action Effectiveness. Side effects - minor  
serious. Sequential preparations not commended. Non-oestrogen preparations. Other  
drugs on trial.

Intrauterine devices "Loop" or "coil". Varied shapes and materials. Uterine  
bleeding a major problem. Expulsion. Mode of action. Problems of large-scale  
use. Pregnancy rates Discontinuance rates. Subsequent fertility.

Male and female sterilization. Newer methods. Problems of use where mortality in  
childhood is high.

Effectiveness, side-effects and use of Intra-Uterine Contraceptive  
Devices and Contraceptive Steroids

IUCD

Insertion procedures

Personnel Vital importance of skill and experience.

Technique. Choice of device.

Acceptability. Time course of usage.

Cumulative totals of expulsions, removals.

Problems Uterine perforation. Expulsion. Menorrhagia. Irregular bleeding.  
Cramps. Pelvic infection. Tubal pregnancy. Subsequent fertility.

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Steroids Combined/Sequential/Non-oestrogenic

The side effects of oestrogen-containing oral contraceptives.

The trend towards lower dosage.

The problems of lower-dose pills cycle control, contraceptive failure.

The choice of a formulation.

Factors influencing the overall choice of a method of contraception.

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Current status of fertility regulation

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No. 326 and No. 368 Oral contraceptives  
No. 332 and No. 397 IUCD

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Effectiveness, side-effects and use of IUCD and Contraceptive Steroids

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