

Q) What are the common side effects of hormonal contraception such as the birth control pill ?

Yes, there are side effects of birth control pills, although the majority are not serious. Side effects include

[Nausea](#)

[Weight](#) gain

Sore or swollen [breasts](#)

Small amounts of [blood](#), or spotting, between periods

Lighter periods

Mood changes

If you experience any of these, contact your doctor immediately.

These symptoms may indicate a serious disorder, such as [liver](#) disease, [gallbladder](#) disease, [stroke](#), [blood clots](#), [high blood pressure](#), or [heart disease](#). They include:

- [Abdominal pain](#) (stomach pain)
- [Chest pain](#)
- [Headaches](#) (severe)
- [Eye problems](#) (blurred [vision](#))
- Swelling or aching in the legs and thighs

Birth control pills that contain drospirenone, including YAZ and [Yasmin](#), have been investigated by the FDA because of the possibility that they may cause an increased risk for blood clots. Drospirenone is a man-made version of the hormone [progesterone](#).

The results of the investigation are inconsistent. Some studies showed there was an increased risk while other studies showed no increased risk. The drugs are still available. A summary of the findings is contained on the packaging label. If you are taking a pill with drospirenone, talk with your doctor about your risk.

Q) What is BBT and how can a woman who tracks her BBT know when she can pregnant and when she cant ?

## **BBT- Basal Body Temperature Method**

Another way to tell when you're fertile is to keep a daily chart of your temperature. You use a device called a basal body temperature thermometer at the same time every day. Checking basal body temperature is a long-established way to predict when you ovulate. But recent research has shown that it may not work as well as experts previously thought.

Before you ovulate, your basal body temperature is usually about 97 to 97.5 F, although those numbers can vary from person to person.

During ovulation, your body releases the hormone [progesterone](#), which brings on a slightly raised temperature a day or two later -- usually by 0.5 degrees. Your temperature will probably stay high until your next cycle begins. If you become pregnant during that cycle, your temperature will stay up beyond that

That half of a degree difference may not seem like much, but it counts. Also, keep in mind that your temperature change happens after ovulation, which means that once it goes up, you've probably already missed your chance to become pregnant in that cycle. But by charting your temperature every day over several cycles, you may start to see a pattern that lets you predict when you are most fertile.

As part of charting, you'll need to:

- Take your "basal body temperature" -- your temperature when you're at rest.
- Examine your cervical mucus.
- Track when your menstrual period begins.
- Note when you have sex.

It's also good to pay attention to other symptoms you might be having, like [sore breasts](#), backaches, or [bloating](#).

But still, you can't know precisely when you ovulate by this method. Also, if you have an illness that causes [fever](#), are stressed, drank alcoholic beverages the night before, have traveled to a different time zone (thus

waking up at different times), or have slept in a warmer or colder room than usual -- all may affect your basal body temperature. That can also make this method harder to use.

Q)Is tracking BBT appropriate for women with irregular periods, PCOS, or those nearing menopausal?

Women with PCOS, irregular periods and perimenopausal women should not use BBT as form of contraception, as with irregular periods, this method is not accurate.

Q) Non hormonal forms of contraception do not safeguard us from STIs and STDs. Why is it important to always use a condom or another form of barrier contraception?

Using condoms has various advantages-

- safe, non-hormonal methods that almost every couple can use easily
- prevent some STIs and allied conditions - pelvic inflammatory disease (PID), infertility, ectopic pregnancy and possibly cervical cancer
- offer contraception just when needed
- prevent pregnancy effectively if used correctly with every act of sexual intercourse
- can be used by lactating mothers
- can be used and discontinued without seeking a health care provider
- encourages male participation in preventing pregnancy and infection
- prevents HIV/AIDS when used correctly and consistently with every act of intercourse
- can be used immediately after childbirth or abortion

Q) Any tips or warnings for women that might want to learn more about non hormonal contraception?

Using the basal body temperature method for birth control doesn't pose any direct risks, but it doesn't offer protection from sexually transmitted infections — and it's one of the least effective natural family planning methods. As many as 24 out of 100 women who use fertility awareness-based methods to prevent pregnancy — such as the basal body temperature method — for one year will get pregnant.

Using the basal body temperature along with another fertility awareness-based method for birth control requires motivation and diligence. If you don't want to conceive, you and your partner must avoid having sex or use a barrier method of contraception during your fertile days each month.