

Case Study IV

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What are some benefits of Sophie using an IUD as a contraceptive method?

Prevention of pregnancy could be beneficial for Sophie by using an IUD as a contraceptive method. “Modern forms of the IUD provide very effective, private, and reversible long-term protection from unwanted pregnancy without increasing the risk of reproductive tract infections. Although initial costs of an IUD may be higher than other forms of contraception, their long-term effectiveness is an important consideration, and IUDs yield a very low cost over time.”

It provides the reduction of period cramps and lighter periods, as it helps certain health conditions to reduce a high risk. that could be beneficial for Sophie by using an IUD as a contraceptive method. “Hormonal IUDs offer the benefits of reduced period cramps and lighter periods for many women. Hormonal IUDs are sometimes used to treat endometriosis or as alternatives to hysterectomy for menorrhagia, a condition characterized by abnormally heavy and prolonged menstrual periods at regular intervals. (Alexander, Garfield, Bader, and LaRosa, pg.115)”

What are some drawbacks to teenagers using IUDs?

Financial is the drawback to teenagers using IUDs. “Although initial costs of an IUD may be higher than other forms of contraception, their long-term effectiveness is an important consideration, and IUDs yield a very low cost over time. (Alexander, Garfield, Bader, and LaRosa, pg. 115)”

Researching to find the right IUDs before handing them out to teenagers is 100% accurate. “Because it is extremely challenging to study the exact mechanism of contraceptive action with the IUD in humans, there is not yet scientific consensus about how IUDs prevent pregnancy. Their different designs present different theories for their effectiveness. The

horizontal arms of some IUDs gradually release small amounts of copper into the uterine cavity, preventing sperm from successfully reaching eggs from a woman's ovaries. Other types slowly release a progestin hormone, causing a thickening of the cervical mucus, preventing sperm migration to the egg. All IUDs establish a chronic sterile inflammatory reaction in the uterus that interferes with sperm function so that fertilization is less likely to occur; they may also interfere with implantation. (Alexander, Garfield, Bader, and LaRosa, pg. 115)"

Discuss additional barriers to prescribing an IUD to a teenager.

There are several forms of IUDs for a teenager for the prescriptions and giving them the proper education as a piece of advice for support. "Two highly effective forms of IUDs are available in the United States. One form is the nonhormonal IUD, also known as the Copper T-IUD or Paragard. This IUD, which is effective for up to 12 years, is made of plastic with copper wrapped around its T shape. This long-term effectiveness presents a good alternative to a younger woman who might be contemplating sterilization. It can also be used as emergency birth control if inserted within 5 days after unprotected intercourse. The other type of IUD is a hormonal device, of which four brands are available, Mirena, Kyleena, Liletta, and Skyla. The Mirena IUD is effective for 5 to 7 years; Liletta and Kyleena work for 5 years; and Skyla is effective for 3 years. (Alexander, Garfield, Bader, and LaRosa pg. 115)"

### Conclusion

IUDs benefit the prevention of pregnancy and reduce period cramps to cope with young women's health conditions. Financial, and find the IUDs that held young women to prevent not to using this form of contraception to engage in sexual intercourse. Several forms of IUDs to find prescriptions that would qualify for young women as well.

References

Alexander, L. L., Garfield, S., Bader, H., & LaRosa, J. H. (2020). *New Dimensions in Women's Health* (8th Edition). Jones & Bartlett Learning.