



**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.

A registered charity (No. 1087375). A Company Limited by Guarantee (No. 4142349 – England).

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.

Tel: 02890 310891

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

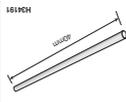
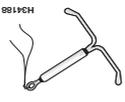
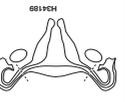
Parents Advice Centre, Franklin House, 12 Brunswick Street, Belfast BT2 7GE

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*
 <b>Contraceptive injection</b> The hormone progesterogen is placed under the skin. It releases the hormone slowly and stops ovulation and thickening the cervical mucus.	 <b>Implant</b> An implant is placed under the device is inserted into the cervix. It releases progesterogen, stopping ovulation and thickening the cervical mucus.	 <b>Intrauterine system (IUS)</b> A small plastic device is inserted into the womb. It releases progesterogen, thickening the cervical mucus.	 <b>Intrauterine device (IUD)</b> A small plastic device is inserted into the womb. It stops sperm meeting an egg, or fertilised eggs.	 <b>Female sterilisation</b> The fallopian tubes are cut, sealed or otherwise inserted into the device is inserted into the womb. It stops sperm meeting an egg, or fertilised eggs.	 <b>Male sterilisation (vasectomy)</b> The tubes carrying the sperm from each testis are cut or blocked. There are no sperm in the semen.
	Permanent. No known long-term side-effects.	Single insertion lasts for 5 years. Quickly reversed at any time. Periods are normally lighter (depending on model). Effective immediately.	Periods may become irregular or return after a year to take a year to become regular or stop. Other side-effects, including weight gain, in some users.	Usually inserted and removed using a local anaesthetic.	Over 99%
	Permanent. No known long-term side-effects.	Single insertion lasts for up to 10 years (depending on effects. Minor operation under local anaesthetic.	Periods may become heavier, longer and more painful. Not suitable for women at risk of catching a sexually transmitted infection.	Useful for women with very heavy or painful periods.	Over 99%
	Permanent. No known long-term side-effects.	Permanent. No known long-term side-effects.	Expect some swelling and discomfort after the operation. Very small possibility (1 in 200) of tubes rejoining.	Should be assumed to be irreversible. Other contraception must be used until the first period after sterilisation.	99.5%
	Permanent. No known long-term side-effects.	Permanent. No known long-term side-effects.	Expect some swelling and discomfort after the operation. Very small possibility (1 in 200) of tubes rejoining.	Should be assumed to be irreversible. Other contraception must be used until the first period after sterilisation.	99.95%

**CONTRACEPTIVE METHODS WITH NO POSSIBILITY OF USER FAILURE**  
The effectiveness of the methods in this table does not depend on the user.