

Hormonal contraception and reproductive health

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To understand the clinical applications of hormonal contraception, one needs to have an understanding of the physiology of the menstrual cycle. It is also important to have an overview of the different types of steroid hormones which affect reproduction. During the last fifty years, since hormonal contraception has been available, there have been many changes in the oestrogens and progestins used. There are also different routes of administration including oral, transdermal, sub-dermal, intrauterine, intramuscular and vaginal. The indications, advantages and disadvantages will be discussed in this presentation.