

## ***BIOLOGICAL SCIENCES***

### **MECHANICAL, CHEMICAL AND SURGICAL METHODS OF CONTRACEPTION**

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There are several methods of contraception. They may be classified as natural or artificial, temporary or permanent. The natural and temporary methods are the Cervical Mucus, Calendar Rhythm, Basal Body Temperature (BBT), Sympto-Thermal and the Lactational Amenorrhea (LAM). All these are considered periodic abstinence except the Lactational Amenorrhea Method (LAM). The artificial and temporary methods are the Barriers – both mechanical (condom and diaphragm) and chemical (spermicides), Hormonal (pills, injectables and implants) and the Intrauterine Contraceptive Devices (IUCD). The permanent methods are surgical sterilization procedures such as bilateral tubal ligation for women and vasectomy for men. This paper focuses its discussion on the Mechanical, Chemical and Surgical methods, and the Intrauterine Contraceptive Devices.

**Keywords:** methods of contraception, mechanical, surgical, chemical

**HORMONAL CONTRACEPTION: AN APPROACH TO THE  
DEMOGRAPHIC CRISIS IN THE PHILIPPINES**

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This paper aimed (1) to analyze the acceptance of hormonal contraceptives and the performance of women-users in the Philippines; (2) to discuss the development of the hormonal contraceptives; (3) to discuss recent evidence about health benefits and risks and issues in oral contraceptive use; (4) to discuss new benefits and new drugs; (5) to discuss hormonal contraceptive for the male. The hormonal contraceptive methods in the form of oral contraceptive pill and injectables enjoy the first choice of Filipino women who use contraceptive methods. It was found that discontinuation rates are due to side-effects and health concerns. The method failure for the hormonal contraceptive methods is 5.4 % on the first year. The prospect of immediate future use is higher than the other methods.

**Keywords:** hormonal contraceptives, injectables, reproductive control methods

**SEX PRESELECTION IN ANIMALS: CURRENT  
METHODS AND APPLICATIONS**

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Advancement in sexing technologies when used with other animal reproductive technologies presents opportunities to boost food production from animal sources and thus increases the availability of animal protein in the Filipino diet. The ability to predetermine the sex of offspring before and after