

Bien choisir sa contraception

Les différentes contraceptions



Le préservatif masculin et féminin

Seule protection contre les IST (infections sexuellement transmissibles). Facilement accessible (pharmacie, supermarché, distributeurs...).

- Efficacité :** 5% d'échecs pour le préservatif féminin et entre 2 et 15% pour le préservatif masculin.
Coût : 8,70€ la boîte de 3 préservatifs féminins et entre 20 et 5-6 centimes le préservatif masculin.
Durée d'action : Uniquement durant le port du préservatif.



Le spermicide

Sous forme de gel ou d'ovules insérés au fond du vagin. S'achète sans ordonnance et peut servir de lubrifiant vaginal.

- Efficacité :** 18 à 29% d'échecs.
Coût : 7 à 19€ environ pour plusieurs doses.
Durée d'action : 60 minutes pour les ovules et 8h pour les crèmes.



Le stérilet ou dispositif intra-utérin

Dispositif contraceptif qui mesure 3,5 cm de long. Nécessite l'intervention d'un professionnel de santé pour la pose.

- Efficacité :** à 99%.
Coût : 30,50€ pour un stérilet en cuivre et 125,15€ pour un stérilet hormonal, remboursé à 65%.
Durée d'action : entre 4 et 10 ans.



L'implant

Implant sous la peau du bras. La pose nécessite l'intervention d'un professionnel de santé.

- Efficacité :** à 99,9%.
Coût : 106,44€ remboursé à 65%.
Durée d'action : 3 ans.



La pilule

Deux types de pilules : combinées ou progestatives. Délivrée sur ordonnance.

- Efficacité :** à 99,7%.
Coût : Entre 1,88 et 14€ par mois, remboursée jusqu'à 65%.
Durée d'action : 48h après la première prise de pilule, action contraceptive jusqu'à 7 jours après l'arrêt.



L'anneau vaginal

Anneau flexible en plastique poreux. A insérer au fond du vagin, à garder pendant 3 semaines, puis 1 semaine d'arrêt.

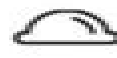
- Efficacité :** à 99,71%.
Coût : 16€ par mois.
Durée d'action : 4 semaines par anneau.



La cape cervicale

En silicone, se glisse dans le vagin au contact du col de l'utérus. Peut être posée jusqu'à 2h avant le rapport sexuel et laissée en place 8h après (et retirée au plus tard dans les 24h qui suivent). Réutilisable à condition d'être lavée.

- Efficacité :** à 91% chez les femmes n'ayant pas eu d'enfant et 74% chez les femmes ayant eu un enfant.
Coût : 60€ la cape cervicale.
Durée d'action : Uniquement durant la pose de la cape cervicale.



Le diaphragme

En latex ou en silicone. Peut être posé jusqu'à 2h avant le rapport sexuel et laissé en place 8h après (et retiré au plus tard dans les 24h qui suivent). Réutilisable à condition d'être lavé.

- Efficacité :** à 94%.
Coût : 33€ pour le diaphragme en latex et 42 € pour le diaphragme en silicone (remboursé sur la base de 3,14€).
Durée d'action : Uniquement durant la pose du diaphragme.



Le patch

A coller sur le ventre, les épaules ou le bas du dos. Pratique, discret et facile d'utilisation.

- Efficacité :** à 99,7%.
Coût : 15€ la boîte de 3 patchs.
Durée d'action : 4 semaines par patch.



Les progestatifs injectables

Progestatif de synthèse injecté par piqûre intramusculaire tous les trois mois.

- Efficacité :** à 99,7%.
Coût : 3,44€ la dose, remboursée à 65%.
Durée d'action : 12 semaines par injection.

Quelle Contraception Choisir Pr Servatif Lefficacit

Fabienne Beguerie



Quelle Contraception Choisir Pr Servatif Lefficacit:

Quelle contraception choisir ? Fabienne Beguerie, 2015-10-30 A la fin de l'année 2012 suite la plainte de patientes une véritable épidémie médiatique s'est abattue sur les pilules de troisième et quatrième générations les accusant de tuer en provoquant des accidents cardio vasculaires. Qu'en est-il exactement ? Quel rôle peuvent jouer les pilules modernes et les autres dans la survenue d'accidents cardio vasculaires mais aussi de cancers hormono dépendants ? Fabienne Beguerie qui a réalisé un ouvrage sur le sujet fait le point sur ce mode de contraception ses bénéfices et ses risques. La pilule n'est pas un bonbon. Et elle n'est pas anodine même si elle représente une avancée importante dans l'histoire des femmes. Mais alors que faire ? Il faut pouvoir décider de sa contraception en ayant accès à une juste information et en pouvant véritablement peser le pour et le contre des méthodes envisageables pour éviter les grossesses non désirées. Dans son ouvrage Fabienne Beguerie liste les différents moyens de se protéger leurs atouts leurs faiblesses leurs dangers. Il apparaît clairement que c'est en apprenant mieux se connaître que les jeunes filles et les femmes peuvent se protéger efficacement sans mettre en danger leur santé. Mais pour cela il faut comprendre son corps savoir comment il fonctionne. Fabienne Beguerie donne les clés pour y parvenir.

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Quelle Contraception Choisir Pr Servatif Lefficacit Introduction

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