



FYI

Modern day Family Planning

As we are living in the modern and 'evolved' era, all aspects of life and people's lifestyles have taken a turn, a leap. Old perceptions are going as people embrace new and unprecedented techniques, methods and inventions. From their food, healthcare, transport, home design, communication, grocery shopping, entertainment – you name it. We all are living in ways, using innovation and technology, utilising nature, science, like never before.

So, same goes for family planning and its methods. Couples nowadays are opting for new ways to define and plan their family size and are leaving behind old conventional methods.

Contraceptive methods reflect individual preferences, societal and cultural norms, and local and regional issues affecting contraceptive availability and accessibility, including policies and cost.

What are some modern contraceptive methods?

NUVARING

NuvaRing is inserted into the vagina like a tampon, where it releases a steady amount of estrogen and progestin throughout the month. You wear it for three weeks, then take it out for a week and have your period.

The ring has many perks besides pregnancy prevention.

The ring can reduce or help prevent acne, bone thinning, cysts in the breasts or ovaries, ectopic pregnancy, endometrial and ovarian cancers, etc.

ORTHO EVRA

Ortho Evra is a skin patch with hormones embedded in its adhesive layer. You stick it on your lower abdomen, buttocks or upper body where it slowly releases estrogen and progestin for a week. After a week, you peel it off and replace it with a new one. After you've used three in a row, you take a break for a week, during which you get

your period.

INTRA UTERINE DEVICE (IUD)

An IUD is a small, T-shaped object that goes inside your uterus.

There are two types of IUDs--Copper IUD that contain copper, a type of metal, and Hormonal IUD that has the hormone progesterone.

The hormones or the copper stop the sperm reaching the egg. Sometimes, sperm does reach the egg (fertilisation) so the IUD stops the egg from attaching to the wall of the uterus

One can get pregnant as soon as the IUD is taken out.

WHY ARE THESE NEW METHODS BETTER THAN OLD CONVENTIONAL ONES?

The oral pills may cause hormonal imbalance in the body. Menstruation may get irregular and hard to predict. Pills may cause nausea, mood swings, headaches, etc.

Many are allergic to the latex used in condoms.

Plus, condoms can break if not put on and placed correctly.

ARE THERE ONLY FEMALE CONTRACEPTIVES, OR CAN MALE HAVE CONTRACEPTIVES TOO?

Males have contraceptives too.

Till now, the forms of contraception available for men are condoms only and vasectomy, which is permanent contraception, i.e., males become sterile.

Oral contraceptive pills for men are underway to be made which will have hormonal components to stop sperm production, etc.

By Faiza Khondokar

Photo: LS Archive



Dr. Jhumu Khan's Laser Medical

BOTOX magic

ASSURES YOU A NATURAL ATTRACTIVE LOOK

BOTOX has become the most common cosmetic procedure due to its ease of use and effectiveness. It is a purified form of Botulinum toxin A, meaning there's no botulism risk when used properly.

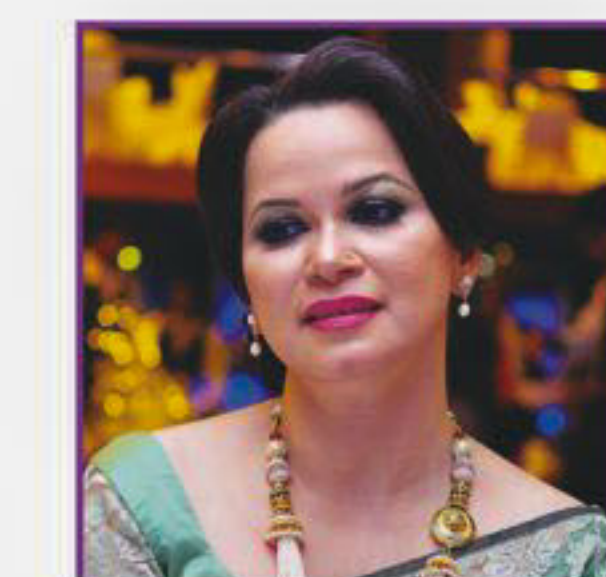
EXPERIENCE COUNTS IN BOTOX INJECTION TECHNIQUE

BOTOX is a safe medication administered for cosmetic improvement of wrinkles. It can be used on various areas of the face, ranging from the forehead to the



frown lines between the eyes and the crows feet. It is an incredibly useful tool and, in the right hands, can accentuate the eyes and make them look much more

attractive. While most people out there do a limited amount of BOTOX, if you go to someone who is an expert, they will typically know how to do the other areas without side effects. It is an excellent tool for eye brows lift, gummy smile reduction, Nasal flare reduction, lifting up the corners of the mouth and tightening the jawline. In Laser Medical Center we are doing BOTOX successfully since 2006. We can ensure you a more natural, attractive and expressive look by BOTOX.



Dr. Jhumu Khan

MBBS (DMC), DCD (UK),
MSc(Germany) Board Member WOCPM,
Diplomat (WOSAAM) Dermatologist, Anti aging
& Regenerative Medicine Specialist

NEW LOOK NEW LIFE

Gulshan
01711660938

Dhanmondi
01727001199

Uttara
01954333888

f/lasermedicalcenter | lasermedicalbd.com