



What reproductive health means *

- the definition in use is complete physical, mental and social well being in all matters relating to the reproductive system, and not merely the absence of disease
- India was among the first countries to launch a national programme, Family Planning in 1951, later broadened as Reproductive and Child Health Care
- the programme's aims: awareness and education, medical help for pregnancy and childbirth, contraception, and care against infection
- amniocentesis is a foetal test that reads chromosomes from amniotic fluid. It is legitimately used to detect disorders, and it is legally banned for sex determination because of its misuse for female foeticide

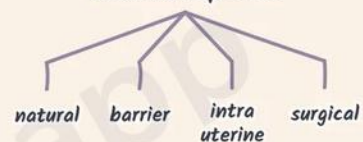
The measures that changed the numbers

- sex education in schools, which is the intervention that removes myths rather than adding rules
- awareness of the problems of uncontrolled population growth and of social evils such as sex abuse and sex related crime
- better medical facilities and care for reproduction related problems, which brought maternal and infant mortality down
- statutory age at marriage and incentives for small families are the legal half, and increased awareness the other half
- the honest measure of success is falling maternal mortality, falling infant mortality, better detection of infections and more couples with medical assistance

The features an ideal contraceptive has

- user friendly, easily available, effective and reversible, with no or few side effects
- it must NOT interfere with the sexual drive, desire or the sexual act of the user
- no method meets all of these, which is why several categories exist and the choice is a medical one
- contraception is a voluntary method of preventing pregnancy, and it is not a treatment for a disease

contraception



the four mechanisms every method sorts into, which is the order to answer a methods question in

