

Most of the diseases and deaths that threaten women's and children's health are caused by unwanted pregnancies, i.e. too many pregnancies, untimely pregnancies, or pregnancies with only a short interval in between, as well as unsafe abortions and excessive fertility.

One out of every ten mothers in the world dies due to a miscarriage that takes place in unsanitary conditions.



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The main goal of birth control methods is to protect maternal and child health and prevent miscarriages.

EACH COUPLE WILL BE DIFFERENT IN THEIR CHOICE OF BIRTH CONTROL.

To determine which method suits you best, you and your spouse should consult a doctor or midwife/nurse.

RIGHT PLACE, QUALITY SERVICES

Contact the nearest **Migrant Health Centre** for more information and support



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**BEFORE YOU CONCEIVE,
MAKE SURE YOU CAN
SUPPORT A CHILD**



Parents have a fundamental human right to freely decide on the number and the spacing of their children.

Women begin producing reproductive cells approximately one month after giving birth. Birth control methods should, therefore, be started no later than one month after giving birth.

In cases of miscarriage, the respective method should be started about a week later.

Conditions that threaten the lives of mothers and infants

Conception and childbirth **before the age of 18** can threaten the life of the mother and baby due to incomplete development of the reproductive system, bone structure, and mental development.

Giving birth **after the age of 35** can cause the infant to have mental problems and the mother to develop serious diseases such as blood pressure and diabetes.

In cases of a pregnancy spaced by less than 2 years, the newborn baby and the mother are both at

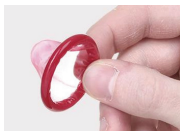
risk because of incomplete bodily rejuvenation. Also, the first-born child can experience physical, psychological, and social problems due to interruptions in their care.

Mothers who have more than four pregnancies in their lifetime can develop serious diseases such as urinary incontinence, uterine cancer, and cardiovascular diseases at later ages, while children can experience problems with care and growth as well as developmental delays.



BIRTH CONTROL METHODS

Reversible methods



Condoms (rubber, sheath) are very effective when used correctly. They protect from sexually transmitted infections and diseases such as HIV/AIDS, Gonorrhea, Syphilis, and Hepatitis B.



Birth control pills must be taken every day. They have other benefits besides contraception: Preventing anemia and reducing menstrual pain and the risk of developing uterine and ovarian cancers.



An intrauterine device (IUD, spiral) is a small, plastic device that is inserted into the uterus. If not removed, it prevents pregnancy for up to 10 years. You can conceive once it is been removed.



Injections work by preventing the ovaries from releasing reproductive cells into the fallopian tubes.

Irreversible methods

Vasectomy

It is a minor surgical operation during which the tubes that carry sperm from the testicles to the urethra are cut. The birth control effect takes some time to activate after the procedure. Therefore, another birth control method should be used for at least two months postoperatively.

Tubal ligation

It is a surgical procedure that involves tying the tubes of a woman, which prevents the egg and sperm from meeting. The birth control takes effect immediately after the procedure.