

Duru Favour Ihuoma

MODERN METHODS OF TREATING MEN TO PREVENT UNWANTED PREGNANCY

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Relevance. According to global literature, family planning with the real participation of both spouses is the most understandable and effective tool for empowering women [Patel A.P., Smith R.P.,-2016; Page S.T. et al., 2022; Kim J.et al., 2024]. Every year, there are about 200 million pregnancies in the world, 40% of which were not planned. Thanks to scientific and technological progress over the past decades, various means of contraception have been developed and introduced into practical healthcare, but most of them are intended for women. Given the modern trends in the development of gender relations, large-scale clinical studies are currently being conducted aimed at finding new methods and means for monitoring and planning male fertility.

Aim: based on the analysis of literature and material from the urological departments of the 4th City Clinical Hospital named after N.E.Savchenko of the city of Minsk to study modern approaches to the use of male contraceptives.

Material and methods. The medical records of 62 men who, at their request, underwent bilateral vasectomy in 2020-2024 in order to achieve an infertile state were studied.

Results and their discussion. Based on the analysis of the literature, there are 4 main methods for achieving male sterilization: 1) behavioral - interrupted sexual intercourse, abstinence; 2) barrier (mechanical) - which do not allow seminal fluid to enter the woman's genital tract during ejaculation (condom, etc.); 3) chemical - based on taking pharmaceuticals that affect the synthesis and maturation processes of sperm, their activity and ability to conceive; 4) surgical - creating an artificial barrier to the release of sperm in the ejaculate.

Examination of patients in the study group (n = 62), surgical treatment was performed in accordance with Article 26-"Sterilization" of the Law of the Republic of Belarus No. 2435-XII "On Healthcare" dated June 18, 1993 and the Resolution of the Ministry of Health of the Republic of Belarus No. 89 dated December 10, 2014 "On Some Issues of Sterilization". In the study, the first group consisted of 51 patients aged 36-40 years, the second group included 8 patients aged 41-45 years, and the third group had only 3 patients over the age of 46. The number of children in these families ranged from 2 to 5, with an average of 3.2 children per family. The operation was performed under local anesthesia, the hospital stay was 2 days, there were no complications.

Conclusion. Vasectomy is a reliable and safe method of achieving male sterilization.