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# Acceptability of birth control methods in dakahlia

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No doubt that; over population problem is one of the greatest problems all over the world. In this investigation we have studied the acceptability of different birth control methods in Dakahlia governorate which is considered the 2nd governorate according to its population, it is located on either side of Damietta branch of the Nile, it consists of 11 cities and 433 villages. On reviewing the different birth control methods we find that the most effective one is not the safest and the safest is not 100% effective. On questioning women in the family planning centres. We find that: (1) The pill is the most acceptable method because has nothing to do with sexual relations and its efficacy is (2) The loop is the 2nd choice, because it causes vaginal bleeding, and its efficacy is not 100% as pill. (3) The condom comes after the pill and the loop, it is safe, hygienic, cheap and easy to use. However it interferes with sexual pleasure Dutch cap is not acceptable because it needs experienced women concerning its application more over it has a high failure rate. (5) We find considerable number of women prolong their lactation as a birth control method, also some women insert piece of sugar or piece of salt in the vagina before coitus. (6) Most women are still confused about sterilization within over 35 years especially which have five children or more accept any method of contraception, if pregnancy occurs they go to court themselves in the dark. (7) Birth control methods are used and more acceptable in urban than in rural areas, this difference is due to discrepancy in educational status, mal-housing etc. To solve this problem we must put the following points in the mind: (1) The problem indeed is a voluminous one. (2) Education will shorten the way. (3) We must start by rural areas. (4) Every method must be available especially in rural areas. (5) Every couple must know every thing about contraception and its side effects, also know the complication of repeated pregnancy and labour. (6) The religious acceptance should be clear and clean cut. (7) Medical service must be at a higher level and should be provided by specialist. (8) The physician must choose the proper time to counsel a woman about the method of contraception.