

Family planning enables individuals to achieve the number of children they wish for and to plan the timing of their pregnancies. Addressing infertility is an essential component of a holistic approach to family planning. It is crucial for attaining wider developmental objectives by enhancing health, fostering gender equality, and aiding education and economic prospects, all of which directly correspond with Sustainable Development Goal 3.7, advocating for universal access to health care related to sexual and reproductive matters, including family planning. All contraceptive techniques recommended by the World Health Organization have been thoroughly evaluated for safety, efficacy, and effectiveness, affirming they are safe for the majority of users. Infertility refers to the inability to conceive after a year of regular, unprotected intercourse, and it impacts approximately 1 in 6 adults during their lifetime. Many factors may contribute to infertility, including infections, health disorders, or both environmental and lifestyle influences. Contraceptive methods Numerous contraceptive techniques exist, each offering unique benefits and levels of effectiveness. Some individuals might opt for fertility awareness methods or withdrawal, though these methods tend to be less reliable. Certain methods, like implants, intrauterine devices, and sterilization, are extremely effective and offer long-term solutions. Condoms uniquely offer protection against sexually transmitted infections, including HIV. Selecting the most suitable method is contingent on an individual's health status, personal preferences, and specific needs.