

Session "Reproductive Health and Infertility"

Infecundity, Late Maternity and Actual Contraception: What Means of Contraception Prefer Women to Postpone Childbirth and not to Become Infertile?

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One of the actual characteristic of fertility in Russia after 1999 is increasing of fertility level for women elder 35. There is the period when physiological reproductive capabilities are reducing, that's why infertility becomes one of the components of late maternity. Usually it transparences in fecundation difficulties due to infertility-II after artificial abortions or gynecological disorders. Women take care of their current and future reproductive health and use contraception from the very beginning of sexual life. Traditional point of view in Russia: they prefer easy cheap non-effective contraception and in case of unintended pregnancy choose artificial abortions, which later provoke infecundity-II.

Investigation: 2004-05, Scientific Center of Obstetrics, Gynecology and Perinatology (Russian Academy of Medical Sciences, Moscow); *respondents:* 350 women elder 35 with reproductive problems and 30 women younger 35 with problem of postponed birth (search for safety contraception); *methods:* sociological analysis of questionnaires and individual diaries of monitoring.

Contraception plays main role for postponing birth among main reasons of late maternity (childlessness in actual marriage (children in previous marriage); voluntary postponement of childbirth up to 35; long-term infertility). Women of this group consider sexual partner as father of their future child, that's why comforts of contraception are more important than reliability for them.

Comforts of contraception in this case mean complex characteristic: convenience of using, harmlessness both for man and woman, safety in sexual contact, possibility to stop using any moment. From this point of view traditional contraception is not satisfactory: condom reduces degree of sexual satisfactoriness, spermicides have a lot of negative effects during sexual contact, spiral creates

psychological problems for women and physiological problems for some men, oral pills have reputation of interference to hormonal status with vague consequences, coitus interruptus is considered by women as harmful for men.

The most of potential parents are well-disposed to calendar contraception methods (rhythmical, biological, temperature etc). The main defect there – low reliability, and they try to select modern contraception, allowing to indicate days of real ovulation with the highest probability of fecundity (rather expensive for Russia monitors with test-strips, for example “Persona”). During these days the couple can choose: to refuse sexual contact or use barrier contraception if they not plan pregnancy, or seize the opportunity if the pregnancy is planning.

These contraception monitors are specific contraception, which women named as “family”, “individual”, “natural”. They concern both woman and man (the result of test is discussed and sexual plans for the day depend on it), doesn't create inconveniencies both woman and man and helps to emotional intimacy between partners because do responsible for the pregnancy both man and woman. The main conclusion: in case of postponing childbirth up to 35 adequate contraception play main role for infecundity prevention. Conscious purpose of late maternity imply very serious approach to contraception choice when traditional limits (price, simplicity of buy etc) are not actual. Even reliability of contraception is not so important because in case of pregnancy a lot of potential late mothers prefer to retain it.