

## Neerja Goel, Himsweta Shrivastava, Bindiya Gupta (eds.): Contraception

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### About the Reviewer



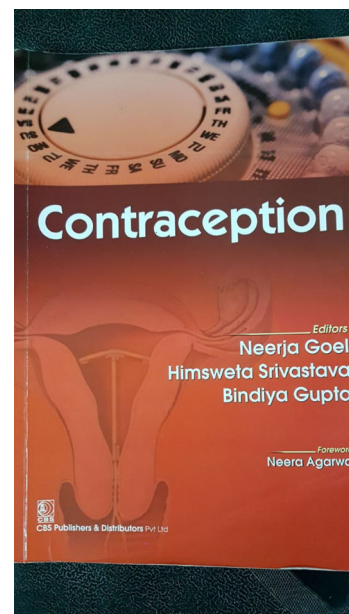
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“Contraception” is a book which deals with the very important aspect of gynaecology and useful for family physicians, specialists and medical students as well.

It is in its first edition. Chapter one is dedicated to demography and statistics. Although it thoroughly covers assigned topics, all the data are outdated and referenced only up to the year 1999. The chapters on female human physiology and barrier contraception are concise and well described.

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The crux of any chapter on oral contraception is its dosages. The dosages of all the hormones are given in milligrams or grams, which is misleading for a new reader. Medical eligibility criteria (MEC) by WHO needed to be elaborated more for their use. In the list provided by the authors for MEC, there is no mention of genital bleeding of unknown cause, for example when malignancy not yet ruled out.

Progestin-only contraception hurries through, without getting a clear picture. Chapter eight further confuses the reader by putting adverse effects and benefits of all hormonal contraceptives together. Traditional and newer intrauterine devices are completely and precisely described along with the complications. PPIUCD, a recent trend in contraception and currently promoted by FIGO, is given a miss.

To make the chapter on female sterilization more practice oriented, authors should have elaborated more on patient selection, pre-operative investigation, Government of India guidelines, complications and compensation in cases of complications. Male contraception temporary and permanent is highlighted well. The non-scalpel vasectomy is a well-crafted chapter with useful diagrams.

Newer insights into contraception do not provide any insights for the reader. Emergency contraception is given its due diligence in chapter fourteen. Non-hormonal contraception is a repetition of the same before.

Chapter sixteen illuminates the urgent and unmet need of contraception in the adolescent age group. Contraception in the peri-menopausal age group is a tedious affair of the WHO-MEC guidelines again.

Contraception and cancer are well thought out and relevant in today's world, as the incidence of malignancy in younger age group is on the rise and survival rates are better with the use of contraception.

Finally, national welfare programmes cover topics from JSSK to PCPNDT Acts, Government of India guidelines, empanelment of surgeons and compensation. PPIUCD, the newest, perhaps one of the best methods available for immediate post-partum contraception, finds a mention at long last.

The witty quotes at the beginning of each chapter keep the reader entertained. However, all references are not up to the mark. The book seems an option for the undergraduate reader and family physician due to its simple and easy language; however, the post-graduated reader and obstetrician and gynaecologist may not find it very enlightening.

#### **Compliance with Ethical Standards**

**Conflict of interest** Author Dr. Niraj Nilkanth Mahajan declares that they have no conflict of interest.