It takes a man and a woman to get a job but when it comes to Family Planning, one is often left out. Here is what some men have to say about Family Planning.

I listen to my wife
Jairus Lwamatora is a father of one and a resident of Lukunya in Kabale District. “We started with condom as a method of preventing us from getting pregnant, we soon realised that it was messy because we often forgot to use them. We decided to change to the injection method which my partner had used for over three years. Now we use a longer term method and is likely to go for the implant. For everything we do, we usually first discuss and agree because in marriage mutual agreement is very important. I remind her about it from time to time so she doesn’t forget about it. This gives us protection from any unplanned pregnancy.”

My family is healthy
Simon Komakech, 26, says: “My wife and I are family and I can afford to look after them properly. We decided together with my wife to use modern family planning. She uses the injection and she has no problem. We have two children but we are planning to stop after the fourth.”

Church should promote Family Planning
Northern Uganda Catholic Bishop, the Rt Rev. Johnson Orombi, says Family Planning is very important. It is a key to accessing medical care and education among others. Yet without family Planning, there are many challenges such as land conflicts due to an increasing population. We are no longer in ancient times. This is a modern society and as a church we have to encourage our people to use modern Family Planning and have small manageable families.

Modern Family Planning works
“I promote modern Family Planning method like the pill, implants, and injectables because they have proven to work. Many of the modern methods are easy to use as long as a particular method matches well with the user. I can’t ask my respect by promoting something like a local mixture where I don’t know whether it works.” Mr. Mathew Wanyama, the LC Chairman for Miracle A village in Masaka.

I wish I had known
Grace, the LC1 Chairperson in a village in Masaka says: “My wife and I are family and I can afford to look after them properly. We decided together with my wife to use modern family planning. She uses the injection and she has no problem. We have two children but we are planning to stop after the fourth.”

We now have a method
Mr. Fred Mawia and his wife Melissa used to be two children but they are not using modern Family Planning methods. They were conscious of the fear and wrong information. However, modern Family Planning methods are safe. They are the most effective way of producing children when you are ready. So men and women, do not wait too late to plan your families. Learn the truth about modern Family Planning from a trained Family Planning worker. Then you will be able to enjoy the benefits of planning your families.

Are you worried about using modern Family Planning?
Talk to Nurse Mildred on the Nurse Mildred Radio Show and get answers to all your questions.

Enjoying planning our families

We have healthy children
Both Simon and his wife Grace. The couple has two children and one on the way. The couple stays in a village in Kalungu District. Susan first used the injection method when she was 20 years old. She said she couldn’t afford to buy the pill.

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We have healthy children
Nathan and Joan of Burumba in Muhororo have three children.

The Nabagereka of Buganda Her Highness Sylvia Nagginda
Placing a small manageable family for a better life.

Family Planning is very important for the mother, the child, the family and the country.

Family Planning helps you as a mother to space out your children, to avoid all the medical complications, and have enough time to heal from the effects of one pregnancy to the next.

It is very important to plan if you want a quality family, with the number of children you are able to load, educate and give them a future.

Uganda’s population is growing at a faster rate than the economy and of course the unemployment in the youth. We really need to do very wary of that. We have come to know that there are different stories and myths about Family Planning. Of course it is important to know that some women may experience some side effects while using any of the hormonal Family Planning.

Modern family planning: What people say

Nurse Mildred
Nurse Mildred asks as many questions as possible and put the right information or advice.

Capital FM English Sunday 8.30-9.00pm

Voice of Lango Luo Saturday 8.00-8.30am

Life FM 4Rs Sunday 7.00-7.30am

STATION LANGUAGE OF BROADCAST DAY TIME
Modern Family Planning: Safe and Effective

Women and men using modern Family Planning can discuss with a health worker which options work best. There are various methods women and men can use to avoid pregnancy. Some of these methods are produced by women and some by men. Some methods work for a short time while some can last longer and some are permanent.

Health workers explain safety of Family Planning

It is healthy and important to be concerned about one’s safety. Therefore, it is understandable when people who would like to use Family Planning raise their concerns concerning the safety of modern family planning methods. Health workers talked about the myths surrounding Family Planning and below they share with us their experience:

My personal experience with family planning

Sarah Mwafumbuka is a nurse at Bukalula Health Centre III in Mbarara district. She is a mother of three children aged seven, four and one. Sarah uses Family Planning to space her children. She started using modern Family Planning in 2004 with the injectable method and says some women may have problems with it and will return to using them after birth, said Rebecca who also sometimes used pills whenever they gave condoms a break.

True or false? Condoms can be used by married couples.

Nurse Mildred says that this is True! Condoms are not shouldered used by married couples. They are only used for use outside of marriage.

Pills Pills worked for me

Pills are tablets containing hormones. A woman takes one tablet every day at the same time everyday to prevent pregnancy. If she stops the pills, she can soon become pregnant again. Ms Naome Iliria, a mother of four healthy children has been using pills since 2008 and she has not had any side effects since then. Her husband’s support has kept her going for the last ten years. He reminds her to take the pill every day. When they wanted to produce a child Naome stopped taking pills and soon after she became pregnant again. Ms Naome also ran a retail shop just next to her home in Rwetenga Village of Mbarara, her pills were sold from her shop.

True or false? Pills cause birth defects.

Nurse Milded says there is no true or false in this statement. Birth defects are managed.

Infectables

The injection contains medicine similar to the ones in the pills. The injection is given every three months into the woman’s upper arm or buttocks. The injection cannot carry pregnancy for up to three months. When the woman stops taking injections she can become pregnant again. This is what has happened in the case of Aisha Nakayiza of Bukalula in Kabale District. She is a mother of four children and used the injection Family Planning method to space her children. Aisha says that some people in her community used to say I am pregnant for this year because she was on the injection. When the injection was withdrawn from her arm she is said to have been bleeding and blood. But after being educated by a health worker in a health centre she was convinced to start using pills. As a result side effect she got was missing her periods for the first two months then after the pill period she had normal periods normally. Aisha has given birth to beautiful healthy children when she has stopped the injection.

True or false? Injectable can cause infections on the skin.

Nurse Milded says that this is not True. The skin injection sometimes can cause infections but they do not remain for long. They are not true. Some fear that they will become barren or sterile but these beliefs are not true. Some fear that they will get abnormal children. Apart from the permanent methods, people also fear about the side effects of some methods. For those having problems with the injectable method, Ms. Sarah used pills. So she recommends using pills.

True or false? The coils can move around inside the woman’s body or even fall out.

Nurse Milded says that this is not True. Too. The coils are firmly fixed in the uterus of the woman’s body. They stay there as long as the health worker removes them.

The Coil

The coil, which is also known as the IUD (Intra Uterine Device) is another long using method being used in Uganda. The coil is a small plastic and copper device that is inserted into the woman’s womb to prevent pregnancy. The coil prevents pregnancy by releasing copper which is used to prevent sperm from joining the eggs in the womb. “Contraception has gone a long way now. Women can have a say in deciding when they will be able to have kids,” says Johny. “At first, I had faith in being able to control the number of our kids. But after talking to health workers and undergoing counseling, I accepted. I don’t regret at all. I have remained normal and we are happy with no worries of unwanted pregnancies,”

True or false? Vasectomy is the same thing as castration.

Nurse Milded says that this is not True. A vasectomy involves cutting of the tubes in a man. It only takes a surgeon a few minutes, but the man will no longer be able to have children. There can be side effects but they do not remain for long. Men and women both want to avoid pregnancy. Scientists have found a method that they could only manage to look after four children. “One condition was not that good in terms of finances. So we sat down and decided that we needed a small and manageable family,” Teddy says. “We continue to enjoy our sex life, as well as my love life and we are so happy.”

Where can a man go to have a vasectomy?

A health center, clinic or hospital. Call 0313 050 600 to find out about a facility near you.

Tubal Ligation

This is a simple operation involving tying and cutting the tubes in a woman’s womb. It takes five minutes, but in a permanent form of family planning. After a vasectomy, the man will have the same sexual performance, but he will no longer be able to carry a baby. If he can no longer make a baby, but he will continue to enjoy sex like before. Where Patrick and Charis of Gulu got the four children they planned for, he decided to go for a tubal ligation operation. Patrick says: Johny says: “At first, I had faith in being able to control the number of our kids. But after talking to health workers and undergoing counseling, I accepted. I don’t regret at all. I have remained normal and we are happy with no worries of unwanted pregnancies.”

True or false? Tubal ligation stops the sperm from joining the eggs inside the womb.

Ms Grace Otema of Mbarara says: “After the operation, I decided to turn to the vasectomy. If I was going to make her jump, then she would have to decide. Now I decided to give her child. If she does not want to carry a baby then I will help her.”

Where can a woman go to have a tubal ligation done?

A health center, clinic or hospital. Call 0313 050 600 to find out about a facility near you.

HIV and planning your family

Couples in which one or both partners are HIV positive face the same fertility concerns as people who are not HIV positive. A person who may want to have a child now, has a partner who is HIV positive. They should discuss their choices with each other. As a result, they can often choose to become pregnant. If a couple chooses the decision together, the couple will know that they have made the right decision. People living with HIV can safely use many Family Planning methods to delay pregnancy, even if they are an ARV. Some of the Family Planning methods used include a set of ARVs from the ARV Formulary.

Before getting pregnant, a woman living with HIV and her partner should discuss health after becoming pregnant. Their bodies is strong enough to carry a pregnancy. If the health worker points out to the patient that she should avoid antiretroviral drugs, then the woman must make sure that she understands that they wish to have a child in the future, because some ARVs are not recommended for pregnant women.

The woman should also discuss a family planning method with her health worker. Her health worker can only recommend methods that are safe for her. The ARVs will not work if she takes them every day. The ARVs must be taken in a proper way. She must prepare to join a Prevention of Mother to Child Transmission (PTCT) programme when she decides to the have a baby. ARVs reduce the chances of passing on the virus. You can get more information on this from your health worker, or by calling 0313 500 600.

Where can a woman go to find out about a method near you?

Although it is becoming popular nowadays to the implant. Implants are very small plastic sticks containing medicine in like this in the pills and the injection methods. They are placed under the skin of a woman’s upper arm and the medicine passes slowly into her body. This prevents the woman from releasing eggs. Implants can prevent pregnancy for three to five years.

True or false? The implants can move around inside the woman’s body or even fall out.

Nurse Milded says that this is not True. The implants are firmly fixed in the uterus of a woman. They stay there as long as the health worker removes them.

Vasectomy

This is a simple operation involving tying and cutting the tubes in a woman’s womb. It takes five minutes, but in a permanent form of family planning. After a vasectomy, the man will have the same sexual performance, but he will no longer be able to carry a baby. If he can no longer make a baby, but he will continue to enjoy sex like before. "I practice contraceptive for this to work properly. Alice Nakabule of Kintale is a proud user of this Family Planning method. She is a mother of four children and used the implant Family Planning method to space her children. She has gone back to using MoonBeads. "When I was going to make her jump, then she would have to decide. Now I decided to give her child. If she does not want to carry a baby then I will help her.”

Where can a woman go to have a vasectomy?

A health center, clinic or hospital. Call 0313 050 600 to find out about a facility near you.