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Contraception

UNMARRIED BUT IN REALATIONSHIP GOING FOR
ABORTION FOR UNPLANNED PREGNANCY
KNOW HOW NOT TO
BECOME PREGNANT.

Dr.Padala Haabitha

Gyneacologist

Hi. I'm Dr. Padala Habitha!

OBSTETRICIAN & GYNAECOLOGIST

Hi, I'm Dr. Padala Habitha, an Obstetrician & Gynecologist, Infertility Specialist, Laparoscopic Surgeon, and Colposcopy Specialist.

I am passionate about providing compassionate, evidence-based care for women at every stage of life. Through this health blog, I share trusted medical insights, practical health tips, and reliable guidance to help women make informed decisions for a healthier and happier future.

My goal is to empower every woman with the knowledge and confidence to take charge of her health.



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CONTRACEPTION

- ✓ If you're unmarried and reading this, here's something worth knowing clearly: you have the same legal right to contraception and abortion care as anyone else, with no need for anyone else's permission once you're 18.
- ✓ If unprotected intercourse happens, emergency contraception works best within 72 hours — the sooner you take it, the more effective it is, so don't wait it out hoping it'll be fine.
- ✓ If you've been through more than one abortion, please know this isn't about blame — but it is worth understanding that repeated procedures do carry real risks, like infection or scarring, and can affect fertility down the line. That's exactly why we're having this conversation now.



AS SEEN IN

**Bloom
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Journey to Parenthood

“Dr. Padala Habitha explained all the contraception options clearly and helped me choose the one that suited my health and future family plans. I felt respected and never pressured. Highly recommended!”

“I had many doubts about birth control methods. The doctor answered every question patiently and made me feel comfortable. The consultation was informative and reassuring.”



CONTRACEPTION

- ✓ One of the most effective things you can do is consider a long-acting method — an IUD or implant lasts for years and takes the daily effort out of the equation entirely.
- ✓ Condoms are still worth using alongside any other method, mainly because they're the only option that also protects against infections.
- ✓ You deserve a conversation with a doctor that doesn't come with judgment attached — whether it's a government clinic or a private one, that's what good counseling should look like.



Journey to Parenthood

“Excellent consultation for family planning. The doctor discussed the benefits, side effects, and effectiveness of different contraceptive methods in a simple way. Very satisfied with the care.

“I visited for contraceptive advice after my delivery. Dr. Habitha suggested the best option for my lifestyle and breastfeeding needs. The staff was kind, and the entire experience was smooth.



CONTRACEPTION

- ✓ Whatever you discuss with your doctor stays between you and them — confidentiality here isn't optional, it's the law.
- ✓ If you've recently had an abortion, this is actually the best time to sit down and pick a contraceptive method that fits your life, so this doesn't have to keep repeating.
- ✓ And if you're planning ahead, married or not, that one decision — figuring out what protection works for you — can spare you a lot of pain, physically and emotionally, down the road.
- ✓ Condoms remain one of the simplest choices — no prescription needed, no side effects to worry about, and they're the only method that also guards against infections.



Journey to Parenthood

“Professional, friendly, and knowledgeable. The doctor took time to understand my medical history before recommending a contraception method. I left the clinic feeling confident in my decision.

“The consultation was private, comfortable, and judgment-free. Dr. Habitha explained every option with honesty and care. I truly appreciate the personalized guidance and support.



CONTRACEPTION

- ✓ The daily pill works well if you can stick to a routine — taken consistently, it's highly effective, and many women find their cycles become more regular as a bonus.
- ✓ If you're breastfeeding, the progestin-only pill is usually the safer choice — it's slightly less effective than the combined pill, but doesn't affect milk supply.
- ✓ An IUD is worth considering if you want something you don't have to think about — copper or hormonal, it can protect you for anywhere from 5 to 10 years, and it's reversible whenever you're ready to plan a pregnancy.
- ✓ Implants work similarly — a small device placed under the skin that quietly does its job for 3 to 5 years, no daily effort required.



Journey to Parenthood

“Dr. Padala Habitha explained all the birth control options in a simple and clear way. She helped me choose the right contraception method based on my health and future pregnancy plans. Highly recommended!”

“I was nervous about using contraception for the first time, but the doctor made me feel comfortable and answered all my questions patiently. Excellent care and guidance.”



CONTRACEPTION

- ✓ If pills aren't practical for you, an injection every three months can be a convenient middle ground.
- ✓ Natural family planning — tracking your cycle to identify fertile days — can work, but it takes real discipline and carries a higher chance of error than other methods.
- ✓ For couples who feel their family is complete, tubectomy is a permanent option for the woman.
- ✓ And emergency contraception has its place, but only as a backup for the occasional slip-up — not something to rely on as your regular method.
- ✓ Here's something worth knowing though — a vasectomy is actually a simpler, quicker, and safer procedure than tubectomy, and just as permanent. It's often overlooked simply because the conversation defaults to the woman.



Journey to Parenthood

“A very professional and friendly experience. Dr. Habitha discussed the benefits and possible side effects of different contraceptive methods, helping me make an informed decision.

“I visited for family planning advice after my delivery. The doctor recommended the most suitable contraception for me and explained everything clearly. I'm very happy with the consultation.



WHO I WORK WITH

I work with women of all ages, providing expert care in pregnancy, fertility, gynecology, PCOS management, preventive health, and menopause. My goal is to offer compassionate, personalized care for every stage of a woman's life.

WHAT YOU CAN EXPECT

At Juhith Adithya Hospital, you can expect compassionate care, expert medical guidance, personalized treatment, and a patient-first approach. We are committed to supporting you with trusted healthcare at every stage of your journey.



GET IN TOUCH

Dr. Padala Habitha and Juhith Adithya Hospital – Maternity & Fertility Center, Eluru are committed to providing compassionate, personalized, and evidence-based healthcare for women. From fertility and pregnancy to gynecological care, we are here to support every woman with trusted medical expertise and care at every stage of life.

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