

Vasectomy: An underused contraceptive technique

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ABSTRACT

Despite access to an array of different contraceptive measures, overpopulation persists in being a major public health concern. Vasectomy is a safe, simple, cost-effective outpatient technique for male sterilization performed under local anesthesia. Irrespective of the multiple benefits associated with vasectomy, acceptance rates among clients have been extremely poor in different settings. To counter this lack, the following have been advocated by program managers: 1) the implementation of multiple measures, such as using mass media to undo the myths and misconceptions associated with vasectomy; 2) the active involvement of men in decision-making pertaining to matters of reproductive

health and family planning; 3) the engagement of both spouses in assisting the couple to take an informed decision; 4) the provision of manpower with adequate training regarding procedure and men's reproductive health needs; 5) the involvement of different stakeholders; and 6) the integration of all reproductive health and family planning services under one roof. To conclude, vasectomy is the most dependable and cost-effective approach of contraception for couples who have completed their family.

Key words: Vasectomy, contraception, men, permanent sterilization
