

Chapter - 4

Reproductive health

classmate

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Reproductively Healthy:

Society with people having physically and functionally normal reproductive organs and normal emotional and behavioural interactions among them in all sex related aspect might be called reproductively healthy.

Reproductive health problems and strategies.

- Family planning - initiated in 1951
- Reproductive and child health care programmes - Create awareness among people about various reproduction related aspects
- Introduction of sex education in school should be encouraged.
- proper information about sexually transmitted diseases, AIDS, reproductive organ, sexual practices leads reproductively healthy life.
- Statutory ban on amniocentesis for sex determination to legally in check increasing menace of female foeticides.
- Amniocentesis - amniotic fluid of the developing foetus is taken to analyze the fetal cells and dissolved substances.

Population Stabilisation and Birth Control.

- World population :
2 billion in 1960, 6 billion by 2000 & 7.2 billion in 2011
- A rapid decline in death rates, maternal mortality rate (MMR) and infant mortality rate as well as increase in number of people in reproductive age are probable reasons of increase in population.
- most important step to overcome this problem is to motivate smaller families by using various contraceptive methods. The ideal contraceptive should be user-friendly, easily available, effective and reversible with no or least side effects.

- Contraceptives can be grouped into following categories namely Natural / Traditional, Barrier, IUDs, oral contraceptive, Injectable, Implants, and Surgical methods.
- Natural method - periodic abstinence (couples avoid from coitus from day 10 to 17 of the menstrual cycle when ovulation could be expected) (In fertile period).
- Withdrawal or coitus interruptus is another method in which the male partner withdraws his penis from the vagina just before the ejaculation so as to avoid insemination.
- Lactational amenorrhea (absence of menstruation) is based on the fact that ovulation and therefore the cycle do not occur during the period of intense lactation following parturition.
- Barrier method - condoms are barrier made of thin rubber/latex sheath that used to cover the penis in the male or Vagina and cervix in the female.
- Diaphragms, cervical caps and vaults prevent conception by blocking the entry of sperm.
- Spermicidal creams, jellies and foams are usually used along with these barriers to increase their contraceptive efficiency.
- Intra Uterine Devices (IUDs) inserted by experts in the uterus through vagina, e.g. Lippes loop, copper releasing IUDs (CuT, CuT₂, Multiload 375).
- IUDs increase phagocytosis of sperm within the uterus and the Cu ions released suppress sperm motility & the fertilising capacity of sperm. IUDs are ideal contraceptive for the female who want delay pregnancy.
- Progesterone-estrogen dose in the form of pills, have to taken daily for a period of 21 days starting preferably within the first 5 days of menstrual cycle. after 7 days gap it is repeated again. it inhibit ovulation and implantation
progesterone-estrogen can also be injected inside the skin.

- Surgical method/sterilisation blocks gamete transport & prevent conception.
In male it is called vasectomy, in female - tubectomy.
- Vasectomy - small part of vas deferens is removed & tied up through a small incision on the scrotum.
- tubectomy - small part of the fallopian tube is removed

Medical termination of pregnancy (MTP)

- International or voluntary termination of pregnancy before full term is called medical termination of pregnancy or induced abortion.
- Government of India legalise MTP in 1971 with some strict conditions to avoid misuse.
- It is useful to get rid of unwanted pregnancies either due to casual unprotected intercourse or failure of the contraceptive used during coitus or rapes.
- It is helpful upto 12 weeks of pregnancy. Second trimester abortion are much more riskier.

Sexually transmitted infections (STIs)

- Infections or disease which are transmitted through sexual intercourse are collectively called sexually transmitted infections or venereal disease (VD) or reproductive tract infections (RTI).
- e.g: Gonorrhoea, syphilis, genital herpes, chlamydia, genital warts, trichomoniasis, hepatitis B, HIV leading to AIDS.
- early symptoms of most of the disease are itching, fluid discharge, slight pain, swelling etc.
- STIs shows complication like pelvic inflammatory disease, abortions, still birth, ectopic pregnancies, infertility.

one could be free of these infections by following the simple principles given below:

- i) Avoid sex with unknown partners/multiple partners.
- ii) Always try to use condoms during coitus.
- iii) In case of doubt, one should go to a qualified doctor for early detection and get complete treatment if diagnosed with infection.

In fertility:

- Couples are unable to produce children inspite of unprotected sexual co-habitation.
- reason could be - physical, congenital, disease, drug, immunological, physiological.
- specialised health care unit could be help in the diagnosis, e.g: Assisted reproductive technologies (ART)
- In vitro fertilisation: fertilisation outside the body.
e.g: embryo transfer (test tube baby). Ova and sperm are collected and are introduced to form zygote under laboratory condition. early embryo then transferred into fallopian tube
- gamete intra fallopian transfer - transfer of an ovum collected from a donor into the fallopian tube of another female who cannot produce one.
- Intra cytoplasmic sperm injection - Sperm is directly injected to ovum in laboratory. infertility could be corrected by artificial insemination. here semen collected either from the husband or a healthy donor is artificially introduced either into the vagina or into the uterus.
- legal adoption is one of the best method for couples looking for parenthood.