

Chapter No. 4

Reproductive Health

Q. No. 1 What are Sexually Transmitted Diseases?

→ Disease which are transmitted through sexual intercourse are collectively called sexually transmitted infections, or venereal diseases, or reproductive tract infections.

- Goe Gonorrhoea, Syphilis, genital herpes, genital warts, chlamydia, trichomoniasis, hepatitis-B & HIV leading to AIDS are some of most common sexually transmitted diseases. (STIs).

• Except for hepatitis-B, genital herpes & HIV infectious other diseases are completely curable if detected early & treated properly.

• Early symptoms of most of these are minor & include itching, fluid discharge, slight pain, swelling etc. in the genital region.

• Infected female may often be asymptomatic & hence may remain undetected for long.

• Absence of symptoms in early stages of infection & social stigma attached to the STIs deter the infected persons from going for timely detection & proper treatment.

• This could lead to complications later which include pelvic inflammatory diseases (PID) abortion, still births, ectopic pregnancies, infertility or even cancer of reproductive tract.

• STIs are major threat to a healthy society.

Q. NO. 2. Briefly Explain the various reproductive technologies to assist an infertile couple to have children ?

→ The couple could be assisted to have children through certain special techniques commonly known as assisted reproductive technologies. (ART).

- In vitro fertilization followed by embryo transfer is one of the such methods.
 - This method popularly known as test tube baby programme.
 - Ova from the wife & sperm from the husband are collected & are induced to form embryos zygote under simulated conditions in the laboratory.
 - The zygote or early embryos could be transfer into fallopian tube & embryos with more than 8 blastomeres, into the uterus, to complete its further development.
 - Embryo formed by vivo fertilization also could be used for such transfer to assist those females who cannot conceive.
- Gamet Intrafallopian transfer (GIFT) transfer of an ovum collected from a donor into the fallopian tube of another female who cannot produce one, but can provide suitable environment for fertilization & further development is another method attempted.
- Intra cytoplasmic sperm injection (ICSI) is another specialised procedure to form an embryo in the laboratory in which a sperm

is directly injected into the ovum.

- Infertility cases either due to inability of the male partner to inseminate the female or due to very low sperm counts in the ejaculates could be corrected by artificial insemination technique.
- In this technique semen collected either from the husband or healthy donor is artificially introduced either into a vagina or into the uterus of the female.

Q. No. 3 Explain the methods of birth control naturally ?

→ ① Natural methods work on the principle of avoiding chances of ovum & sperms meeting.

- Periodic abstinence is one such method in which the couples avoid or abstain from coitus from 10 to 17 day of menstrual cycle when ovulation could be expected.

As chances of fertilization are very high during this periods, it is called fertile period.

② withdrawal or coitus interruptus is another method in which the male partner withdraws his penis from the vagina just before ejaculation so as to avoid insemination.

③ Lactational amenorrhoea method is based on the fact that ovulation & therefore the cycle do not occur during the period of intense lactation following parturition.

Therefore as long as the mother breast feeds the

child fully, chances of conception are almost nil.
- However this method has been reported to be effective only upto a maximum period of six months following parturition.

Q. No. 4 write down various programs for Reproductive health.

→ with the help of audio-visual & print-media governmental & non governmental agencies have taken various steps to create awareness among the people about reproduction-related aspects.

- Introduction of sex education in school should also be encouraged to provide right information to the young so as to discourage ~~to~~ provide children from believing in myths & having misconceptions about sex related aspects.
- proper information about reproductive organs, & adolescence & related changes, safe & hygienic sexual practices, sexually transmitted disease (AIDS) could be help people, especially those in the adolescent age group to lead a reproductively healthy life.
- Educating people of marriageable age about birth control methods, prenatal & postnatal care for mothers & childrens & so on.

Q: No. 5 short answer question.

Q. ① what is IVF

→ IVF stands for in vitro fertilization & is one of the specialised techniques for child birth.

Q. ② what is MTP. ?

→ Intentional or Voluntary termination of pregnancy before full term is called medical termination of pregnancy (MTP).

Q. ③ Enlist possible reasons for Infertility in human beings.

→ The reasons for infertility in human beings are physical, Drugs, Congenital disease even physiological & immunological.

Q. ④ Enlist the Sexually Transmitted Diseases ?

→ Following are Sexually Transmitted diseases

- ① Gonorrhoea
- ② Syphilis
- ③ genital herpes
- ④ chlamydia's
- ⑤ genital coarts.
- ⑥ hepatitis B
- ⑦ trichomoniasis
- ⑧ HIV.

Q. ⑤ what are measures prevention from contracting Sexually transmitted diseases ?

→ ① avoid sex with unknown partners / multiple partners.

② Always try to use condoms during Coitus.

③ In case of doubt, one should go to a qualified doctor for early detection & get complete treatment if diagnosed with infection.

Q. ⑥ Enlist the techniques - to assist an infertile couple to have children.

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- ① IVF In vitro fertilization.
 - ② Embryo Transfer
 - ③ Zygote intra fallopian transfer
 - ④ Intra uterine transfer
 - ⑤ Gamet Intra fallopian transfer
 - ⑥ Intra cytoplasmic sperm Injection
 - ⑦ Artificial Insemination.

Q. ⑦ Identify the device used for the following methods of birth control?

→ ~~The~~ The device used for the following methods of birth control are

Barrier - condom

IUD - copper - T

Surgical technique - Vasectomy or Tubectomy

Administering Hormone - oral pill.

Q.N ⑧ what's Vasectomy?

→ Sterilisation procedure in male is called Vasectomy.

In vasectomy, a small part of vas deferens is removed or tied up through a small incision on scrotum.

Q.N ⑨ what is Tubectomy?

→ Sterilisation procedure in female is called Tubectomy.

- a small part of the fallopian tube is removed or tied up through small incision in the abdomen or through vagina.

Q. (10) what is lactational amenorrhoea?

→ Lactation amenorrhoea is a period of intense lactation where the absence of menstruation occurs.

Q. (11) write down the reasons for rapid rise of population in our country?

→ The decrease in death rate due to the now advanced & improved health services,

- Due to the practice of early marriage in certain rural areas.
- Due to the lack of education among the poor which will result in them not knowing the ill effects of a large family.
- Longer life span.