

GLOSSARY

Abscess. A collection of pus surrounded by inflammation.

Acquired immune deficiency syndrome (AIDS). A progressive, usually fatal condition (syndrome) that reduces the body's immune system or ability to fight infections. Caused by infection with the human immunodeficiency virus.

Amenorrhea. Absence of menstrual periods (monthly vaginal bleeding).

Antiretroviral (ARV) therapy. A group of drugs used to treat patients with AIDS. These drugs are usually taken in different combinations at once to slow down the progression of AIDS.

Backup method. A family planning method (e.g., condoms or spermicide) that can be used temporarily for extra protection against pregnancy when needed, such as when starting a new method, when supplies run out, and when a pill user misses several pills in a row.

Bacterial vaginosis. An overgrowth of bacteria normally found in the vagina. It is not a sexually transmitted infection.

Breakthrough bleeding. Vaginal bleeding between menstrual periods.

Breastfeeding and breastfeeding patterns. Feeding the infant with breast milk. Patterns include the following:

Exclusive breastfeeding. Breast milk is the sole source of nutrition of the infant with no supplementation of other liquids, even water.

Fully breastfeeding. Breast milk is almost exclusively the source of nutrition of the infant, but water, juice, and vitamins are infrequently given.

Nearly fully breastfeeding. Breast milk is about $\frac{3}{4}$ of the total nutrition of the infant. Some liquids or food is also given.

Partially breastfeeding. Breast milk is less than $\frac{3}{4}$ of the total nutrition of the infant. Nutrition is more supplemented with liquids or food.

Candidiasis. A vaginal infection caused by yeast-like fungus. It is not a sexually transmitted infection.

Cardiovascular disease (or problems). Any disease or abnormal condition of the heart, blood vessels, or blood circulation.

Cerebrovascular disease. Any disease of the blood vessels of the brain.

Cervical mucus. A thick fluid plugging the cervical opening. It is usually thick enough to prevent sperm from entering the uterus. At midcycle, however, under the influence of estrogen, the mucus becomes thin and watery, and sperm can easily pass into the uterus.

Cervix. The lower portion of the uterus extending into the upper vagina. The glands located in the cervical canal produce mucus under the influence of estrogen.

Chancroid. A painful ulcer on the genitals caused by the bacterium *Haemophilus ducrei*. It is a sexually transmitted infection that requires treatment.

Chlamydia. A sexually transmitted infection caused by a bacterium. It is a common sexually transmitted infection that can cause infertility.

Cholestasis. Reduced flow of bile secreted by the liver.

Cirrhosis (of the liver). A liver disease involving destroyed liver cells and diminished liver function. Can block blood flow to the liver, causing high blood pressure or jaundice.

Community Health Team (CHT). A group of health volunteers serving critical roles in increasing the awareness and recognition of health risks among families, promoting healthy behaviors, and prompting individuals to seek and utilize affordable and accessible healthcare services, particularly among poor families.

Conception (fertilization). Union of an ovum or egg cell with a sperm.

Coronary artery disease. Narrowing of the arteries that supply blood to the myocardium (muscular middle layer of the heart wall). May eventually result in damage to the heart muscle.

Cover line. A horizontal line drawn across the basal body temperature chart on the highest temperature from days 6 to 10.

Contraceptive prevalence rate (CPR). Proportion of married women aged 15 to 49 years who are using any family planning method at the time of the survey.

Diabetes (diabetes mellitus). A chronic disorder caused by the ineffective production or use of insulin. People with diabetes (diabetics) cannot use carbohydrates in food properly, causing glucose (sugar) accumulation in the blood and urine. Symptoms include excessive urination and excessive thirst.

Diabetics, especially if untreated, are at risk of developing serious long-term complications, such as nephropathy, neuropathy, and retinopathy.

Disinfect (high-level disinfection). To destroy all living microorganisms except some forms of bacteria.

Deep venous thrombosis (DVT). A condition wherein a blood clot (thrombus) forms in a vein within the muscles, such as those on the legs.

Dysmenorrhea. Painful menstrual periods.

Eclampsia. A major toxic condition of late pregnancy, labor, and the period immediately after delivery that is characterized by convulsions (involuntary muscle contractions or seizures). In serious cases, this condition is sometimes followed by coma and death. It occurs as a complication of preeclampsia.

Ectopic pregnancy. Pregnancy anywhere outside the uterus, such as in the fallopian tubes or ovaries. It is an emergency condition because the fetus often grows to a size large enough to cause fatal internal bleeding in the mother's abdomen.

Effectiveness of contraceptive method with typical use or common use. The likelihood of pregnancy for all users taken together, whether or not they use the methods correctly and consistently.

Effectiveness of contraceptive method with correct and consistent use. The likelihood of pregnancy as reported in reliable studies.

Ejaculation. The semen released from the penis.

Endometriosis. A condition where endometrial tissue is located outside the uterus. The tissue may attach itself to the reproductive organs or to other organs in the abdominal cavity. May cause pelvic adhesions in the abdominal cavity and in the fallopian tubes. Endometriosis may also interfere with ovulation and with embryo implantation.

Endometrium. The inner membrane of the uterus that thickens and sheds once a month, causing monthly bleeding except during pregnancy.

Estrogen. Female hormone responsible for sexual development. Contained in some hormonal contraceptives.

Fallopian tubes. Extend from the ovaries and are connected to the uterus. Fertilization of the egg and the sperm occurs along either of the two fallopian tubes.

Fertilization. Union of the ovum and the sperm.

Genital herpes. A sexually transmitted infection caused by the virus Herpes simplex.

Genital warts. Soft growths on the genital area caused by the human papilloma virus. It is a sexually transmitted infection.

Gestational diabetes. Diabetes that develops only during pregnancy. Occurs because the usual hormone production is changed and sugar is not utilized efficiently.

Gestational trophoblastic disease. A tumor that forms in the uterus as a mass of cysts that resemble a bunch of grapes.

Gonorrhea. A genitourinary infection transmitted sexually or through the birth canal. It is caused by the bacterium Neisseria gonorrhoeae.

Heavy smoker. A person who smokes 15 or more cigarettes per day.

Hepatitis. Inflammation of the liver, usually caused by a virus but sometimes by a toxin.

Hernia. The projection of an organ, part of an organ, or any bodily structure through the wall that normally contains it.

Human immunodeficiency virus (HIV). The cause of AIDS. HIV can be transmitted by sexual contact (heterosexual or homosexual), by contaminated blood products (especially blood transfusion), through contaminated needles or surgical instruments, and from mother to fetus or infant before or during birth. A mother infected with HIV may pass the virus to the baby through her breast milk.

Human papilloma virus (HPV). A common and contagious virus that causes genital warts or cervical cancer. The virus is spread by sexual activity or skin-to-skin contact.

Hydrocele. A collection of fluid in a body cavity, particularly in the testes or along the spermatic cord.

Hypertension. Higher blood pressure than normal. Normal blood pressure in adults varies in each person. Generally, diastolic (resting) blood pressure from 90 mm Hg to 99 mm Hg is considered mild hypertension, 100 mm Hg to 109 mm Hg is considered moderate hypertension, and 110 mm Hg or greater is considered severe hypertension. Systolic (pumping) blood pressure from 140 mm Hg to 159 mm Hg is considered mild hypertension, 160 mm Hg to 179 mm Hg is considered moderate hypertension, and 180 mmHg or greater is considered severe hypertension.

Implantation. The process by which an embryo attaches to the endometrium lining of the uterus where it obtains its source of nourishment.

Informed choice. A decision made freely based on clear, accurate, and relevant information. It is a goal in family planning counseling.

Informed choice and voluntarism (ICV). A standard in the delivery of FP services ensuring that each client freely makes his/her own decision based on accurate and complete information on different modern FP methods and not by any special inducements or forms of coercion or misinterpretation.

Ischemic heart disease (a.k.a. ischemia). Reduced blood flow (and thus reduced oxygen) to tissues of the body. A reduced flow in the coronary arteries (arteries of the heart) is called

ischemic heart disease or myocardial ischemia.

Jaundice. A symptom of liver disease. A person with jaundice typically has abnormal yellowing of the skin and whites of the eyes.

Kalusugan Pangkalahatan (KP). Also known as the Aquino Health Agenda to achieve Universal Healthcare. It is a focused approach to health reform implementation, ensuring that all Filipinos, especially the poor, receive the benefits of health reform. The three thrusts of KP are (1) rapid expansion in National Health Insurance Program enrollment and benefit delivery using national subsidies for poor families, (2) improved access to quality hospital and healthcare facilities through accelerated upgrading of public health facilities, and (3) attainment of health-related millennium development goals by applying additional effort and resources in localities with a high concentration of families who cannot receive critical public health services.

Laparoscope. A device consisting of a tube, lens, or camera that allows the internal visualization of the body or organ. Can be used during bilateral tubal ligation in women.

Laparoscopy. An operation performed using small incisions using a laparoscope.

Menopause. The time in a woman's life when menstrual periods stop. Occurs when a woman's ovaries stop producing eggs and monthly bleeding from the uterus stops.

Migraine. Severe, recurrent headache, usually accompanied by sensitivity to light and affecting only one side of the head, with sharp pain and sometimes nausea, vomiting, and trouble seeing.

Minilaparotomy. A form of female voluntary surgical contraception performed by cutting the fallopian tubes using a laparoscope.

Nonsteroidal anti-inflammatory drug (NSAID). A group of drugs that reduce inflammation, pain, redness, swelling, and fever. Examples include mefenamic acid and ibuprofen.

National Online Stock Inventory Reporting System (NOSIRS). A logistics management initiative with standard and formal reporting systems that can generate logistics information at all levels of the healthcare system. NOSIRS utilizes Supply Management Recording as a recording tool to efficiently track the status of commodities at health facilities and hospitals nationwide.

Ovaries. A pair of female sex organs that store and release the ovum or egg. It produces the sex hormones estrogen and progesterone, which prepare the lining of the uterus to receive a fertilized ovum.

Ovulation. The release of an ovum or egg from the ovaries.

Pulmonary embolism. A condition where a part of the clot in DVT may break off and travel through the deep veins back to the heart and eventually be pumped by the heart into the arteries of the lung.

Pelvic inflammatory disease. An infection in the upper genital tract caused by various bacteria. It may present as lower abdominal pain, tenderness of the ovaries or fallopian tubes, yellowish cervical discharge, and bleeding.

Penis. Male organ for urination and sexual intercourse. It is also the passage of semen.

Perfect use. Among couples who initiate use of a method (not necessarily for the first time) and who use it perfectly (both consistently and correctly), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason.

Placenta. The organ that nourishes the fetus. This organ is expelled from the uterus soon after childbirth.

Post-partum. The first six weeks after childbirth.

Progesterone. A hormone produced by the ovaries after ovulation. It causes the endometrium to thicken and prepare for the implantation of a fertilized ovum. It also enhances the development of the placenta and helps prepare the breasts for breastfeeding.

Progestin (a.k.a. progestogen). A group of synthetic drugs that act similarly to progesterone. It is a component of some contraceptives.

Prolonged bleeding. See vaginal bleeding.

Prostate. Part of the male reproductive system. It is located at the base of the urinary bladder and surrounds the urethra. It secretes an alkaline fluid that is part of the semen.

Puberty. A period when the body begins making adult levels of sex hormones and the young person takes on adult body characteristics.

Pulmonary embolism. A blood clot formed elsewhere in the body that has traveled to the lung, causing shortness of breath and pain when taking a deep breath. Can be fatal.

Pus. A whitish to yellowish fluid composed of infected tissues

Scrotum. The pouch of skin behind the penis that contains the testes.

Semen (seminal fluid). Thick white fluid produced partly by the prostate. It is released through the penis. After vasectomy, the semen may no longer contain any sperm.

Seminal vesicles. Male organ where the semen and sperm mixes.

Service Delivery Network (SDN). Network of facilities and providers within the province-wide or city-wide health system offering core package of services, which include modern family planning services, in an integrated and coordinated manner, pursuant to the Maternal, Neonatal, and Child Health and Nutrition Strategy.

Sexually transmitted infection (STI) or sexually transmitted disease (STD). A group of infections caused by various bacteria, viruses, or fungi that are transmitted through oral, anal, or vaginal intercourse.

Sperm. Male sex cell.

Spermicide. Chemical barriers that kill the sperm.

Syphilis. A sexually transmitted infection caused by *Treponema pallidum*. It may be transmitted by sexual contact, mother to fetus while in the womb, and through breaks in the skin that come in contact with the lesions caused by the bacterium.

Testes (testicles). Two male reproductive organs that produce sperm and testosterone. It is found inside the scrotum sac.

Thermal shift. Three consecutive temperatures above the cover line. They are marked as days 1, 2, and 3 in the BBT chart.

Thromboembolic disorder (or disease). Abnormal clotting in the blood vessels.

Thrombophlebitis. The formation of blood clots (thrombi), causing pain and swelling in the leg.

Trichomoniasis. A sexually transmitted infection caused by the protozoan *Trichomonas vaginalis*.

Typical use. Among typical couples who initiate use of a method (not necessarily for the first time), the percentage who experience an accidental pregnancy during the first year if they do not stop use for any other reason.

Unmet need for modern family planning. The number of women who are fecund and sexually active but are not using any modern method of contraception and report not wanting any more children (limiting) or wanting to delay the birth of their next child (spacing).

Urethra. The passage of urine. In men, it is also the passage of semen.

Uterus. A hollow muscular organ that lies between the bladder and the rectum. It carries the fetus during pregnancy.

Vagina. The passage that extends from the external sexual organs to the uterus of females.

Vaginal bleeding, patterns. Any bloody vaginal discharge (pink, red, or brown). Different patterns of vaginal bleeding include the following:

Amenorrhea. Absence of menstrual periods (monthly vaginal bleeding). *Breakthrough bleeding.* Any bleeding outside expected bleeding times. *Heavy bleeding.* Bleeding that is twice as heavy as the usual bleeding. *Infrequent bleeding.* Fewer than two bleeding episodes in three months.

Irregular bleeding. Spotting and/or breakthrough bleeding that occurs beyond expected bleeding times.

Prolonged bleeding. Bleeding lasting for more than eight days.

Vas deferens. Two muscular tubes that serve as storage and passageway for the sperm from the testes to the prostate gland.