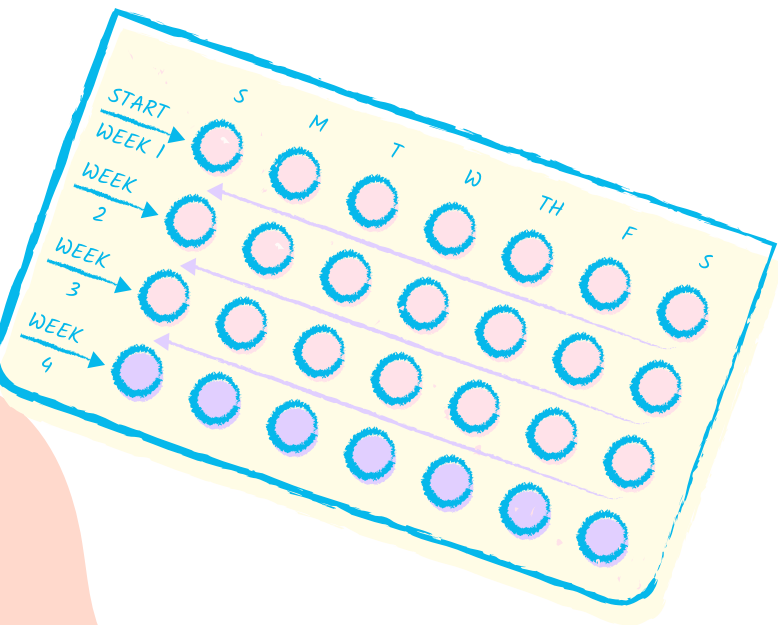


WELCOME TO STI PREVENTION

- STI stands for Sexually Transmitted Infections.
- They are infections that are transmitted during sexual activity.
- Can cause serious health issues if left untreated.
- Can be prevented by taking careful measures and practices.



Insemination

- Insemination is just another word for sexual intercourse
- When the male ejaculates, sperm is released into the vagina
- Sperm will travel through the cervix, then the body of the uterus to the fallopian tubes
- Fertilisation will take action in the fallopian tubes whenre the sperm and egg meets

Fertilisation

- Fertilisation occurs in the fallopian tube
- The sperm must then penetrate the egg to enter
- Once the sperm is successful, it will fertilise the egg and form a zygote
- The zygote travels down to the fallopian tube and undergoes several stages of development before becoming a fetus

Natural Method: Abstinence

- Abstinence is the practice of not having sex or refraining from aspects of sexual activity
- If sex has not taken place, then there is no way for sperm to enter the woman's uterus and cause fertilisation to occur

Risks and Limitations:

- May requires high level of self-control and discipline
- Does not protect from STI's

Benefits:

- Complete abstinence can protect againsts STI's
- Prevents pregnancy as sperm cannot fertilise the egg
- No side effects



Intrauterine Devices: Hormonal IUD

- Hormonal IUD's are a type of intrauterine device that is inserted into the uterus to prevent pregnancy
- It is a piece of small, flexible plastic that releases tiny amounts of progestin hormone which makes the lining of the uterus unsuitable for a fertilised egg
- It also makes the cervix produce thick mucus that makes it harder for sperm to enter the uterus

Risks and Limitations:

- There is small risk of getting a uterine infection during IUD insertion
- Does not protect against STI's
- Requires a small operation and doctor's appointment booked to get the device inserted
- May cause discomfort

Benefits:

- 99% effective in preventing pregnancy
- IUD's are long-term and can stay in place for 3 to 12 years
- Taking other medications does not alter its effectiveness

Mechanical Barriers: Condom & Cervical Cap

- Condoms and cervical caps are a form of mechanical barrier and physically stop sperm from reaching the uterus and preventing fertilisation
- They obstruct the path of sperm
- Male condoms are a sheath of latex or polyurethane that is placed onto an erect penis before sexual intercourse
- Female condoms are a pouch made of polyurethane that is inserted into the vagina before sexual intercourse
- Cervical caps are small, silicone-shaded cups that are inserted into the vagina and covers the cervix before sexual intercourse

Risks and Limitations:

- Condoms can break or slip off during sexual intercourse, reducing protection against STI's and prevent pregnancy
- Some people may be allergic to latex or other materials used in condoms, which can cause discomfort or irritation
- Cervical caps must be inserted correctly to be effective against pregnancy
- Cervical caps do not protect against all STI's

Benefits:

- Can be effective in preventing pregnancy if used correctly
- Hormone-free
- Condoms are 98% effective in preventing pregnancy when used correctly
- Cervical caps are 92%-96% effective in preventing pregnancy when used correctly

Hormonal Method: Combined Pill & Implanon

- The combined pill contains oestrogen and progesterone that thickens the mucus in the neck of the womb, making it harder for sperm to reach the egg
- Implanon is a contraceptive rod, close to the same size as a match
- Implanon contains the hormone etonogestrel and is inserted under the skin of the upper arm
- The slow release of etonogestrel into the bloodstream thickens the cervical mucus, making it more difficult for the sperm to get in contact with the egg

Risk and Limitations:

- Can get side effects such as blood clots, headaches, nausea, mood changes, acne, weight gain
- Both combined pill and implanon do not protect against STI's
- Combined pill not suitable for women over 35 who smoke
- Both contraceptives may be expensive to obtain from a doctor or pharmacist

Benefits:

- Both are effective forms of contraception and reduce chance of fertilisation
- Both can help regulate menstrual cycles and reduce menstrual pain

