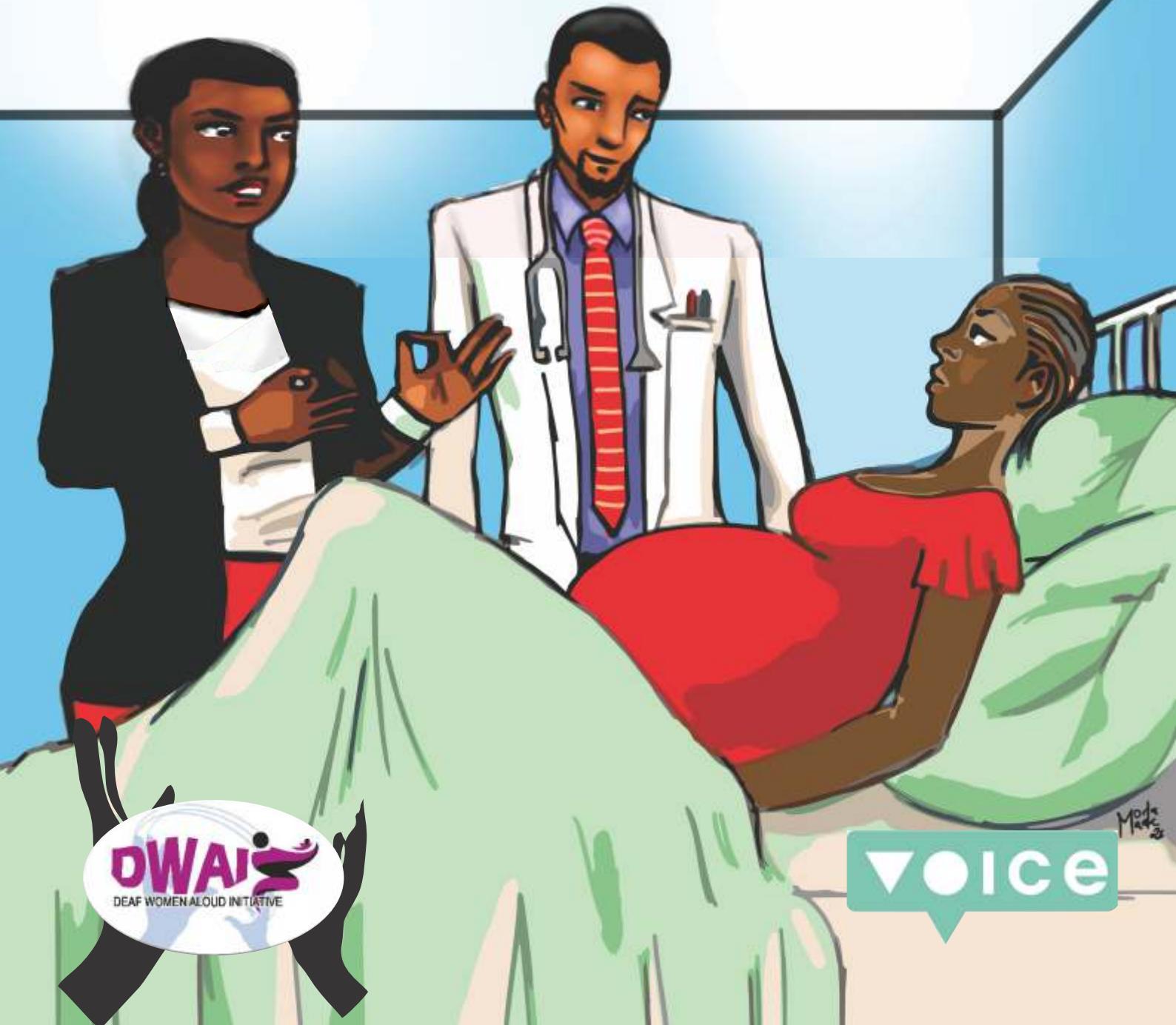


# GLOSSARY OF SEXUAL AND REPRODUCTIVE HEALTH IN **NIGERIA SIGN LANGUAGE**



**DWAI**  
DEAF WOMEN ALoud INITIATIVE

▼ VOICE



# **GLOSSARY OF SEXUAL AND REPRODUCTIVE HEALTH IN NIGERIA SIGN LANGUAGE**

**NOT FOR SALE**

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## FOREWORD

Inclusion is at the heart of all we do at Voice. It is what keeps us going. It touches every facet of our lives and is committed to ensuring that NO ONE IS LEFT BEHIND. This is the attraction of the proposal submitted to us by Deaf Women Aloud Initiative (DWAI)- an organisation living the principles of Voice. In 2018 DWAI received an Empowerment grant under Voice in Nigeria. The project touches on inclusion to promote access to health information for women with hearing impairment in Nigeria. Key deliverable under the project is the development of this health glossary and we thought- what could be more empowering and inclusive than this piece of work that provides independence for women with hearing impairment when they access health care facilities- being able to explain what is happening to them with or without interpreter as they simply need to point to the particular health condition within the glossary. It is a beautiful and innovative way of connecting the women to their health service providers. It is a more sustainable way of bridging the communication gap than having an interpreter who may not always be there.

Voice stands for an inclusive world where empowered rightsholders are able to express their views and demand their rights for responsive and inclusive societies. As a grant facility with funding from the Netherlands Ministry of Foreign Affairs, and jointly implemented by Hivos and Oxfam, we are led by the mantra NOthing about us Without Us(or NOW-Us!). We do this by providing different types of grants for projects promoting diversity and inclusion of ALL in Mali, Niger, Nigeria, Uganda, Tanzania, Kenya, Laos, Cambodia, Philippines, and Indonesia. We aim to amplify and connect thus far unheard voices to leave no one behind. Through our grants, Voice seeks to support rightsholders-led (informal) groups, organisations, initiatives, and networks, to strengthen their capacities to influence, find strategic allies among powerholders and duty bearers, and promote collaborations within civil society to defend human rights in an ever shifting civic space.

Voice Nigeria is proud of this partnership with DWAI. It was indeed a clear demonstration of their passion for the cause of women with hearing impairment. We hope that the community will find this glossary useful and we look forward to greater partnership with DWAI.

Ijeoma Okwor  
Project Coordinator  
Voice in Nigeria

## PREFACE

Deaf Women Aloud Initiative (DWAI), funded by VOICE, realized the inability of Deaf Women to access healthcare especially in the area of Sexual and Reproductive Health and Rights in Nigeria, has decided to put information together in this book to address the challenge.

The absence of interpreters in healthcare facilities and providers' inability to understand and make use of sign language have constituted a barrier to deaf women's access to healthcare, making it difficult for them to claim their sexual and reproductive health rights.

Consequently, this sign language glossary for Deaf Women and health workers for use in healthcare facilities is a DWAI aimed at giving stakeholders the opportunity to address the perceived challenges. The glossary includes illustrated signs and descriptions for common Sexual and Reproductive Health and Rights (SRHR) words that have been developed, making it an invaluable reference for both the Deaf, Hard of Hearing, and those who are not Deaf.

The production of this glossary is sponsored by VOICE and supported by FCT Health and Human Services Secretariat (HHSS), Federal Ministry of Health (FMOH), Federal Ministry of Women Affairs (FMOWA), FCT Primary Healthcare Board, IPAS Nigeria, Marie Stopes International Organisation Nigeria (MSION), National Agency for the Control of AIDS (NACA), Joint National Association of Persons with Disabilities (JONAPWD), Abuja Chapter, Deaf Women Association of Nigeria (DWAN).

Latching on the adage: "Nothing About Us without Us". Deaf women, men, elders and the entire Deaf community joined in the development of this sign language glossary. we are proud of those who represented the Deaf community in producing meaningful and helpful signs that bridge the communication gap in deaf women's access to their sexual and reproductive health rights.

Hellen Anurika Beyioku-Alase  
Executive Director  
**Deaf Women Aloud Initiative**



## ENDORSEMENT

We acknowledge the efforts of Deaf Women Aloud Initiative to help their fellow deaf women have better access to sexual and reproductive healthcare. Special thanks to Voice for funding this great project.

For years we at FCT Health and Human Services understand the challenges deaf women face when trying to have access to sexual and reproductive health and right here in Nigeria due to the lack of sign language interpreters in all health facilities and also the inability of health providers to bridge the communication gap.

Therefore, this glossary will help to bridge the communication gap.

I am pleased to recommend the use of this glossary by all health workers in FCT and approve its deployment to all hospital.

The FCT Health and Human Services endorse the book for use in hospitals and its environs.

We are very proud of all the FCT Health and Human Service staff, Deaf community and others who are part of the technical team that contribute whose effort made it possible for the production of this glossary that will bridge the communication gap in Deaf women's access to their sexual and reproductive health rights.



Dr. M. B. Kawu  
The Secretary

Health & Human Services Secretariat

## ACKNOWLEDGMENT

We want to appreciate the input and assistance of various Deaf people, health workers and a great number of organizations and government agencies. Without your assistance, the production of this sign language glossary would not have been possible.

We thank specially the FCT Health and Human Services Federal Ministry of Health (FMOH), Federal Ministry of Women Affairs (FMOWA), FCT Primary healthcare Board, Ipas Nigeria, Marie Stopes International Organisation Nigeria (MSION), National Agency for the Control of AIDS (NACA), Nigeria National Association of the Deaf (NNAD), Joint National Association of Persons with Disabilities (JONAPWD), Abuja Chapter, Deaf Women Association of Nigeria (DWAN) and all hospitals in Abuja.

A project by Deaf Women Aloud Initiative in Partnership with Voice.

Project Coordinator -	Hellen Anurika Beyioku-Alase
Editor -	Dr. Abayomi Awelewa (PhD)
Illustrators/ Artist -	Chukwunonso Patrick
Design/ Layout -	Ukah Richard Ejike
Consultant -	Dr. Ijeoma Nnodim

We are also grateful to all the members of the technical team whose collaboration ensures this book becomes a success:

S/N	Name	Organization
1.	Jepther M. Lere	Federal Ministry of Health, Abuja/ Health Promotion Division
2.	Ike Stella Adaeze	Federal Ministry of Health, Abuja
3.	Nwankwo Steve Okezie	Federal Ministry of Health, Abuja
4.	Jokodola Iyabode Deborah	Federal Ministry of Health, Abuja

S/N	Name	Organization
5	Hauwa Mustapha	Federal Ministry of Women Affairs
6	Lawrence Idemudia Edelifo	Federal Ministry of Humanitarian Affairs, Disaster Management and Social Development
7	Mrs. Onwuzireke Gloria	Federal Ministry of Women Affairs
8	Dr. Ruqayya M. T. Wamakko	FCT Primary Healthcare Board, Abuja
9	Dr. Obanewa Olayinka	FCT Primary Health Care Board
10	Segun Paul Samuel	FCT Primary Healthcare Board, Abuja
11	Bukola Azeez	FCT Primary Health and Human Service, FCTA.
12	Theresa Laraba Jatau	Ipas, Nigeria
13	Rahama Bungudu	Marie Stopes International Organisation Nigeria (MSION)
14	Dr. Oladunni Emmanuel Kajoke	National Hospital, Abuja
15	Nwaigwe Miracle Oluchi	Kubwa General Hospital, Kubwa, Abuja
16	Ishaya Suzie Joy	Bwari General Hospital, Bwari, Abuja
17	Sanni Ologun Wifred	Kubwa General Hospital, Kubwa, Abuja
18	Dr. Abdulrahman Isiaka Bolakale	Kwali General Hospital, Kwali, Abuja
19	Mrs. Nene Udo	Nyanya General Hospitals
20	Dr. Safiya Yahaya Kongola	Wuse District Hospital, Wuse, Abuja
21	Hafsat Ado Mukhtar	Maitama District Hospital, Abuja
22	Dr. Ijeoma Nnodim	Rosevalley Health & Digital Solution

S/N	Names	Organization
23	Grace Chinene Ilori, Ph.D	Joy to the World Special Needs Initiative
24	Alabaraonye Kenneth Kelechi	The Qualitative Magazine
25	Agbo Christian Obiora	The Qualitative Magazine
26	Edeh Catherine C.	Voice of Disability Initiative
27	Rasidat Suleiman Olaide	Deaf Women Association of Nigeria
28	Dcns. Adedoyin Beyioku -Alase	Deaf Women Association of Nigeria
29	Enuiyin Bose Odunayo	Deaf Women Association of Nigeria
30	Oladjeji Oluwasola Deborah	Deaf Women Association of Nigeria
31	Uche Andrew	Deaf Women Association of Nigeria
32	Veronica C. Uwakwe	Deaf Women Association of Nigeria
33	Aroh Blessing C.	Deaf Women Association of Nigeria
34	Ayoade Beyioku-Alase	DWAI
35	Patience Etim	DWAI
36	Agboola Purpose	DWAI
37	Ayodipo Beyioku-Alase	Sign-language Interpreter
38	Beyioku- Alase Titilayo	Sign-language Interpreter
39	Blessing Ini	Sign-language Interpreter
40	Adejumo Oluwabumi	Sign-language Interpreter
41	Chukwu Emmanuel N	Rapportuer

## INTRODUCTION

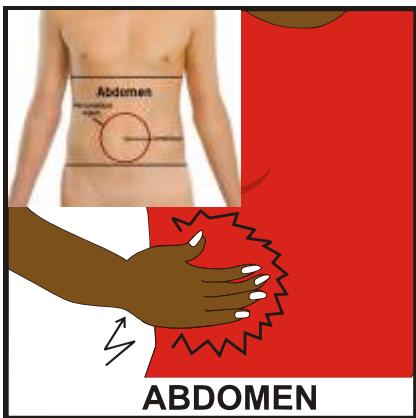
According to the World Health Organization (WHO) about 15% of every country's population are living with disabilities. In Nigeria, about 30 million Nigerians, representing 15% of the population, have at least one disability and over 10 million, representing 5% of the population are Deaf. Deaf women represent about half of the people who are Deaf. However, sign-language remains one of the unofficial languages currently used in Nigeria. The focus of this glossary is to ensure easy communication between Deaf women and health workers. This, we hope, bridges the communication gap that has prevented Deaf women from accessing quality healthcare services, especially during pregnancy and childbirth.

DWAI hopes that all Nigerians, be they deaf, hard of hearing or hearing, would find this glossary useful and develop a keen interest in learning sign language.

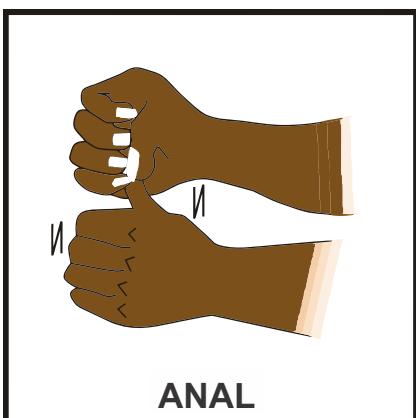
It is our hope that the publication and launch of this glossary will motivate healthcare institutions to sponsor and grant health workers study leave to learn the skill of sign language. It is also our expectation to launch and update the glossary from time to time owing to the dynamic nature of health terminologies.

# PARTS OF THE BODY

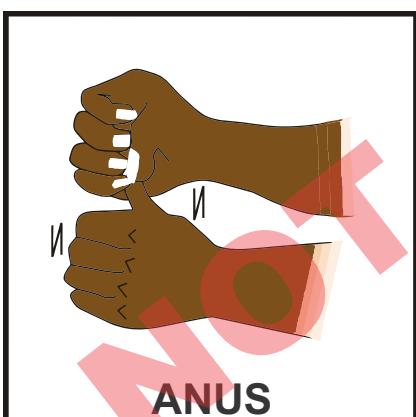
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**Abdomen:**

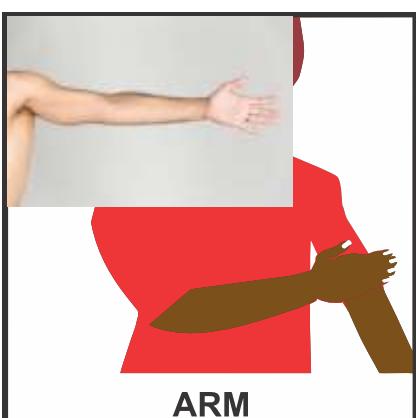
The part of the body between the chest and the waist. It gets bigger during pregnancy.

**Anal:**

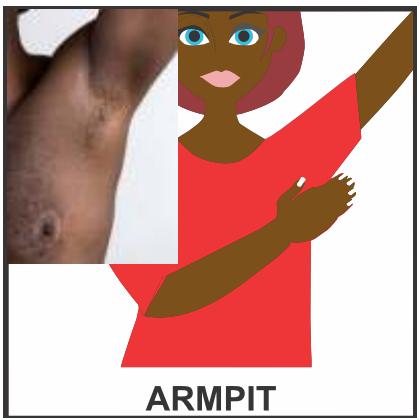
Has to do with the anus.

**Anus:**

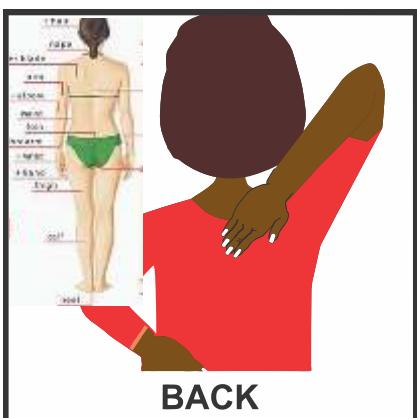
The opening between the buttocks where faeces pass out of the body.

**ARM:**

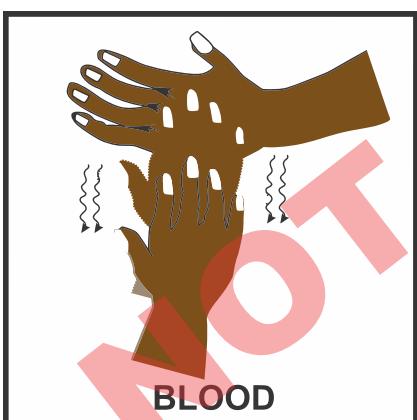
Each of the two upper limbs of the human body from the shoulder to the hand.



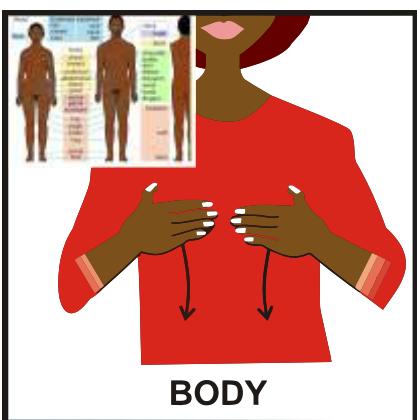
**Armpit:**  
A hollow under the arm at the shoulder.



**Back:**  
the rear part of the human body extending from the neck to the lower end of the spine.



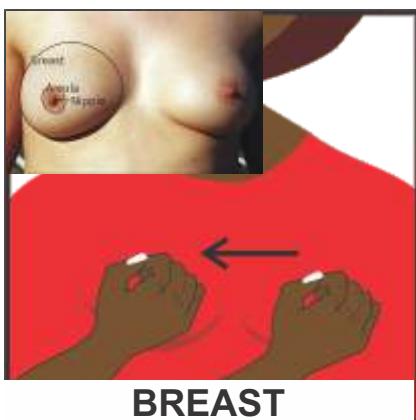
**Blood:**  
Red bodily fluid that delivers necessary substances such as nutrients and oxygen to the cells in the body



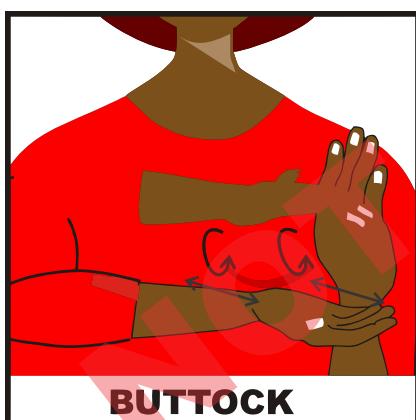
**Body:**  
The human body is the entire structure of a human being.

**Blood cells:**

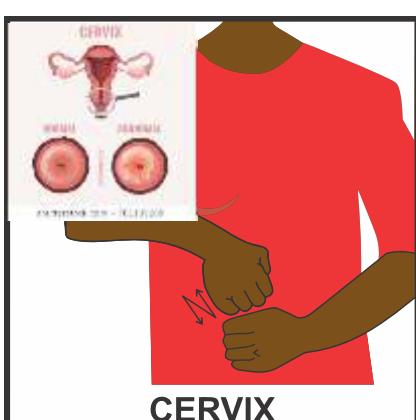
These are parts of the blood that bring oxygen to cells; protect the body against infection; and stop bleeding when the body is injured.

**Breast:**

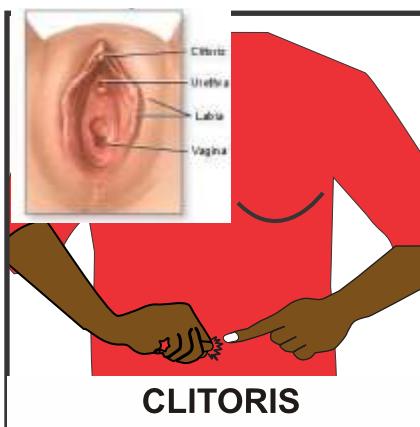
The part of the body between the neck and the belly, used for breast-feeding.

**Buttocks:**

The fleshy lower part of the body at the back made up of fat and muscle.

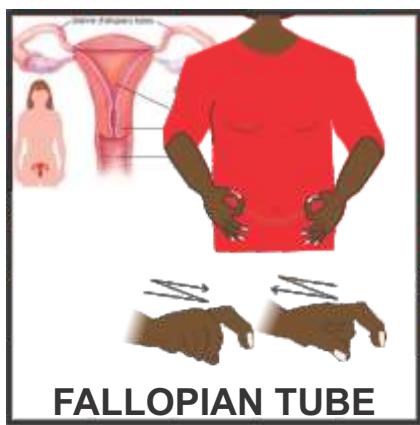
**Cervix:**

The lower part of the uterus (womb) that opens at the upper part of vagina.



### Clitoris:

vaginal structure of the female that enlarges/hardens when sexually aroused.



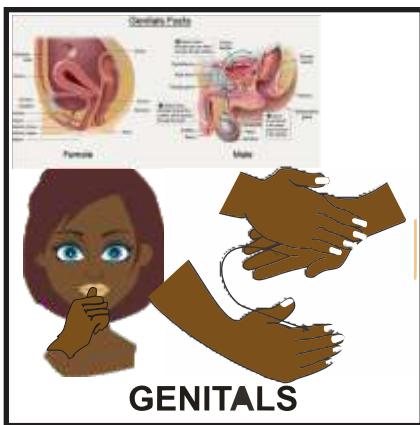
### Fallopian tube:

A tube on each of the upper part of the womb serves as the passage through which an egg is carried to the womb and through which sperm move out towards the ovary.



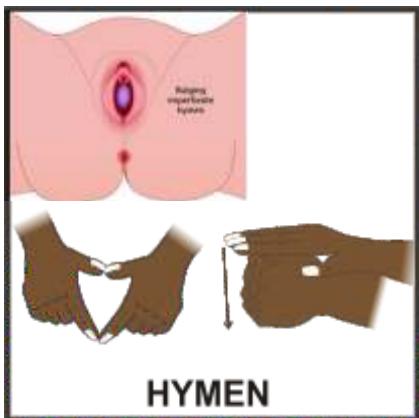
### Foreskin:

Double layered skin covering the penis, removed during circumcision.

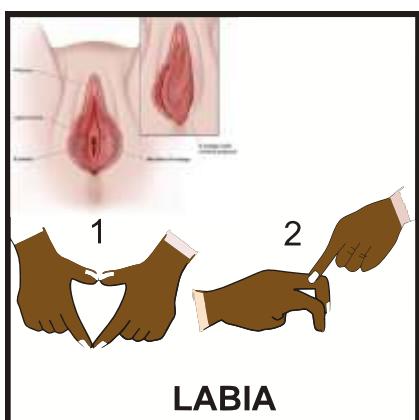


### Genitals:

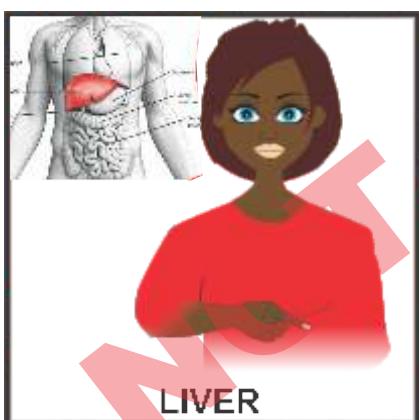
These are sex, or reproductive organs that can be seen on the outside of the body. In the female they include the vulva, mons pubis, labia majora, labia minora, clitoris, and vaginal vestibule. The male genitals include the penis, scrotum, and testicles. Also called genitalia.

**Hymen:**

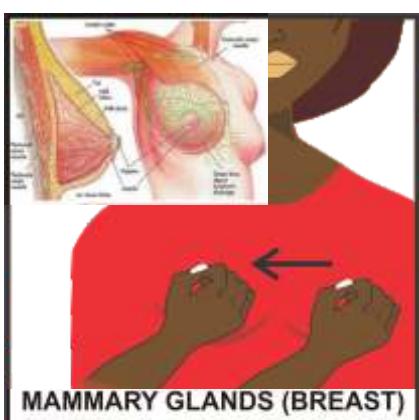
A fold membrane, skin, and fibrous tissue that covers the opening of the vagina. It tears and sometimes bleeds when a woman has sex for the first time.

**Labia:**

The folds of skin at the opening of the vagina.

**Liver:**

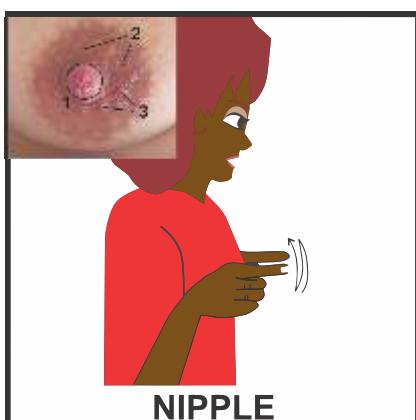
One of the biggest organs in the body, located in the upper right part of the abdomen.

**Mammary glands:**

This is a gland located in the breast of the female responsible for production of milk

**Navel:**

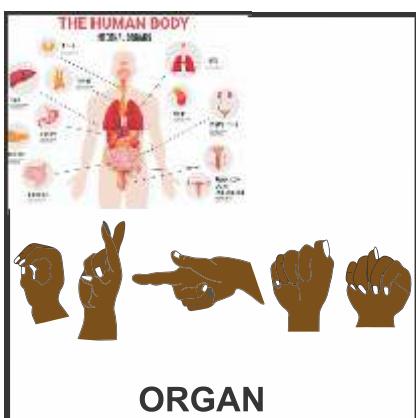
Also called umbilicus. This is the place on the abdomen where the umbilical cord is connected from the placenta.

**Nipple:**

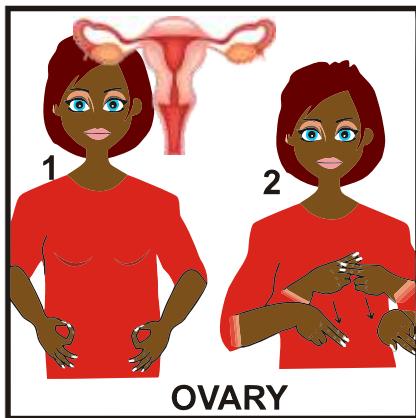
The small, dark part that points out just below the center of each breast.

**Occiput:**

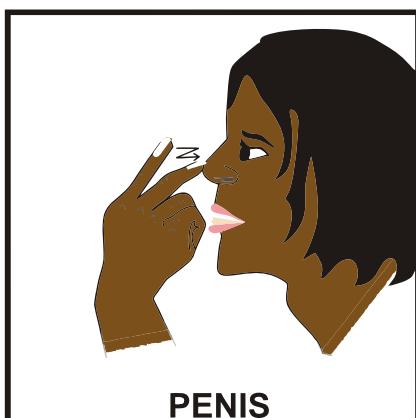
the back part of the head.

**Organ:**

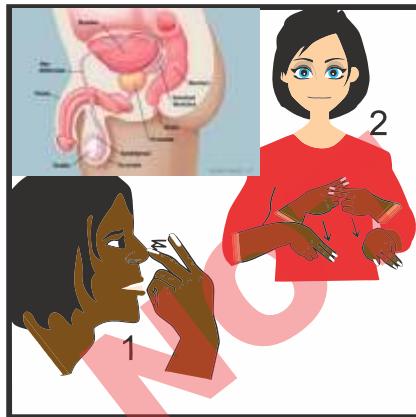
A part of the body that is composed of tissues and cells that enable it to perform a particular function.

**Ovary:**

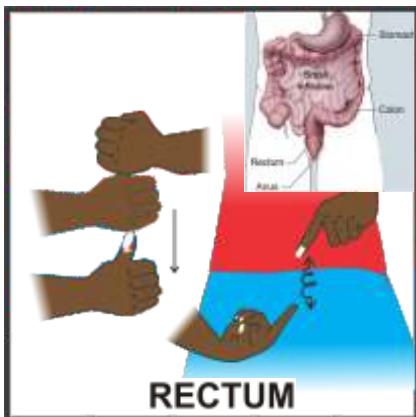
One of the paired female organ that produces eggs, found on each side of the lower abdomen.

**Penis:**

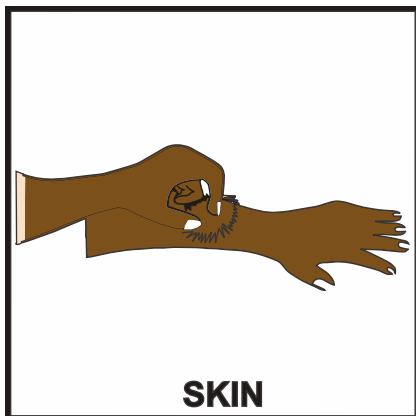
Male reproductive and sex organ that is made of spongy tissue. Urine and semen come out through it.

**Prostate Gland:**

It is the gland located between the bladder and the penis.

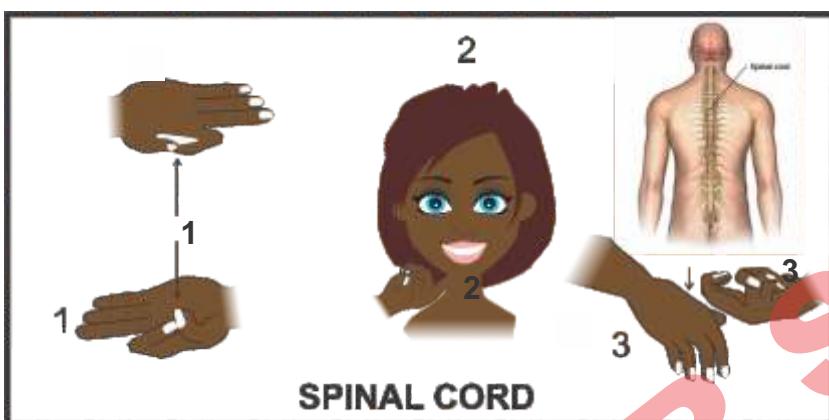
**Rectum:**

The lower part of the large intestine that leads to the anus.



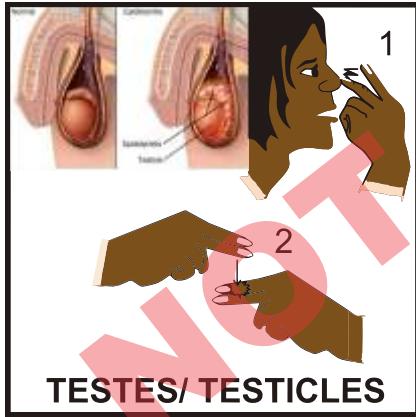
### Skin:

The outer covering of the body. The skin performs some functions which include protection, heat regulation and excretion e.g. sweat.



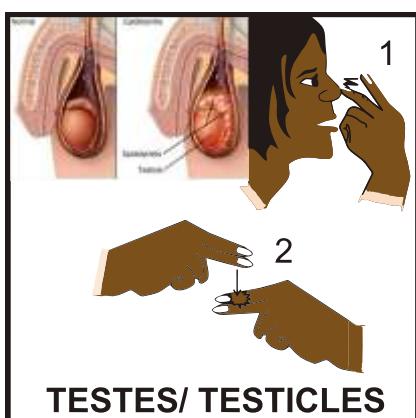
### Spinal cord:

The long cord inside the back bone where many of the nerves come from.



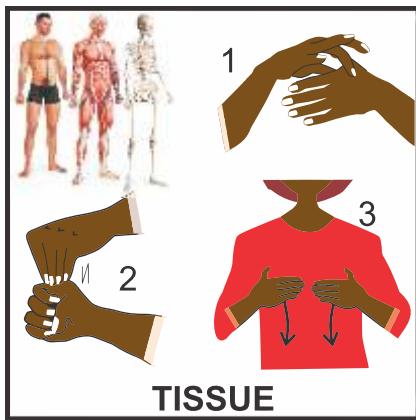
### Testes:

The two male gonads near the penis that produce sperm and testosterone (male sex hormone).

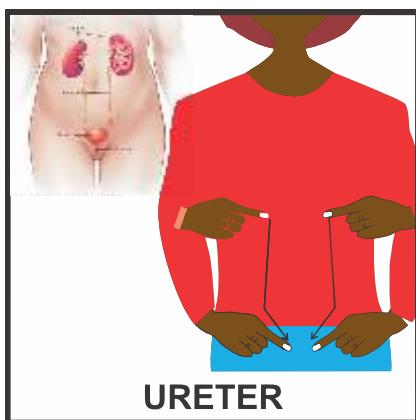


### Testicles:

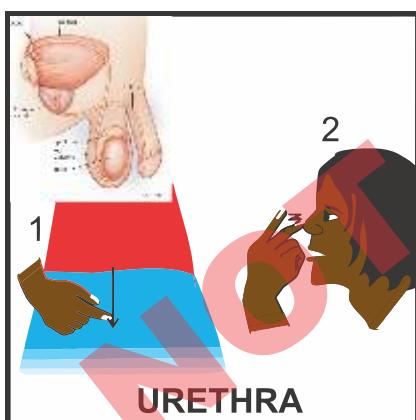
See testes.



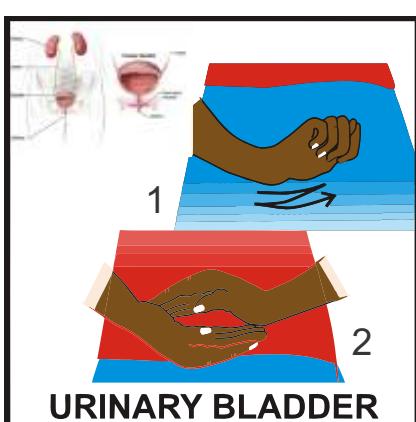
**Tissue:**  
Part of the body made up of cells.



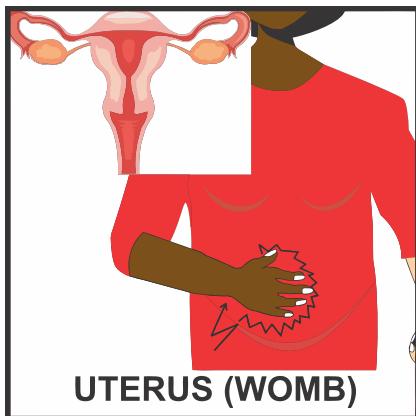
**Ureters:**  
Two tubes that move urine from the kidneys to the bladder.



**Urethra:**  
The tube that moves urine from the bladder to the outside during urination (urine).

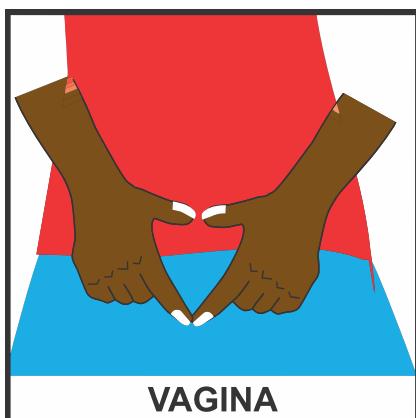


**Urinary bladder:**  
The organ in the body where urine collects before it is passed out of the body.



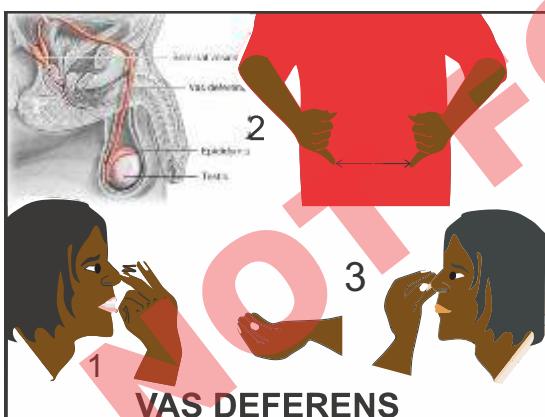
### **Uterus:**

The female organ where a baby grows during pregnancy.



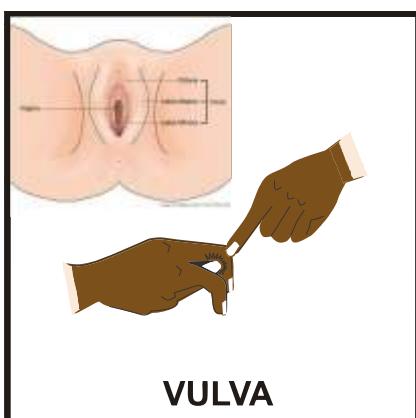
### **Vagina:**

The stretchy passage that connects the vulva with the cervix and uterus.



### **Vas deferens:**

A long, narrow tube that carries sperm from each epididymis to the seminal vesicles during ejaculation. This is the tube that's cut for a vasectomy, stopping sperm from leaving the body.

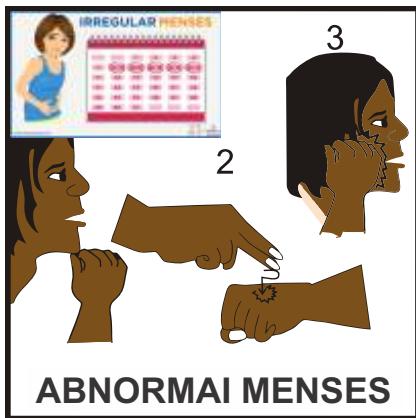


### **Vulva:**

The external sex organs that include the clitoris, labia (majora and minora), opening to the vagina (introitus), opening to the urethra, and two Bartholin's glands.

# MENSTRUATION

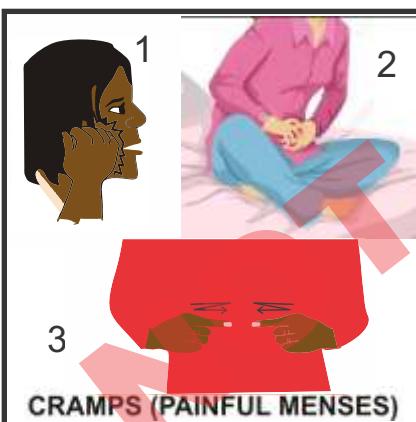
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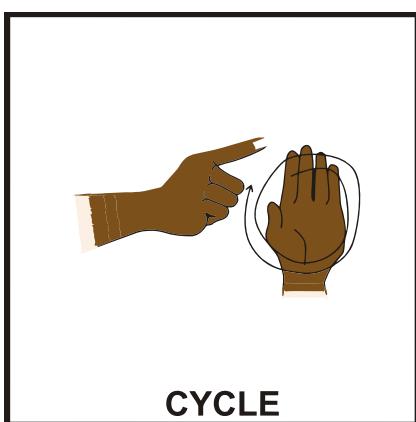
**Abnormal Menses:**  
Problems with the flow of blood during menstruation.



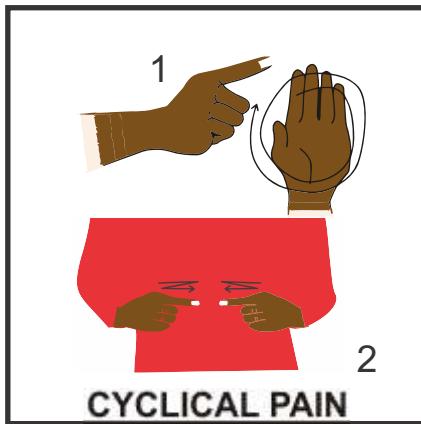
**Amenorrhoea (No flow):**  
When the monthly menstrual flow of blood ceases.



**Cramps (Painful menses):**  
On and off painful contraction of one or more muscles. E.g. menstrual cramps are cramps of the womb.



**Cycle:**  
a series of events that repeats at specified times e.g. menstrual cycle



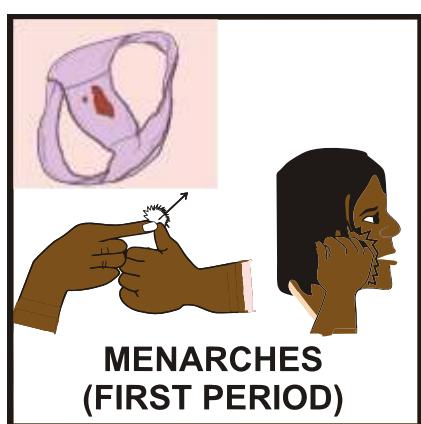
**Cyclical Pain:**  
Pain that happens every cycle.



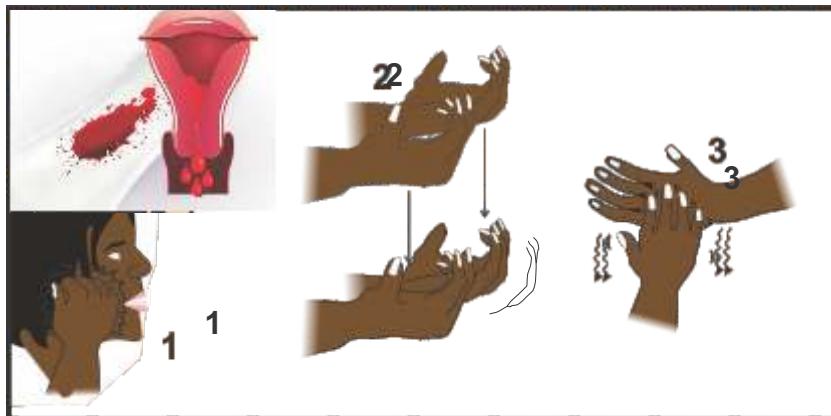
**Dysmenorrhoea (Painful period):**  
Pain associated with menstruation. It is also called cramps.



**Irregular Menstration:**  
Missed, delayed, or irregular bleeding pattern



**Menarche (First Period):**  
The first time a person gets their period.

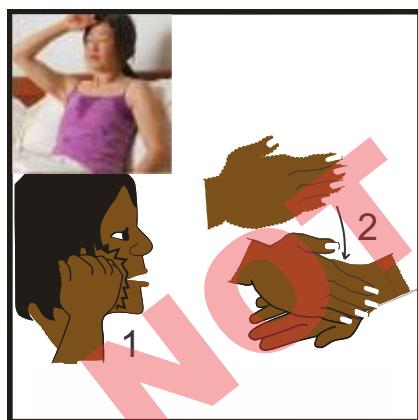


**Menorrhagia (Heavy flow, Prolonged flow):**  
Abnormally heavy or long menstrual periods.



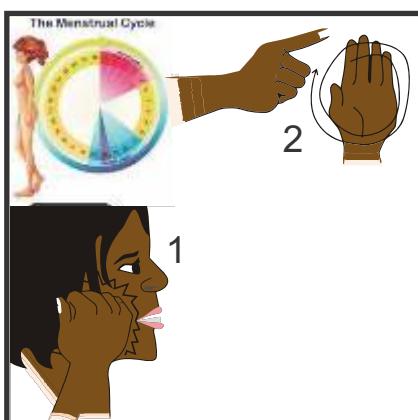
### Menses:

The blood and discharge that comes out of the uterus and through the vagina during menstruation. It is also a monthly discharge of blood, fluid and tissue through the vagina from the non-pregnant womb. It usually lasts 3 to 7 days.



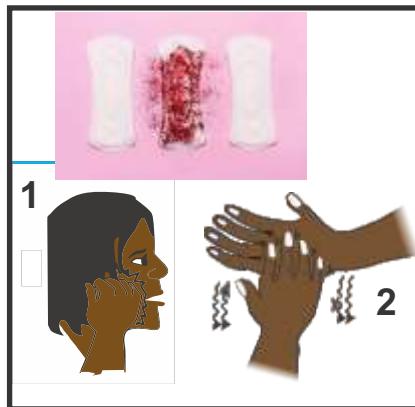
### Menopause:

When menstruation stops because of hormonal changes. Usually happens between the ages of 45 and 55, but sometimes menopause happens earlier due to certain medical conditions.



### Menstrual cycle:

The time from the first day of one period to the first day of the next period. During the menstrual cycle, the lining of the uterus grows, an egg is released by the ovaries, and the uterine lining sheds.



### **Menstrual flow:**

Blood and discharge that are passed out of the uterus through the vagina during the beginning of the menstrual cycle.



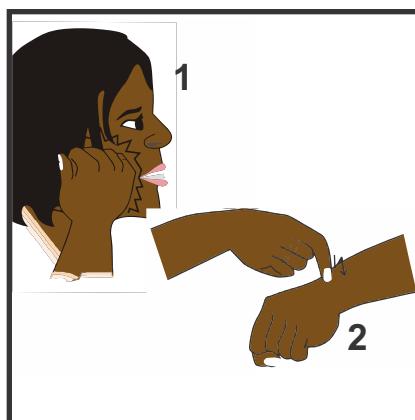
### **Menstruation:**

The monthly discharge of blood, fluid and tissue through the vagina from the non-pregnant womb. It usually lasts 3 to 7 days.



### **Oligomenorrhoea:**

Scanty menstrual flow of blood



### **Period:**

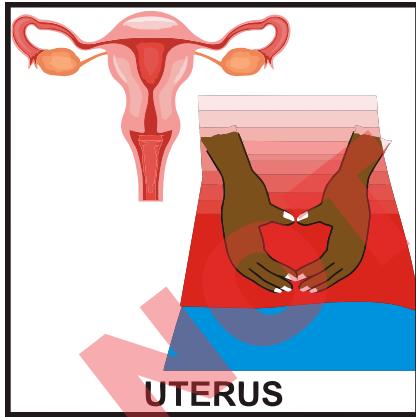
See Menses.

**Sanitary Pad:**

An absorbent reusable or disposable lining made of cotton or similar fibers that is worn against the vulva to absorb menstrual flow or flow of normal discharge after childbirth.

**Tampon:**

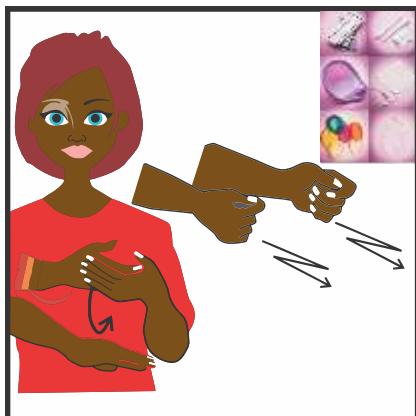
A firm, disposable roll of absorbent cotton or other fiber that goes inside the vagina to absorb menstrual blood.

**Uterus:**

The pear-shaped, reproductive organ from which a woman menstruates and where a pregnancy develops. Also called "womb."

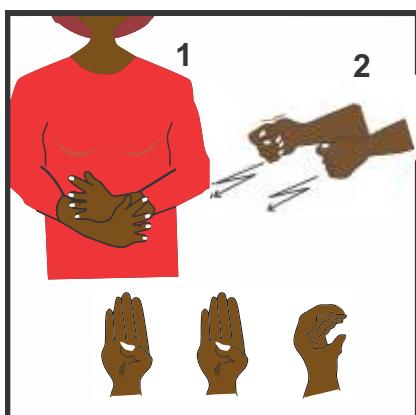
# FAMILY PLANNING

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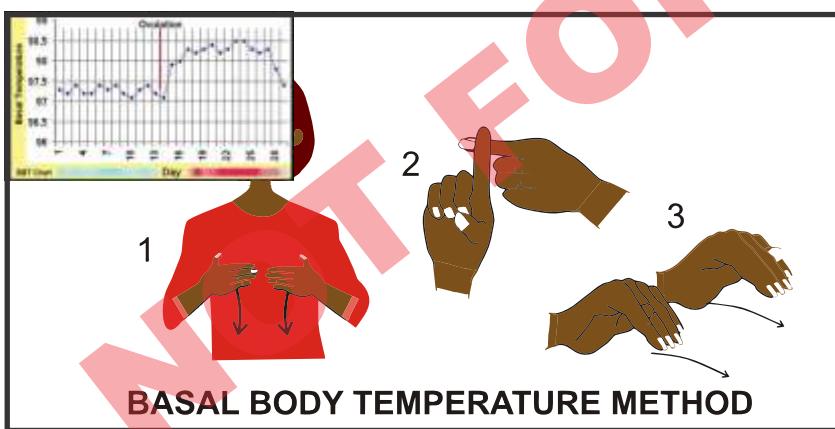
### **Backup birth control:**

Any birth control method that is used while waiting for hormonal birth control methods to become effective (or to become effective again after a mistake or problem). Examples are condoms and withdrawal. Some people also call backup birth control emergency contraception.



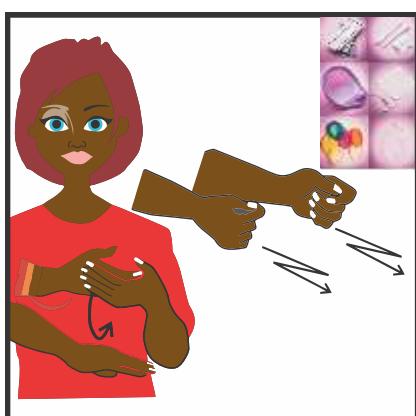
### **Barrier methods of birth control:**

Birth control that blocks sperm from passing through the cervix (the barrier between the vagina and uterus). These include the male condom, female condom, diaphragm, cervical cap, spermicide, and sponge.



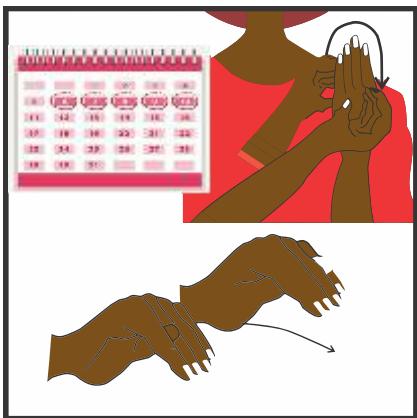
### **Basal body temperature method:**

A birth control method that involves tracking your body temperature over time to predict ovulation. It can be used to prevent pregnancy or to plan a pregnancy.



### **Birth Control:**

Options that prevent or space pregnancy.



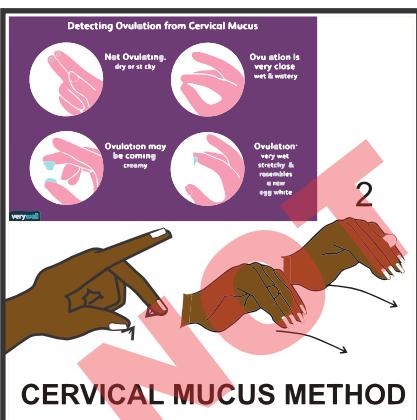
### Calendar method:

A fertility awareness-based method for predicting fertility in which users chart their menstrual cycles on a calendar. Can be used to plan a pregnancy or as birth control if cycles are tracked over many months



### Cervical mucus:

The secretion that comes from the cervix (the place between the womb and vagina). The amount of cervical mucus and what it looks like changes throughout the menstrual cycle, especially around the time of ovulation. It can naturally help sperm move, or help stop sperm from moving if you're using hormonal birth



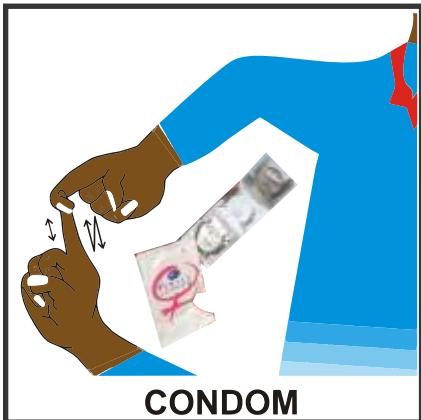
### Cervical mucus method:

A fertility awareness-based method for predicting fertility by tracking changes in the appearance and quantity of cervical mucus. Can be used for planning a pregnancy or as birth control if tracked over many months



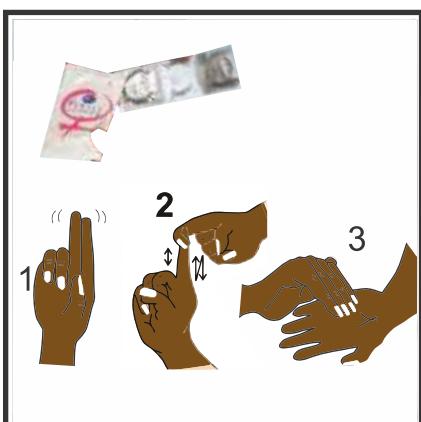
### Combination pill:

A birth control pill that contains two hormones: oestrogen and progestin.



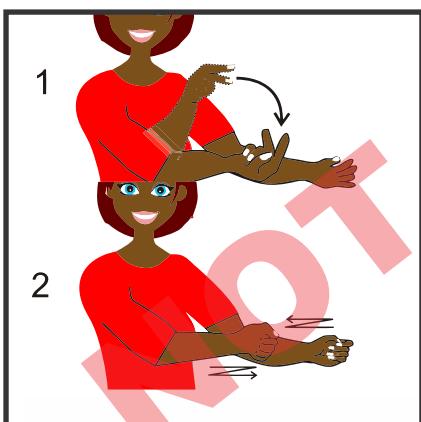
### Condom:

Very thin and strong soft plastic worn by men and women when having sex to prevent mix of body fluids.



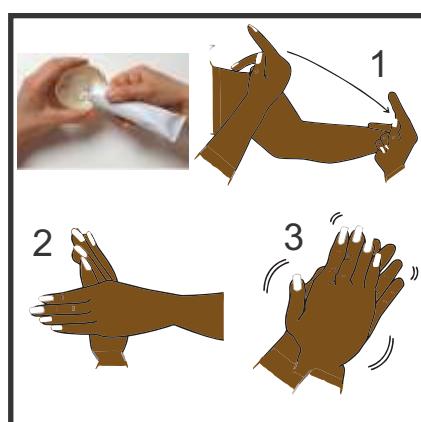
### Consistent condom use:

Using condom every time when having sex.



### Contraceptive:

The use of any behavior, device, medication, or procedure used to prevent pregnancy. This is also called birth control.



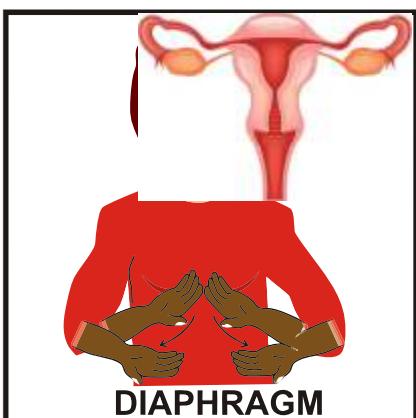
### Contraceptive creams and jellies:

Substances containing spermicide, which block sperm and prevent it from joining with an egg. They work best if used with a cervical cap, diaphragm, or condom.



### **Depo-provera:**

The brand name of a birth control injection. The shot is a hormone that is injected into the buttock or arm every 3 months to prevent pregnancy.



### **Diaphragm:**

A small rubber cap put into the vagina together with spermicidal jelly (a cream that kills sperm cells) to prevent pregnancy.



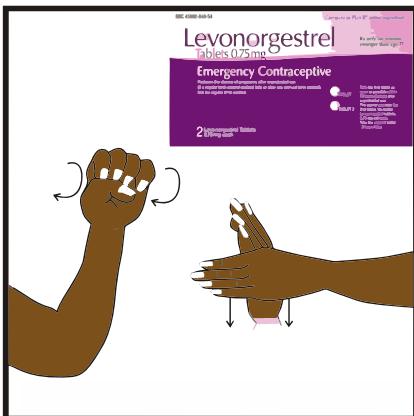
### **Dual protection:**

Use of condoms and other contraception to protect people with STIs, HIV and from re-infection.



### **Dry days:**

Days during the menstrual cycle when little cervical mucus is produced.



### **Emergency contraception:**

It is also called “morning-after” contraception which is given in the emergency condition of unprotected sex. Pills and IUCDs are used as emergency contraception



**FAMILY PLANNING**

### **Family planning:**

Making plans and taking actions, like using birth control, to have the number of children you want when you want them



**FEMALE CONDOM**

### **Female condom:**

A condom that is used by women and is fitted in the vagina

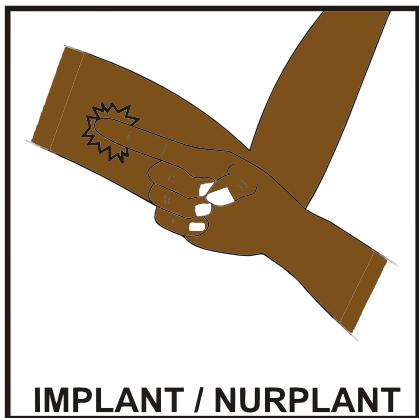
- Fertility: The ability to reproduce i.e. have children.



**FOAMING TABLET**

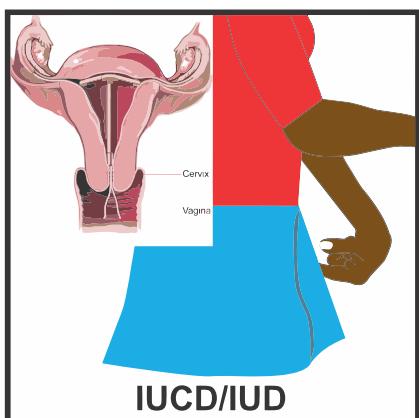
### **Foaming tablet:**

A tablet that is put inside the vagina before sex that contains a chemical that blocks sperm cells from entering the womb.



### Implant:

A small rod, about the size of a matchstick, that prevents pregnancy for up to 4 years. A doctor or nurse inserts the implant under the skin of the upper arm. It releases the hormone progestin to prevent pregnancy.



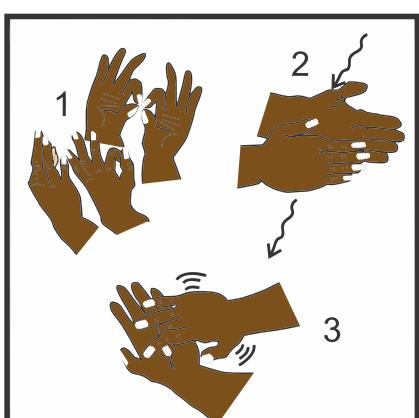
### IUCD/IUD (Intra-uterine contraceptive device/Intrauterine device):

A tiny device that is placed in the uterus to prevent pregnancy. It's safe, long-term, reversible, and one of the most effective birth control methods available.



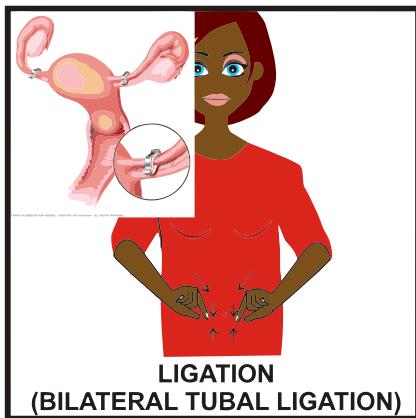
### Lactational Amenorrhea Method (LAM):

Using exclusive breast-feeding about every 4 hours as a method of birth control. Works for up to 6 months after childbirth, or until you get your period (whichever comes first).

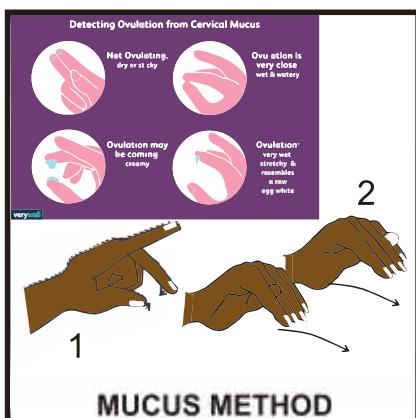


### Levonorgestrel:

A chemical similar to the hormone progesterone, which the body makes to regulate the menstrual cycle. Used in hormonal birth control, including most brands of emergency contraception.



**Ligation (Bilateral Tubal Ligation):**  
The procedure of tying off the fallopian tubes to prevent pregnancy permanently.

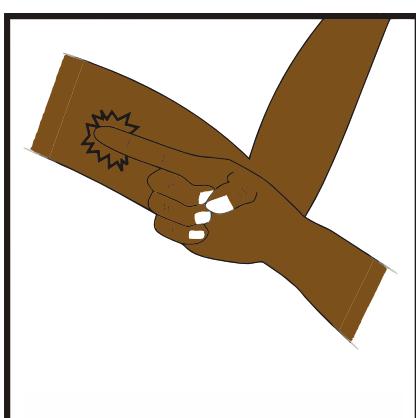


### **Mucus method:**

A fertility awareness-based method for predicting fertility by tracking changes in the appearance and quantity of cervical mucus. It can be used for planning a pregnancy or as birth control if tracked over many months.

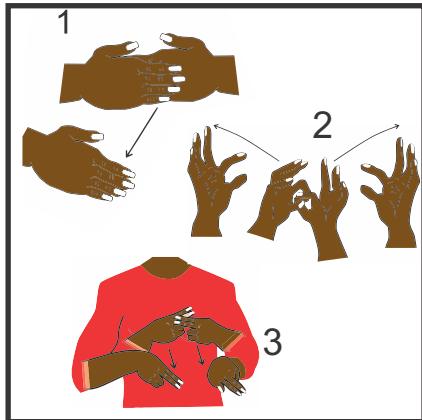


**Natural family planning:**  
Using fertility awareness-based methods of contraception. Not using any drugs or device.



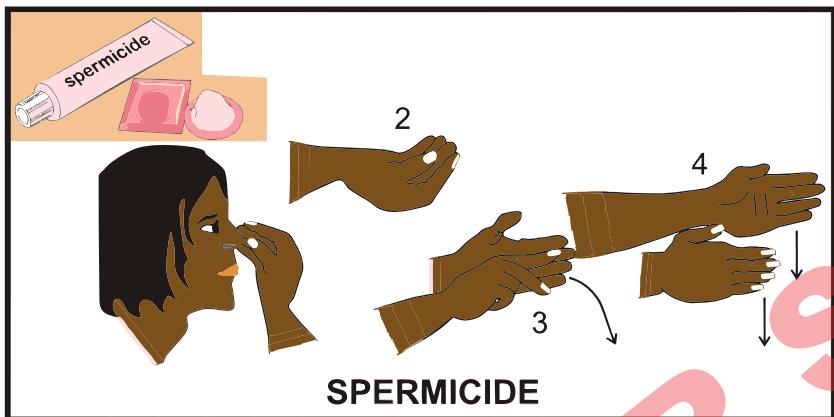
### **Norplant:**

A type of implant in which 6 small capsules containing a drug is put inside the upper part of the arm.



### **Post-ovulation method (POM):**

A fertility awareness-based method of birth control using abstinence or barrier methods from the beginning of menstruation until the morning of the fourth day after predicted ovulation — more than half of the menstrual cycle.



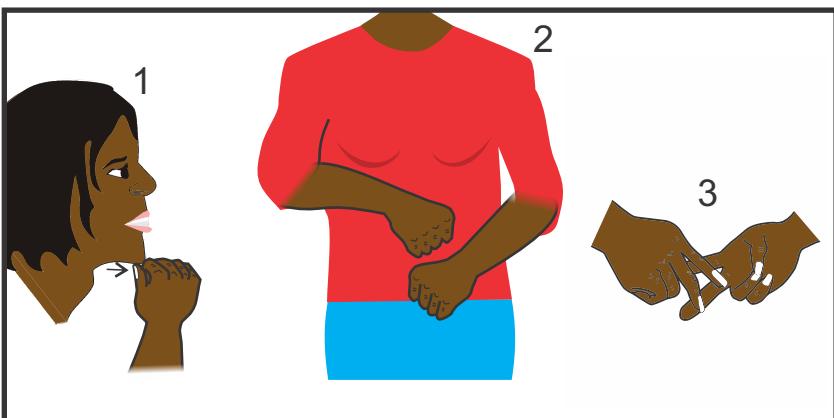
### **Spermicides:**

Tablets, creams or gels inserted into vagina before sex. They inactivate sperm and physically block sperm from entering the womb.



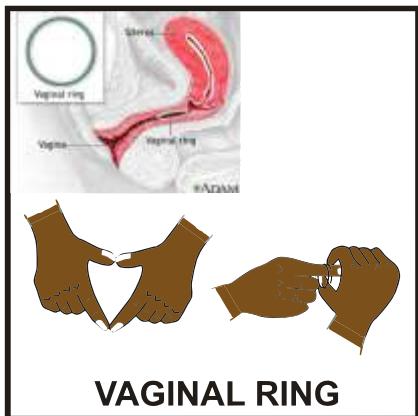
### **Temperature method:**

A fertility awareness-based method for predicting fertility. It involves charting when ovulation occurs by tracking basal body temperature changes every morning before getting out of bed. Can be used for birth control or for planning pregnancy.



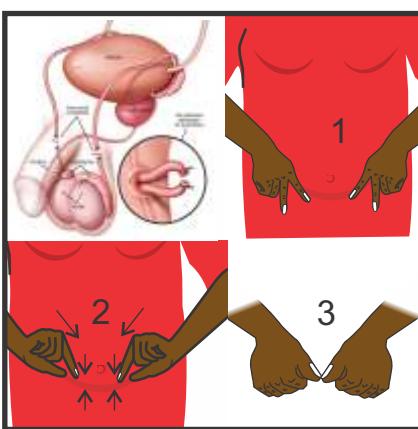
### **Unprotected sex:**

Having sex without wearing a condom.



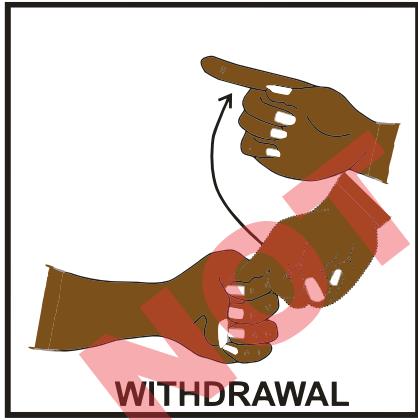
### Vaginal ring:

A monthly hormonal contraceptive that is a slender, flexible, transparent ring which continuously provide low dose of substances that prevent pregnancy



### Vasectomy:

An operation done to cut the connection between the tubes that carry semen and sperms to the urethra. It is a permanent type of family planning for men.



### Withdrawal (Coitus interruptus):

A method of family planning where the penis is removed from the vagina before orgasm.

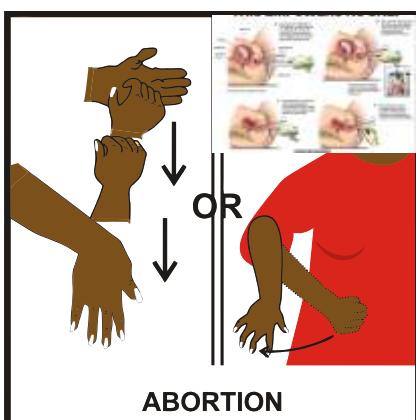
# ABORTION

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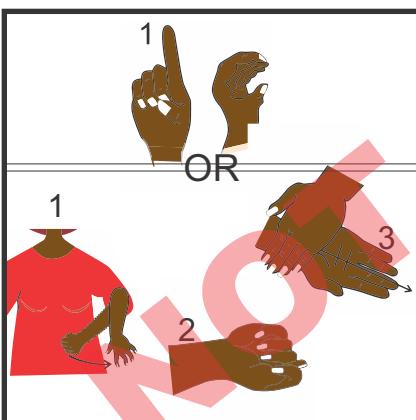
### Abortifacient:

A drug, herb, or device that can cause an abortion (end a pregnancy).



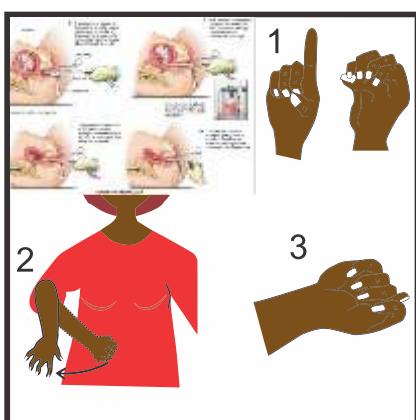
### Abortion:

Ending a pregnancy.



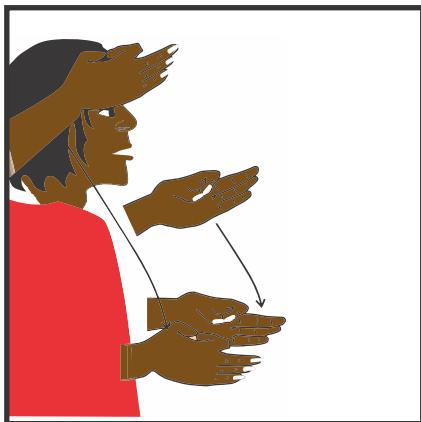
### D & C (Dilation and Curettage):

The use of a curette (a metal medical instrument with a narrow loop) to gently scrape away the inside of the womb, and the use of suction to remove tissue from the uterus. It is used for abortion or for treatment of a miscarriage.

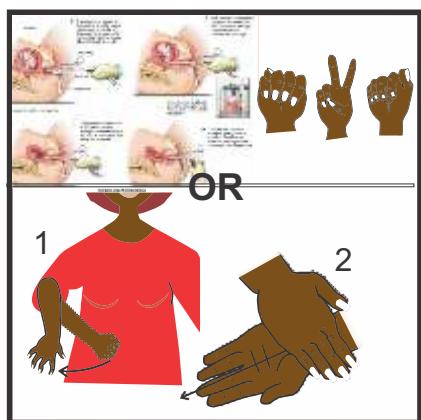


### D & E (Dilation and Evacuation):

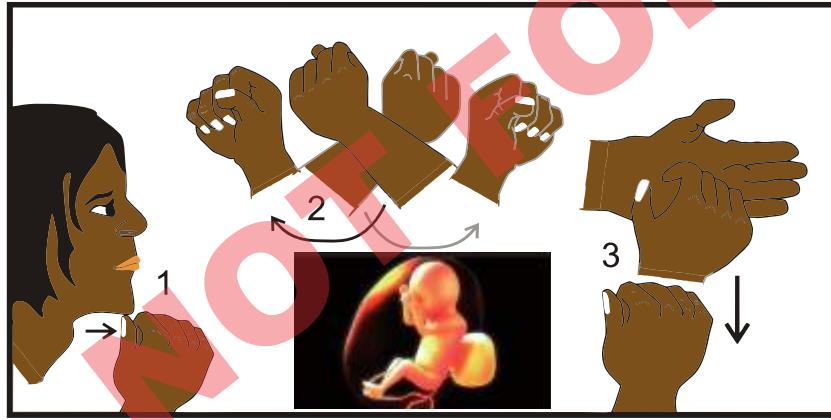
The use of suction and medical tools to remove tissue from the uterus during an abortion.



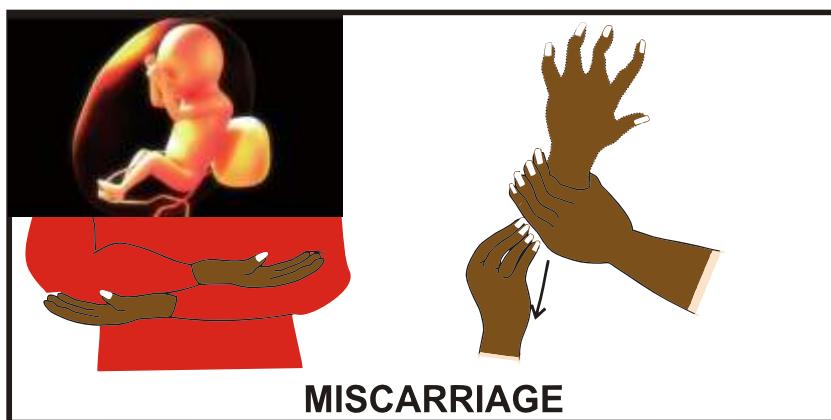
**Induced Abortion:**  
The intentional  
termination of  
pregnancy.



**Manual Vacuum Aspiration (MVA):**  
An early abortion procedure in which a small, hand-held suction device or suction machine removes pregnancy tissue out of the womb.



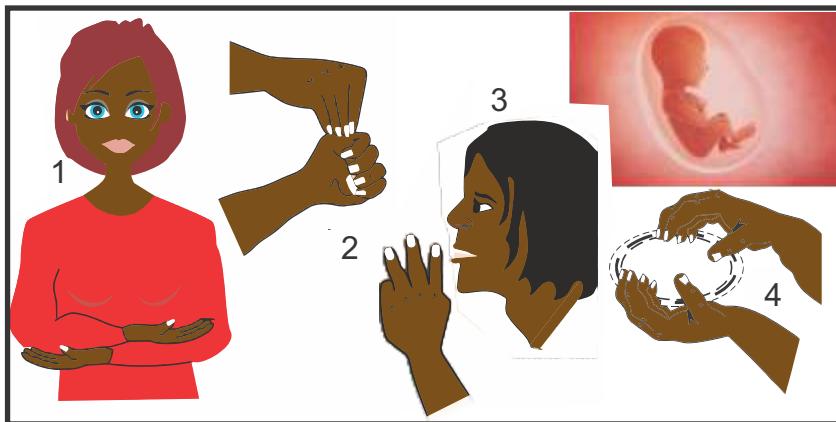
**Septic Abortion:**  
An abortion or  
miscarriage that  
leads to infection.  
Usually associated  
with illegal and  
unsafe abortion.



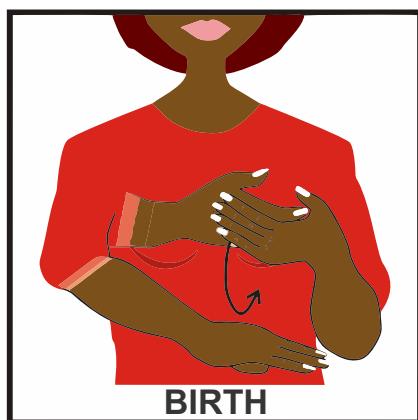
**Spontaneous  
abortion:**  
Miscarriage,  
pregnancy loss.

# PREGNANCY/CHILDBIRTH AND IMMUNIZATIONS

NOT FOR SALE

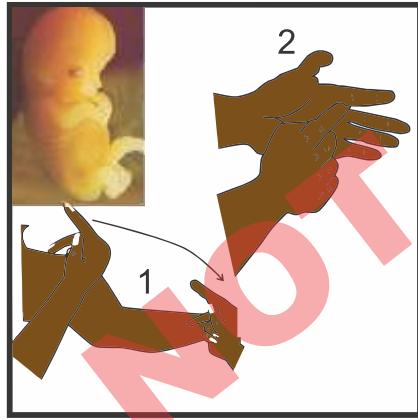


**Amniotic fluid:**  
The liquid that surrounds the fetus within the amniotic sac inside the womb.



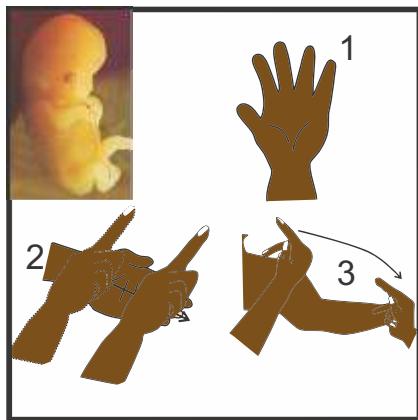
### Birth:

To be born. The exit of a new person out of its mother into the world.



### Conception:

The beginning of pregnancy. The moment when the pre-embryo attaches to the lining of the womb and pregnancy begins.



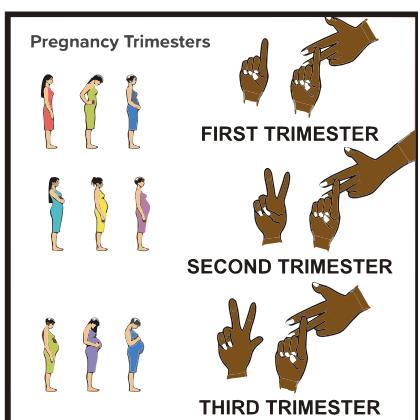
### Embryo:

The stage of a baby that develops from a pre-embryo during the second month of pregnancy. This stage of the pregnancy lasts about 5 weeks. Embryo(s) then develop into fetus(es).



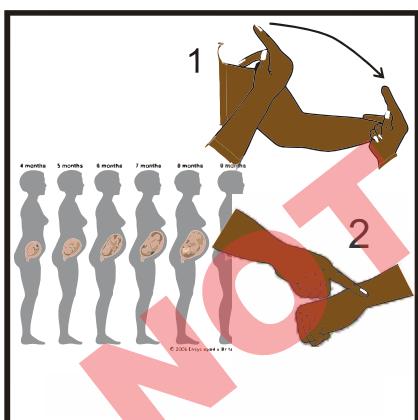
### Fetus:

Develops from the embryo at 10 weeks of pregnancy and receives nourishment through the placenta



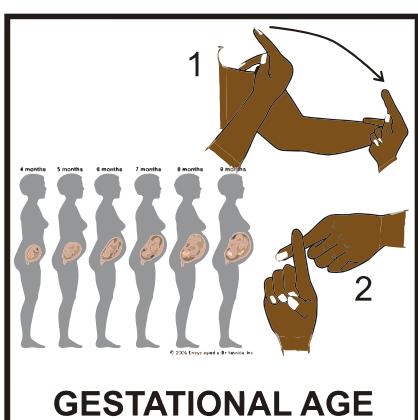
### First trimester:

The first 3 months of pregnancy.



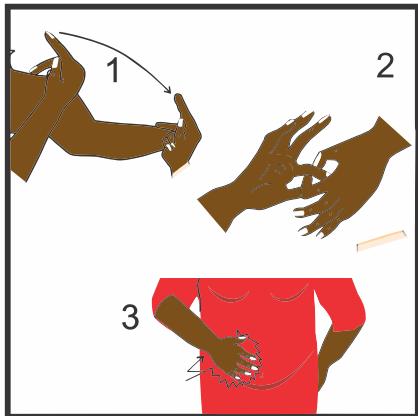
### Gestation:

The period of time when a fetus is developing in the womb.



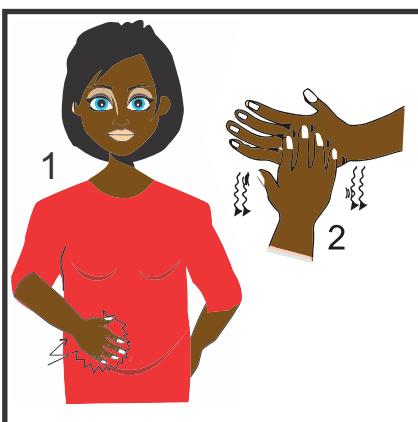
### Gestational age:

The length of a pregnancy. Measured from the first day of the last menstrual period to the time of delivery.



### **Implantation:**

When a pre-embryo attaches to the lining of the uterus. Usually starts about 6 days after fertilization (when egg and sperm meet) and takes 3 to 4 days to complete.



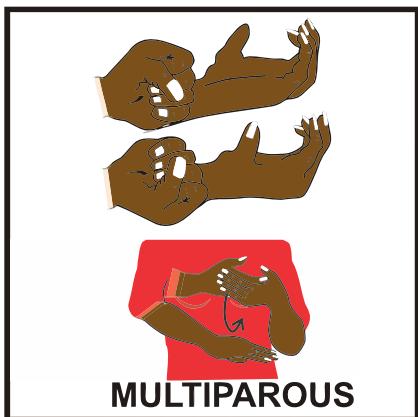
### **Implantation bleeding:**

Light vaginal bleeding that sometimes happens when a pre-embryo attaches to the lining of the uterus and pregnancy begins.



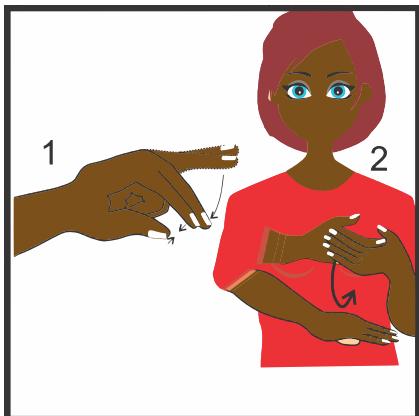
### **Multiple pregnancy:**

More than one baby in the womb e.g. twins, triplets.

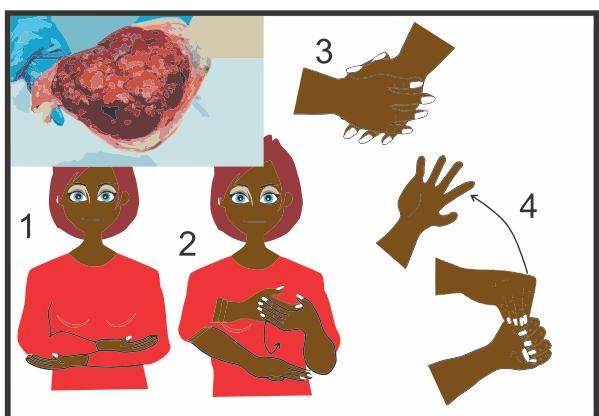


### **Multiparous:**

Having given birth more than once.

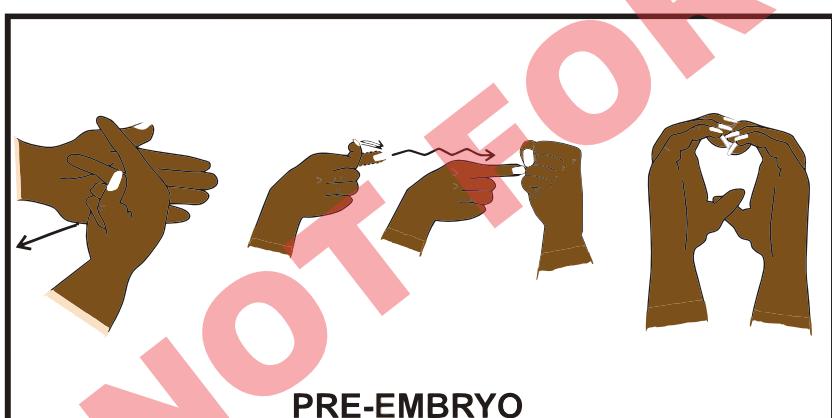


**Nulliparous:**  
Has not given birth to a baby before.



**Placenta:**

The organ formed on the wall of the uterus that provides oxygen and other nourishment to a fetus during pregnancy, and through which waste products are eliminated from a fetus.



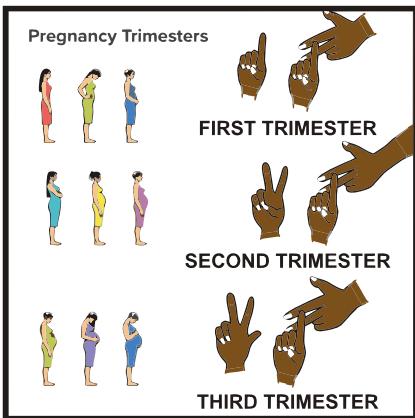
**Pre-embryo:**

This is what starts developing at fertilization when the zygote is formed by the joining of an egg and a sperm. It attaches to the lining of the uterus after about 7 days. It continues to develop until it forms an embryo, 9 to 11 days later.

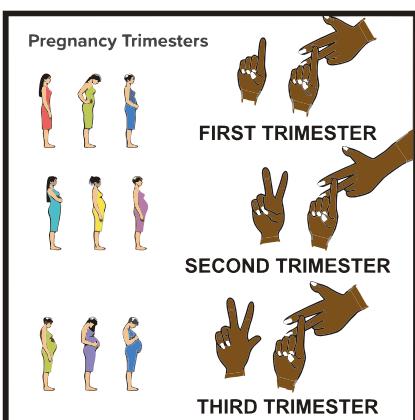


**Pregnancy:**

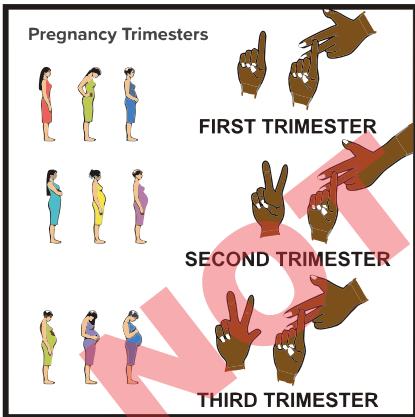
When someone is carrying a developing fetus in their womb. It starts with the implantation of the pre-embryo and progresses through the embryonic and fetal stages until birth, unless it is ended by miscarriage or abortion. It lasts about 40 weeks from implantation to birth.



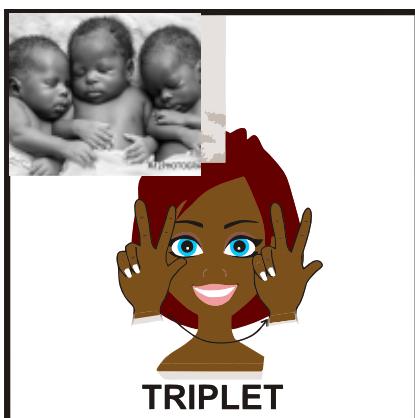
**Second trimester:**  
The second 3 months of pregnancy.



**Third trimester:**  
The last 3 months of pregnancy.



**Trimester:**  
One-third of the 9 months of pregnancy.

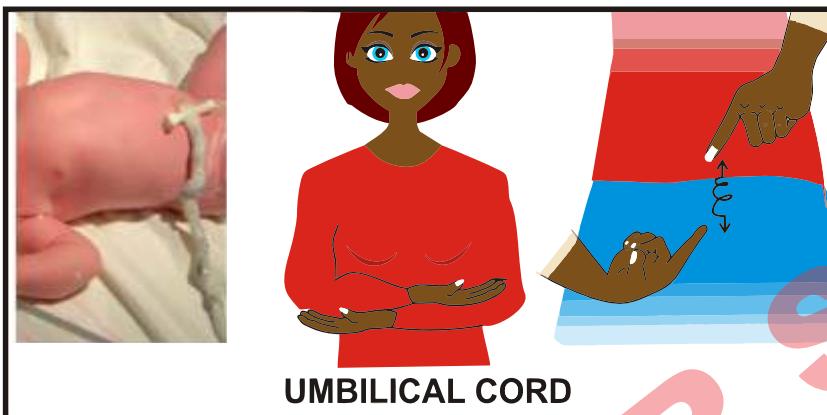


**Triplets:**  
Three babies born at the same time from one mother.



### Twins:

Two babies born at the same time from one mother.



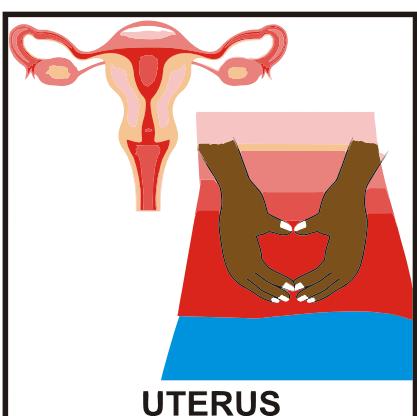
### Umbilical cord:

The cord that connects the baby to the placenta inside the womb.



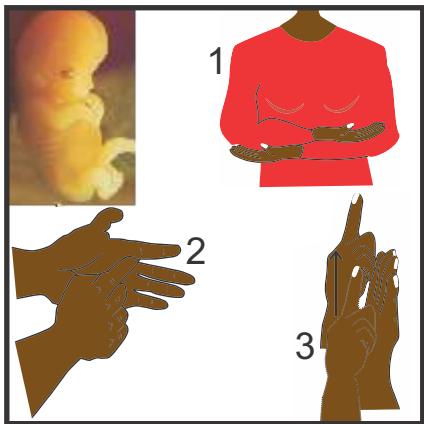
### Unintended pregnancy:

When a woman gets pregnant without planning to



### Uterus:

The pear-shaped, reproductive organ from which a woman menstruates and where a pregnancy develops. Also called "womb."

**Zygote:**

The beginning of the formation of a baby that results from the joining of the egg and sperm (fertilization).

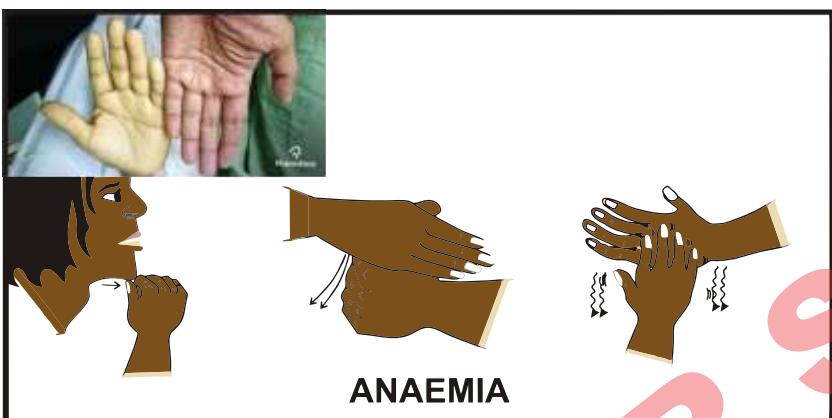
NOT FOR SALE

# COMPLAINTS/PROBLEMS DURING PREGNANCY

NOT FOR SALE



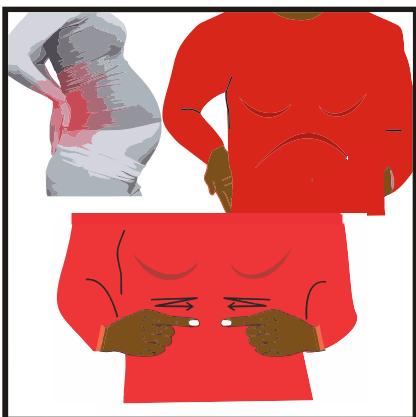
**Abdominal pain/Stomach pain:**  
Pain around the abdomen or stomach



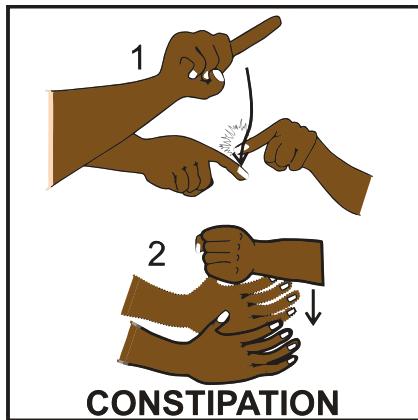
**Anaemia:**  
A condition in which the blood does not have enough healthy red blood cells.



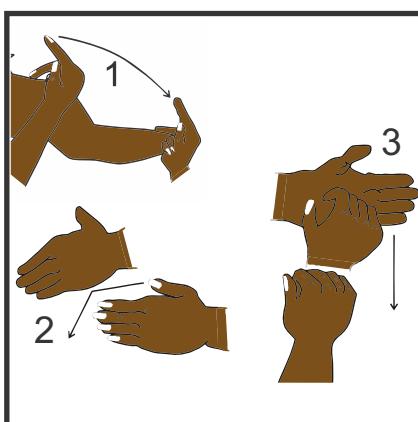
**Baby not kicking:**  
When a pregnant woman does not feel her baby moving after quickening (see under "Terms Associated with Pregnancy") has started.



**Back pain:**  
Pain in the back.

**Constipation:**

When you have 3 or less than 3 bowel movements ("shit", "poo-poos") in a week.

**Complete miscarriage:**

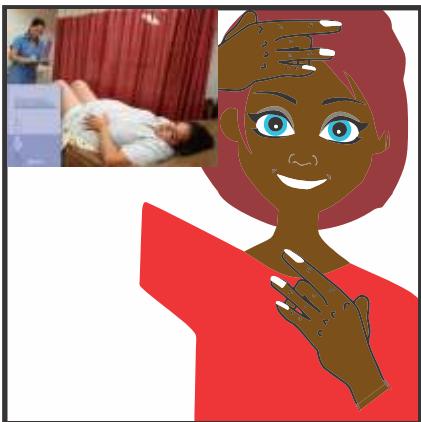
A miscarriage (when a pregnancy ends on its own) in which all the pregnancy tissue is passed without medical treatment.

**Difficulty sleeping:**

When it is hard to fall asleep.

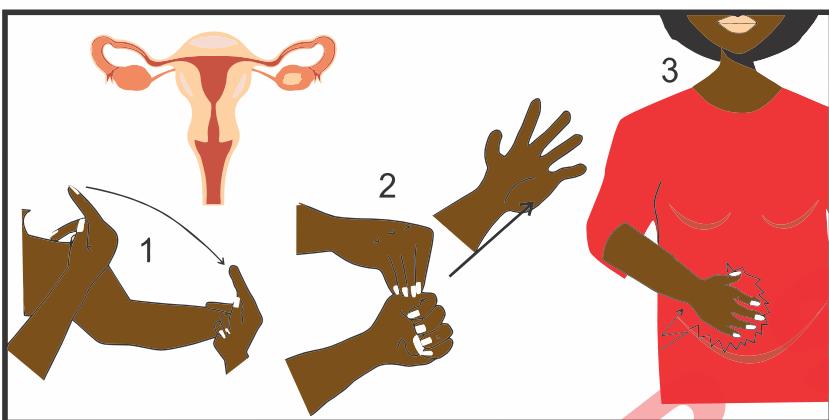
**Dizziness:**

Feeling faint or as if your head is spinning.



### Eclampsia:

A life-threatening medical condition that can happen during the second half of pregnancy. Symptoms include bluish skin, dizziness, mental confusion, pains in the stomach, problems with eyesight, twitching muscles, and vomiting. Eclampsia can be prevented by good prenatal care.



### Ectopic pregnancy:

A life-threatening pregnancy that develops outside the womb, often in a fallopian tube. See "tubal pregnancy."



### Fever:

Hotness of the body.

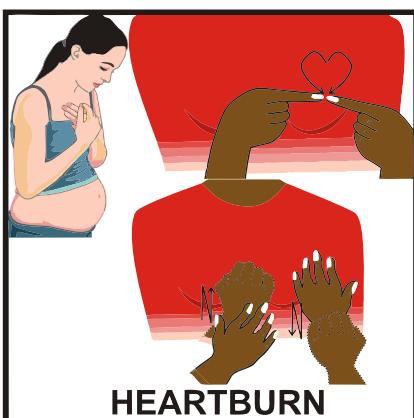


### Haemorrhoids (also known as piles):

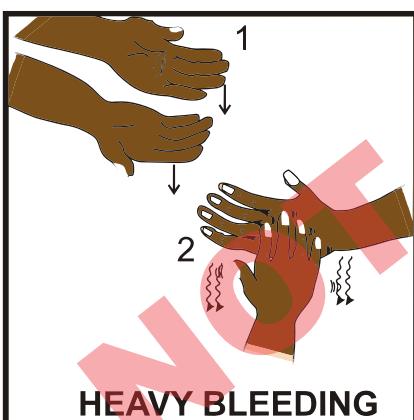
Swelling of the veins inside and around the anus.



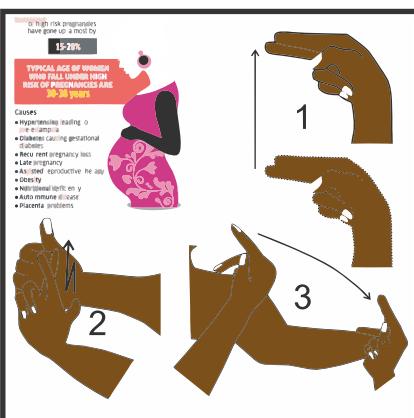
**Headache:**  
Pain in the head.



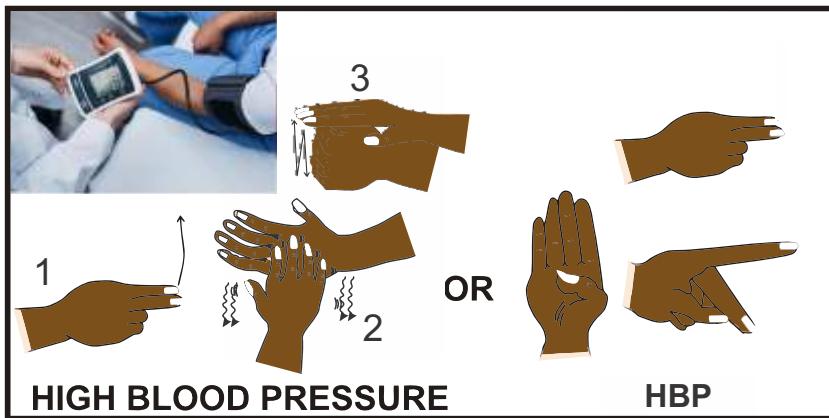
**Heartburn:**  
A burning or hot feeling at the back of your throat.



**Heavy bleeding:**  
Loss of large quantity of blood from the vagina.

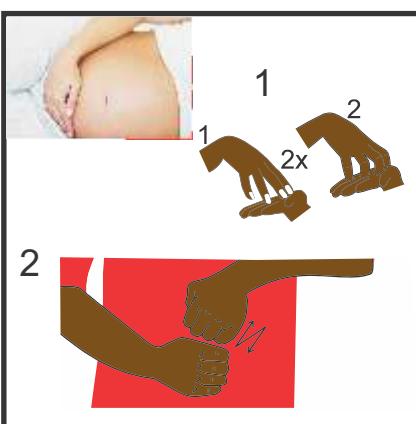


**High-risk pregnancy:**  
A pregnancy that is more likely to have complications for the pregnant person or their fetus.



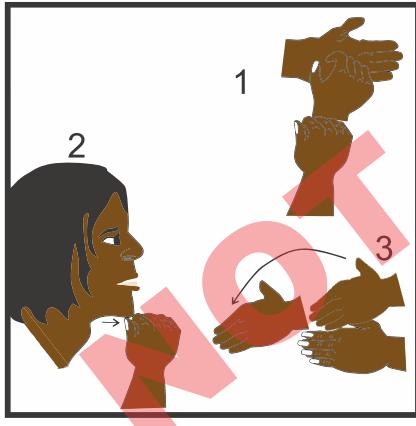
### **High blood pressure:**

When the blood pressure is higher than 139/89mmHg or much higher than it was at the beginning of pregnancy.



### **Incompetent cervix:**

A condition that happens in some pregnancies in which there is painless widening of the neck of the womb before the normal time of delivery, without labour or contractions of the womb. It can cause repeat miscarriages or premature delivery.



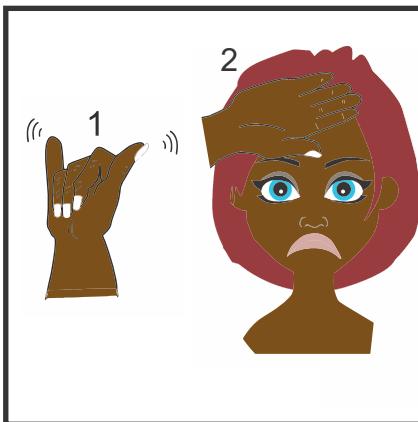
### **Incomplete abortion:**

A kind of miscarriage or abortion in which some pregnancy tissue passes out of the uterus but some stay inside. Sometimes treatment is needed to remove the remaining tissue.



### **Inevitable miscarriage:**

Miscarriage that is medically certain to happen in the near future.



### **Jaundice:**

Yellowing of eyes, skin, and mucous membranes due to diseases of the liver.



### **Leg cramps:**

A painful tightening feeling in the legs



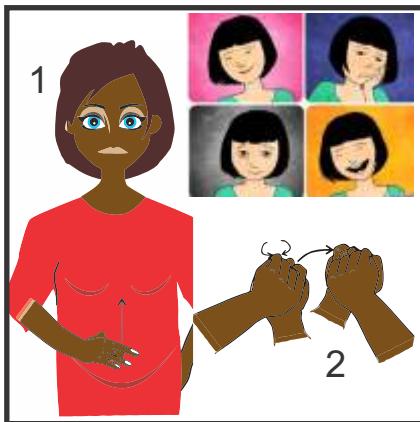
### **Miscarriage:**

When an embryo or fetus dies before the 28th week of pregnancy (in Nigeria).



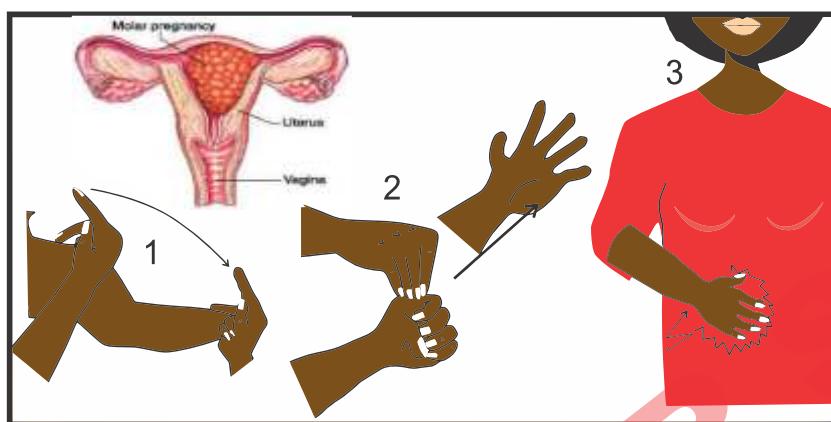
### **Missed abortion / missed miscarriage:**

When a pregnancy ends, but the tissue remains in the uterus. Sometimes this can lead to a person continuing to experience pregnancy symptoms for a time. Treatment is sometimes needed to remove the tissue from the uterus.



### Mood changes:

When the way someone feels easily changes from happy to sad/angry or vice versa.



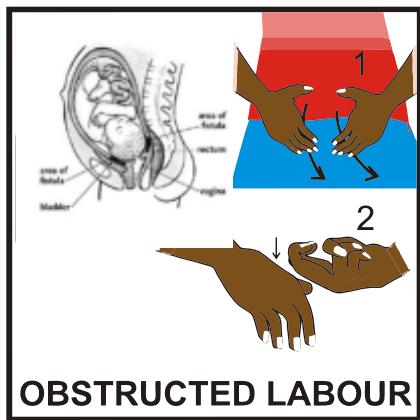
### Molar pregnancy:

When a fertilized egg grows into a benign tumor instead of an embryo/placenta.



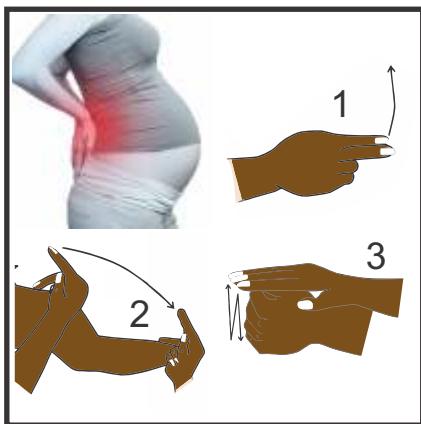
### Morning sickness:

The feeling and/or the act of vomiting that happens during pregnancy especially in the morning. It is more common in the first 3 months.



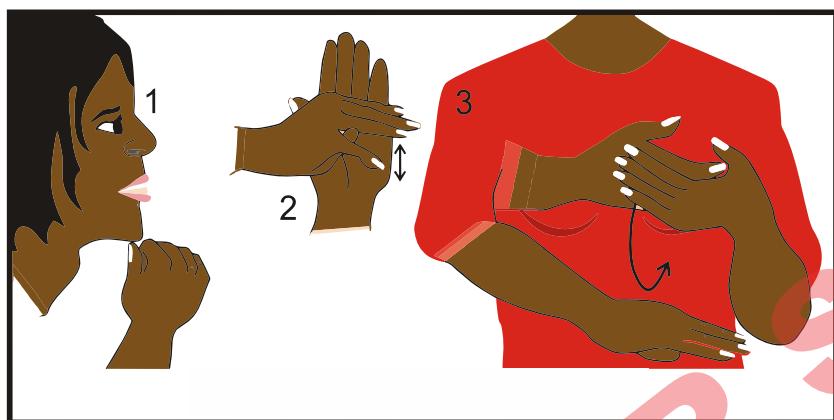
### Obstructed labour:

When vaginal delivery of a baby is not progressing normally.



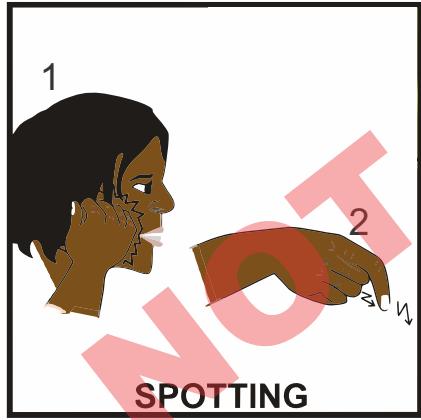
### Pre-eclampsia:

A condition during pregnancy that includes fluid buildup, high blood pressure, and protein deposits in the urine of a pregnant person. The complications may include bleeding in the brain, eye damage, heart problems, fetal malnutrition, low birth weight, and death.



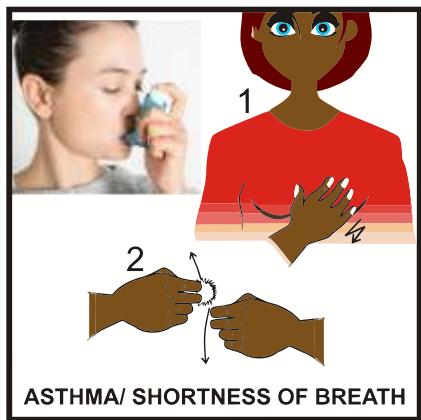
### Premature delivery:

Early childbirth, before the 37th week of pregnancy.



### Spotting:

Light bleeding that happens not during a menstrual period. It can happen during implantation. It can also be the beginning of a miscarriage.

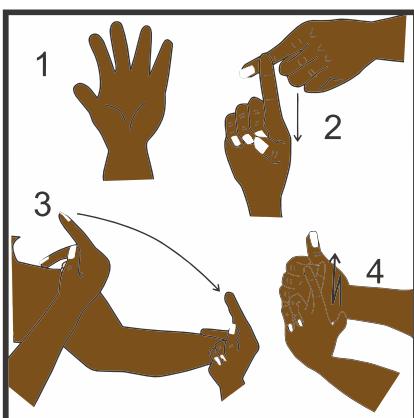


### Shortness of Breath:

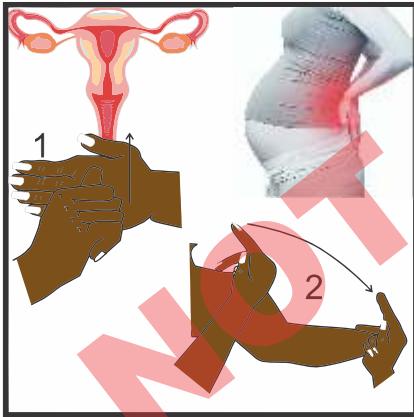
Feeling of not being able to breath well.



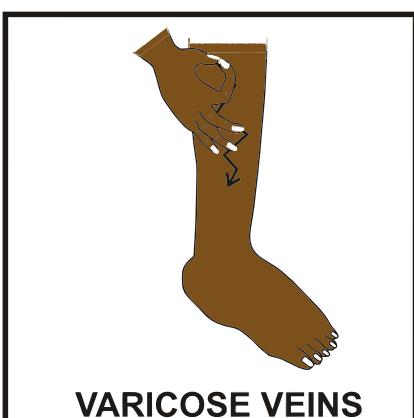
**Swollen hands, feet or ankles:**  
When the hands, feet and ankles swell up.



**Threatened miscarriage:**  
A condition in which a pregnant person bleeds, with or without mild cramps, but the cervix has not begun to open.



**Tubal pregnancy:**  
An ectopic pregnancy in the fallopian tube. Can be very dangerous, requiring medical treatment.



**Varicose veins:**  
Swollen purple, red or blue veins just under the surface of your skin; often in the legs.

**Vomiting:**

Forceful removal of the contents of the stomach through the mouth.

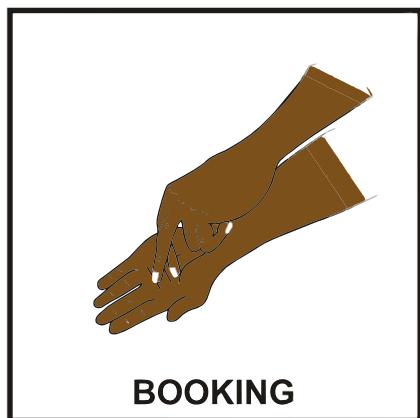
**Waist Pain:**

Pain in the waist. Can be a sign of labour.

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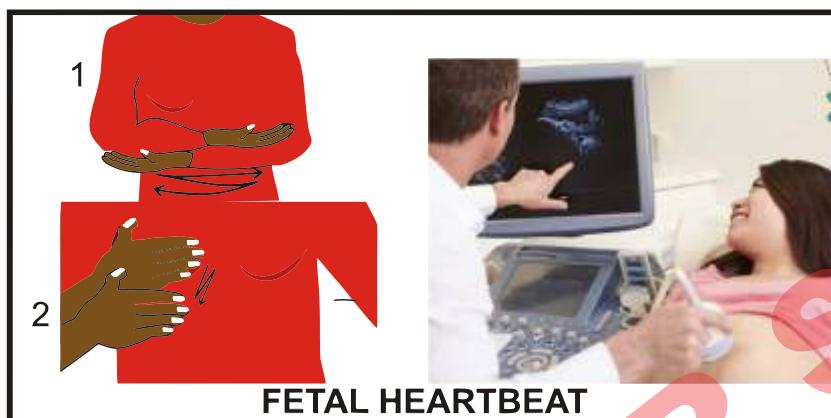
# ANTENATAL/PRENATAL TERMS

NOT FOR SALE



### Booking/ Registering:

The first day a pregnant woman goes to register at a health facility when pregnant.



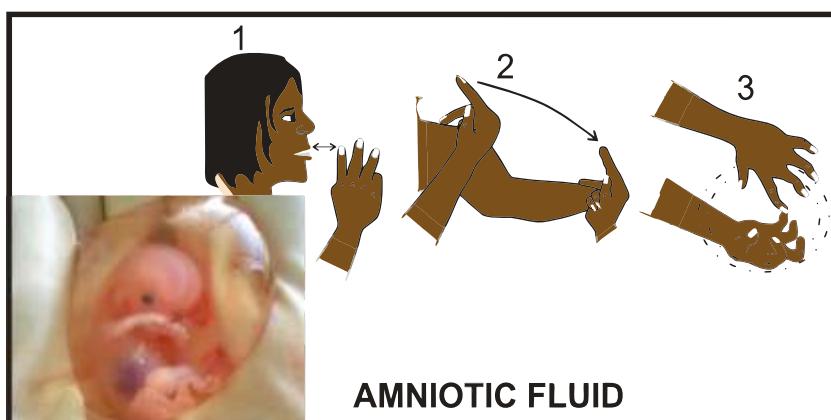
### Fetal Heartbeat:

The heartbeat of a baby in the womb.



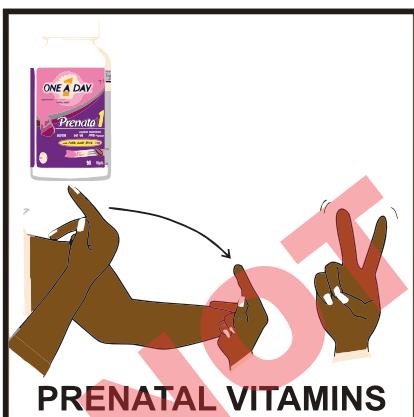
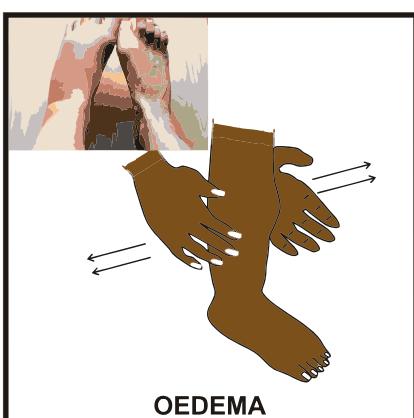
### Folic acid:

An important vitamin that helps in brain development and other functions, usually taken before and during pregnancy.



### Liquor:

The fluid or liquid or “waters” covering a baby in the womb.



### **L.M.P:**

Last Menstrual Period. The first day of the last menses.

### **Oedema:**

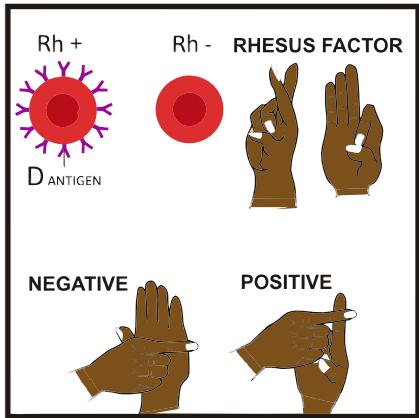
Also Edema. Swelling of a part of the body caused by fluid building up in that part of the body. Often occurs in the feet during pregnancy.

### **Prenatal vitamins:**

Vitamins a woman should take to support a healthy pregnancy. The most important prenatal vitamins are folic acid and iron.

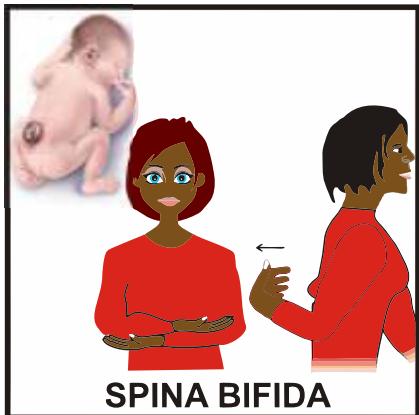
### **Quickening (“First kick”):**

The moment during pregnancy when a pregnant person first notices the fetus moving in the womb. Some start as early as 12 weeks, many notice it between 13 to 25 weeks.



### Rhesus Factor:

The presence of certain proteins on the surface of red blood cells. People with Rhesus factor are “Rhesus-positive,” and people without it are “Rhesus-negative.” Commonly known as a positive or negative blood type. Pregnant people and their fetuses may be tested for Rh factor, because if the pregnant person is negative and the fetus is positive, it can be dangerous.



### Spina Bifida:

A birth defect that exposes the spinal cord, causing severe disorders of the nervous system. Taking folic acid before and during pregnancy can help prevent it.

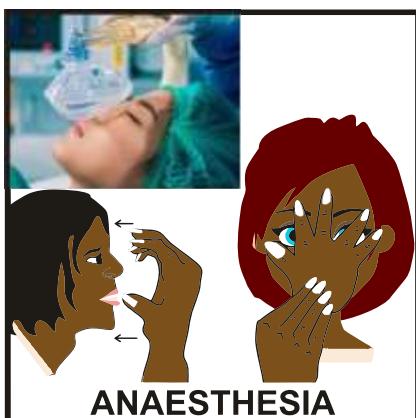
# CHILDBIRTH/DELIVERY

NOT FOR SALE



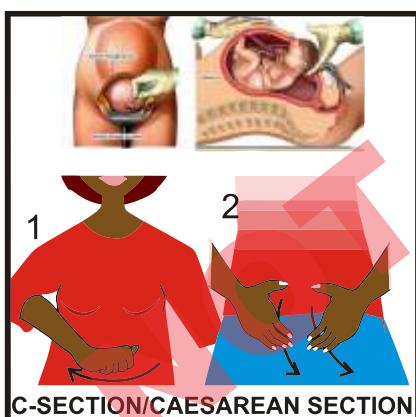
### Afterbirth:

The placenta and other tissue that come out of the womb following childbirth



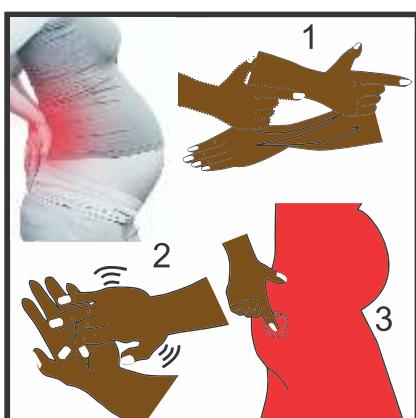
### Anaesthesia:

Medicine that protects against pain during medical procedures. General anaesthesia makes you be asleep and numb so you do not feel or remember anything. Spinal anaesthesia is an injection given in the back and commonly used for a caesarean



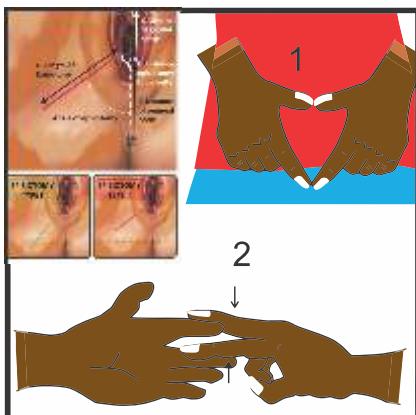
### C-section/Caesarean Section/Cesarean Section:

Giving birth when a doctor removes the baby from the womb through a surgical operation. Also called C/S for short.



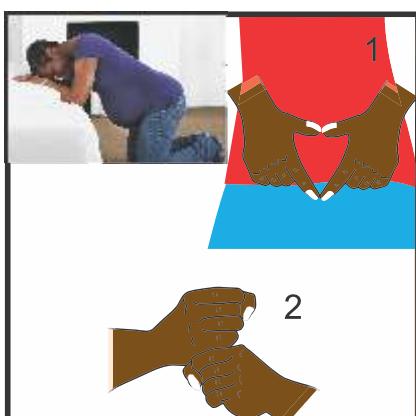
### Epidural:

An injection of painkillers used during childbirth.

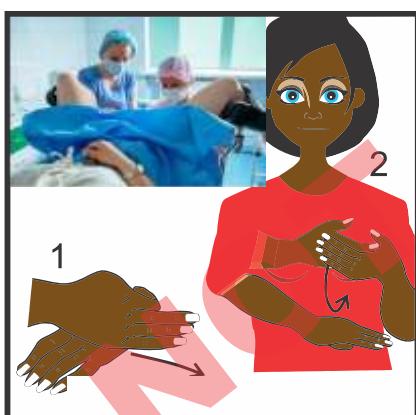


### **Episiotomy:**

A cut that is made around a woman's vagina during labour to make the vaginal opening wider for the baby to be delivered and also reduce damage to the vaginal and perineal tissue.

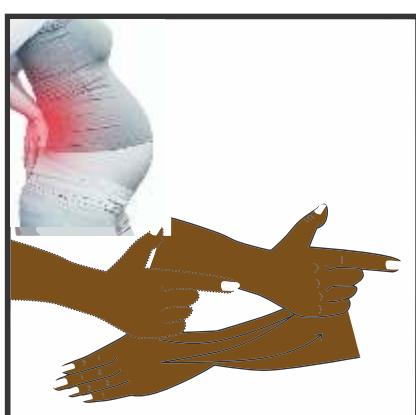


**Contraction:** The on-again, off-again tightening of the womb during labour/childbirth, which causes intense cramping/labour pains.



### **Induced Birth:**

Vaginal delivery of a baby that is started artificially by using some drugs.

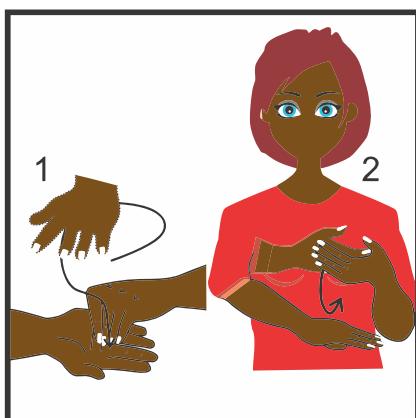


### **Labour:**

The process of childbirth, including everything from the contractions of the womb and dilation of the cervix to delivery of the infant and finally the placenta.



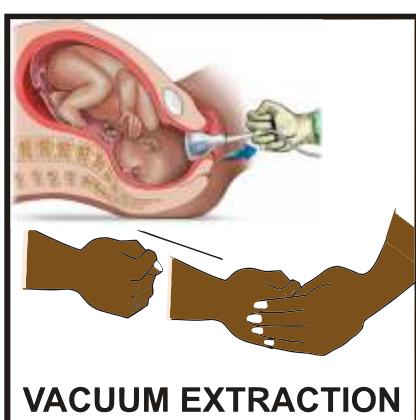
**Labour Ward:**  
A room where labour takes place/ baby is born



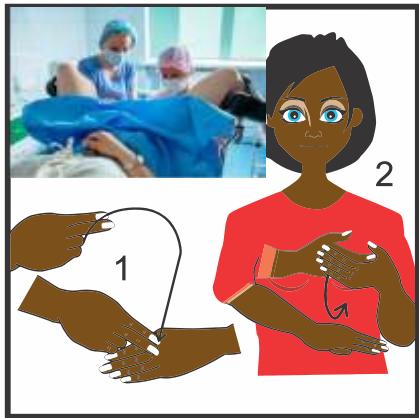
**Perinatal:**  
Around the time of childbirth.



**Push:**  
The feeling of wanting to bear down during labour that helps to deliver the baby.



**Vacuum extraction:**  
A vaginal delivery in which a cup-like object is fixed to the head of the baby and pulled slowly to make delivery easier.



**Vaginal Birth:**  
Delivery of a baby through the vagina.

NOT FOR SALE

# THINGS TO PACK IN YOUR DELIVERY BAG FOR GIVING BIRTH (FOR BABY)

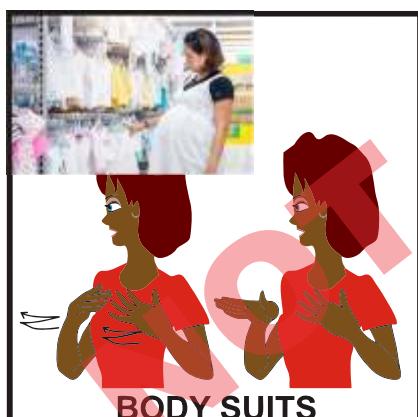
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**Baby Oil/Olive oil:**

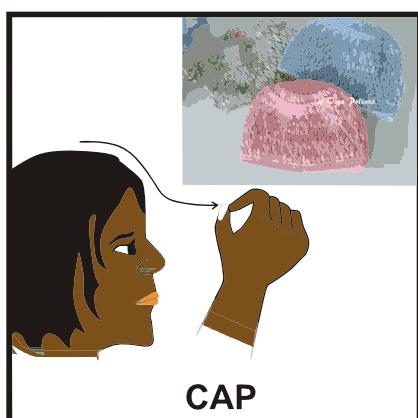
Olive oil is used to wipe the baby's body when newly born before being bathed. Baby oil is commonly applied to the baby's hair after bathing.

**Blankets:**

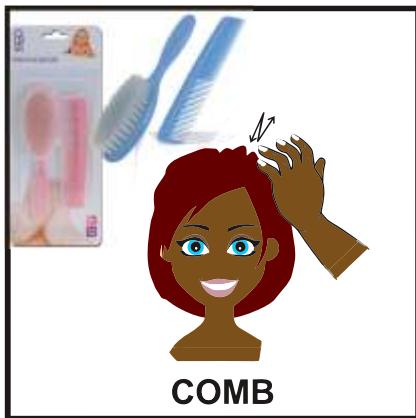
Large piece of clothing used to wrap a baby

**Body Suits, Overalls:**

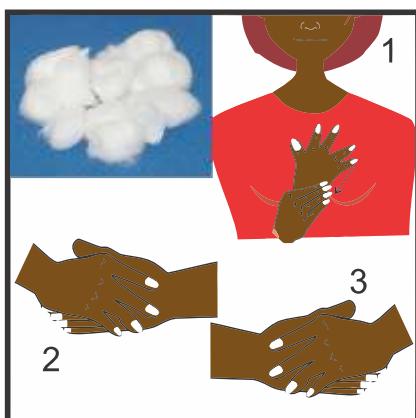
One-piece clothing that buttons down.  
"Up and down" clothes are OK too.

**Caps:**

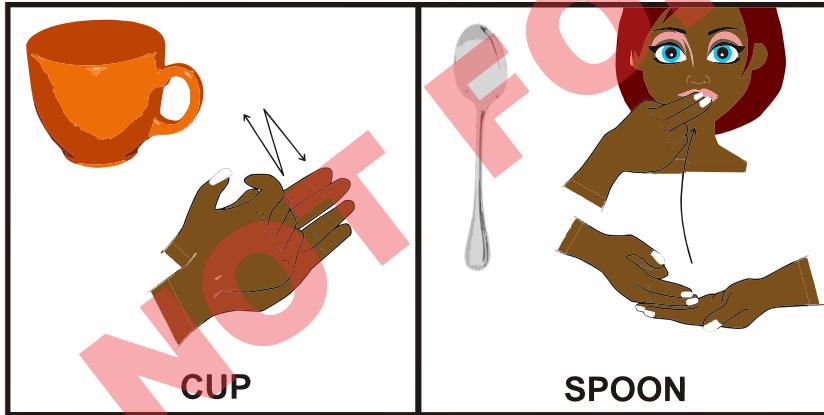
Clothing that covers the head.



**Comb:**  
Used for combing the hair.



**Cotton Wool:**  
Material used with methylated spirit to clean the navel.



**Cup and Spoon:**  
Used to feed the baby if for some rare reason breast-feeding has not started.



**Hand gloves:**  
A hand covering worn to protect them from cold.



**Hot water Flask:**  
A container that keeps water hot.



**4% Chlohexidine Gel:**  
It is a gel applied once a day on the umbilical cord of the newborn to prevent infection until it dries and falls. It is applied usually between 7-10 days.  
NB: No more methylated spirit.



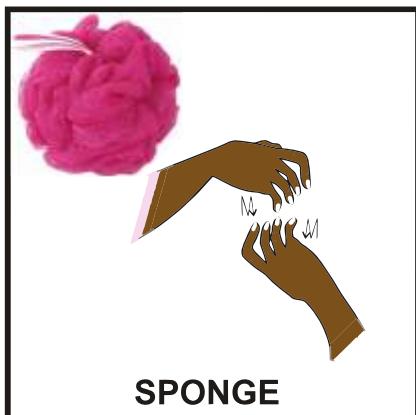
**Newborn Diaper:**  
Cloth or disposable (to be thrown away after using once) material worn on babies to avoid soiling themselves.



**Soap:**  
Material used with water to clean.



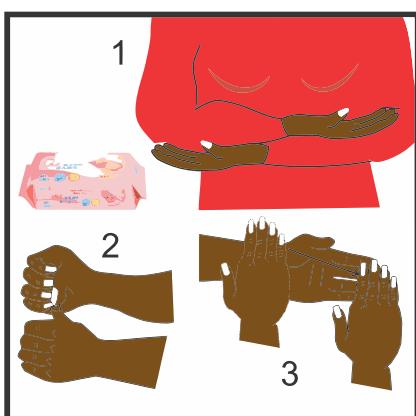
**Socks:**  
Clothing worn on the feet



**Sponge or Foam:**  
Material used with soap to wash.



**Towel:**  
Cotton cloth used to dry the body



**Wipes:**  
Material used to clean baby after urinating or defecating ("shit", "poo-poo") or other body fluids.

# **THINGS TO PACK IN YOUR DELIVERY BAG FOR GIVING BIRTH (FOR MOTHER)**

**NOT FOR SALE**



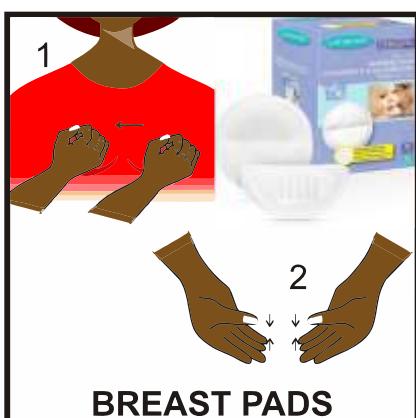
**Bathing soap:**  
See soap under baby items.



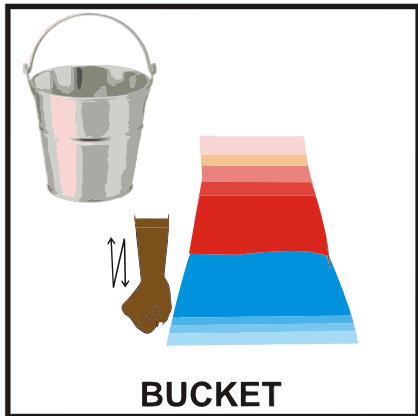
**Bathroom slippers:**  
Loose comfortable footwear



**Beverage:**  
Example, Milo/Bournvita, milk etc.



**Breast Pads:**  
Thick material put inside the bra and used to stop staining of the clothes with leaking breast milk.



**Buckets:**  
Container for bath water



**Clothes:**  
Especially gowns or tops with front opening for easy breastfeeding.



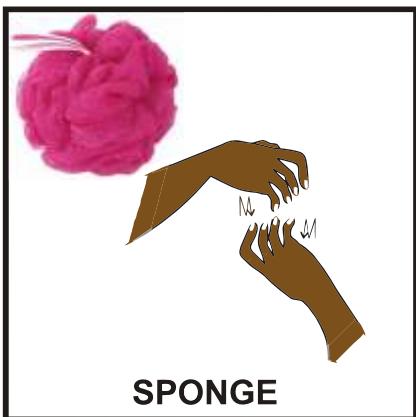
**Nursing Bra:**  
A type of underwear worn on the breast, which allows for easy breastfeeding.



**Pants (Old or disposable pants):**  
A type of underwear. Sanitary pads are worn inside for bloody discharge after childbirth.



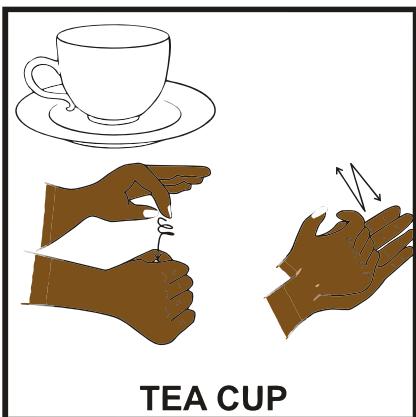
**Soap dish:**  
Container for keeping soap.



**Sponge:**  
See sponge under baby items.



**Spoon:**  
An object used to eat or drink.



**Tea cup:**  
A cup for taking beverages



**Thick Sanitary pads (Example, Comfit, Lady Sept):**  
See Sanitary pad under menstruation



**Toothbrush:**  
An object used to clean the teeth



**Toothpaste:**  
Used with a toothbrush to clean the teeth



**Towel:**  
See towel under baby items

**Torch-light:**

A source of light that will help you see in the dark especially for communication (**very important for the deaf**).

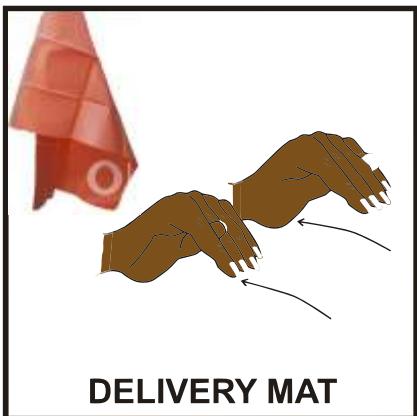
**Wrapper:**

A large piece of clothing usually tied around the waist. Mothers wear this during labour sometimes. Another wrapper is usually used to wrap the baby after cleaning and dressing.

# **THINGS TO PACK IN YOUR DELIVERY BAG FOR GIVING BIRTH**

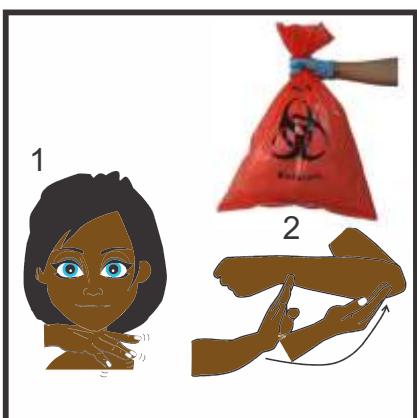
**(EXTRA THINGS SOME HOSPITALS ASK FOR:)**

**NOT FOR SALE**



### Delivery mat:

A disposable mat used to cover the place the mother lies during delivery.



### A disposable bag:

For disposing (throwing away or burying) the placenta.



### Toilet paper:

For cleaning body fluids.

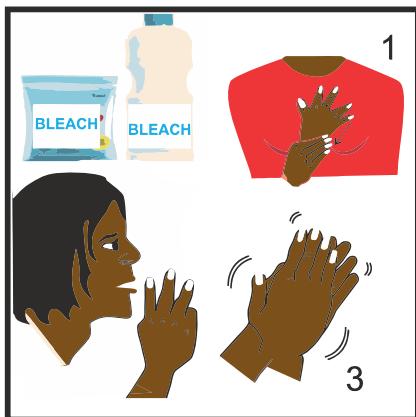


### Disinfectant:

Example, Dettol, Purit.



**Detergent:**  
Example Klin, Waw.



**Bleach:**  
Example: Jik, Hypo.



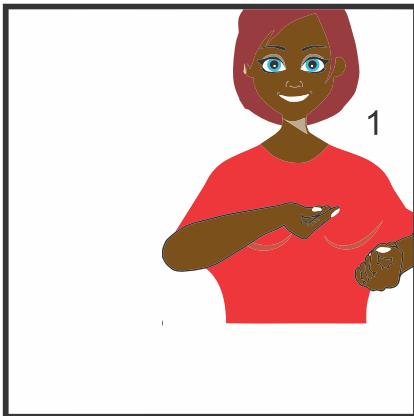
**Cord Clamp:**  
An object used to clip the umbilical cord after birth.



**Gloves:**  
Example: surgical gloves, examination gloves.

## POST/AFTER DELIVERY

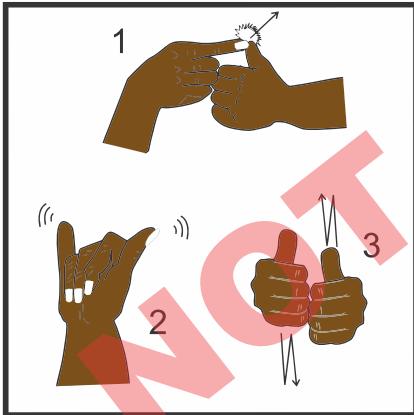
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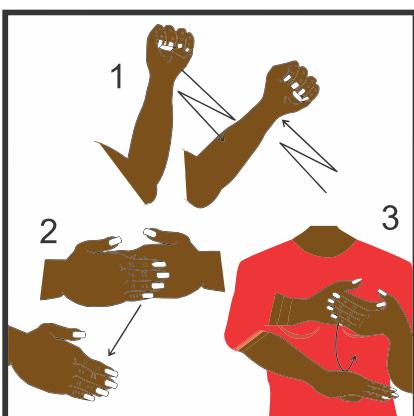
**Breast milk:**  
The natural milk from the breast.



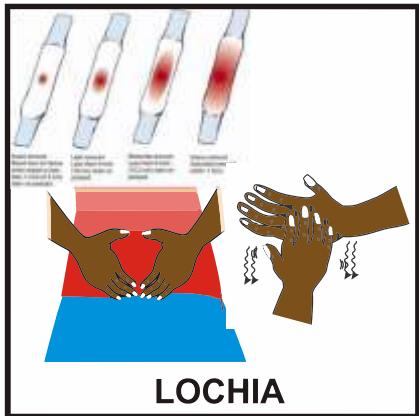
**Breast-feeding:**  
Feeding a baby with human milk from the breast. Can also be used as a birth control method for the first 6 months after birth, if done correctly.



**Colostrum:**  
Breast milk produced towards the end of pregnancy and for a few days right after childbirth. It is low in fat but high in cells that help infants fight infections.

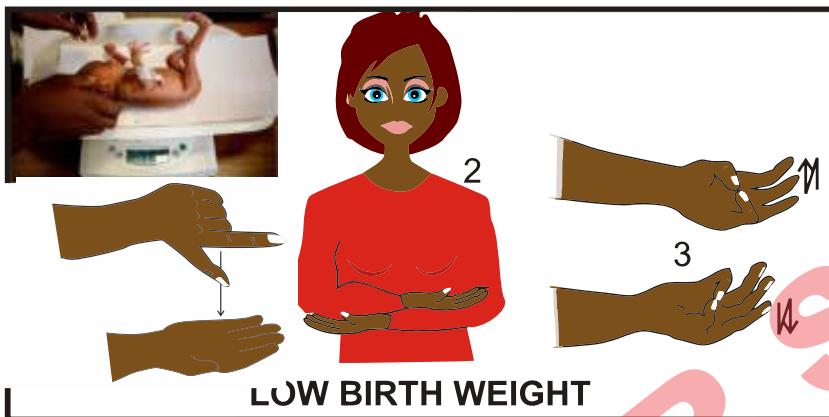


**Kegel exercises:**  
The tightening and releasing of the muscles that stop urination in order to prevent and improve urinary incontinence, improve sexual sensation, and aid recovery of vaginal muscle tone after childbirth. Because they exercise internal muscles, Kegels can be done anywhere, anytime.

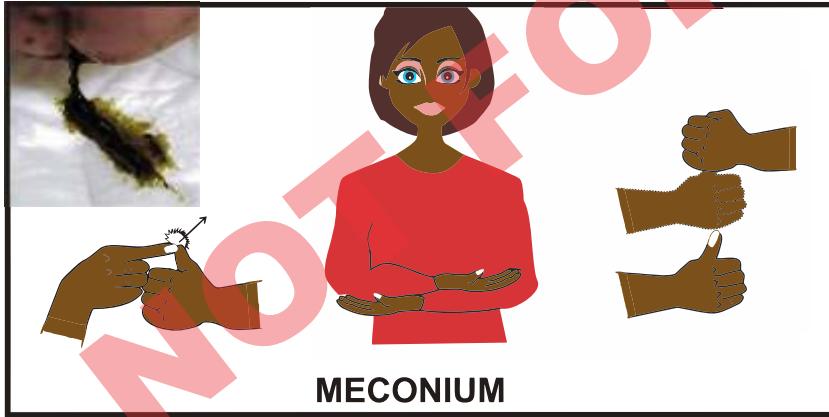


### Lochia:

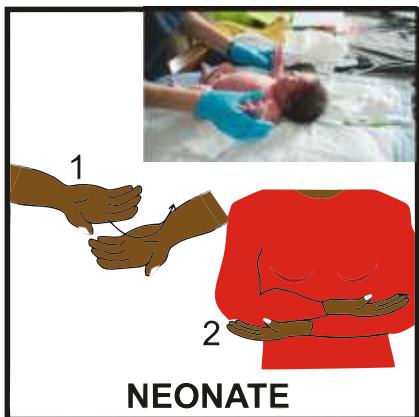
The discharge that flows from the vagina after childbirth.



**Low birth weight:**  
A baby weighing less than 2.5kg when born.



**Meconium:**  
The first stools of a newborn. It is thick and sticky, usually greenish to black in colour.

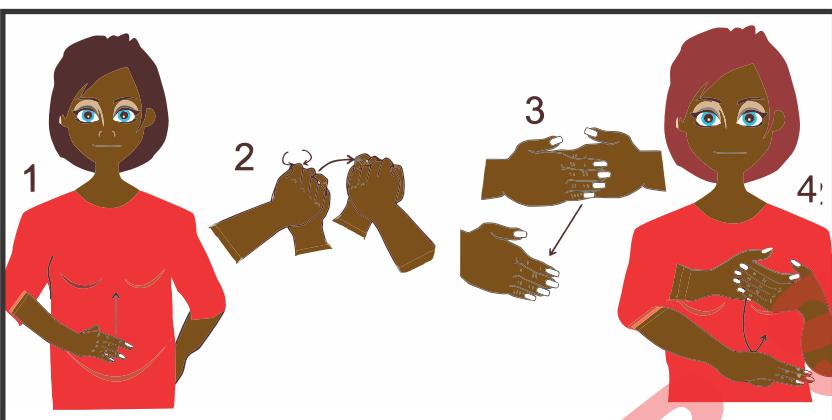


### Neonate:

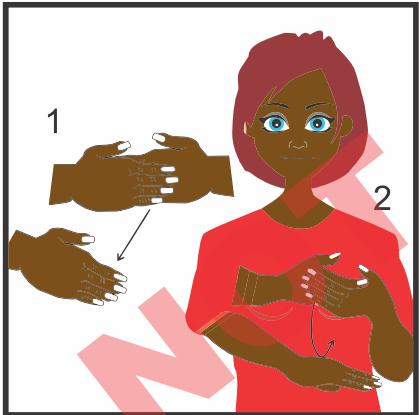
A newborn baby aged 0 to 28 days old.



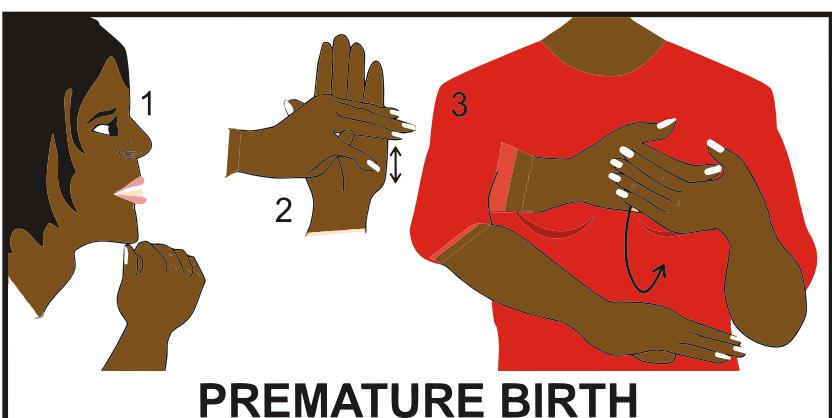
**Postpartum:**  
Depression that occurs after delivery up until the 6th week.



**Postpartum depression:**  
Mode changes after birth.



**Post-natal:**  
The first six weeks after the delivery of a baby



**Premature birth:**  
When a baby is given birth to before 37 weeks of pregnancy.

# IMMUNISATION/ VACCINATION

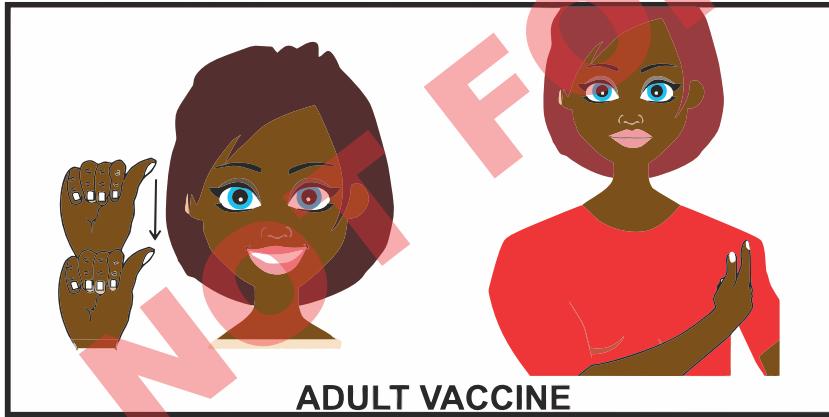
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**Immune:**  
Protected from a disease.



**Immunise:**  
Getting protected from a disease  
(usually by having an injection).



**Adult Vaccines:**  
Related to Sexual  
and Reproductive  
Health.

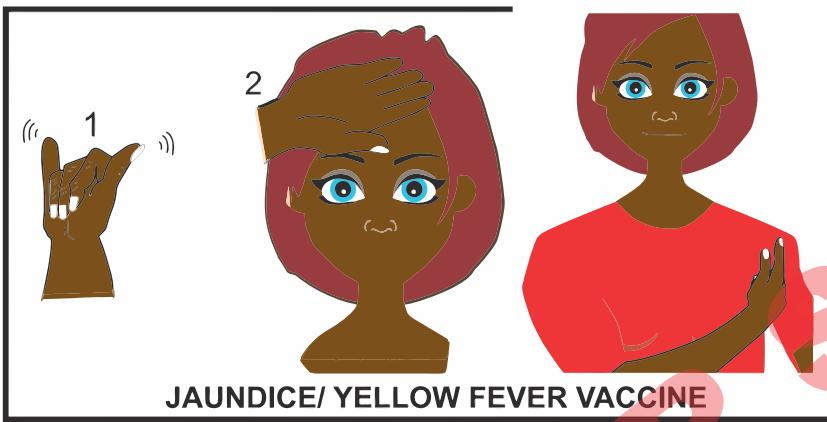


**Human Papilloma virus (HPV) vaccine:**

A vaccine that protects against HPV (see under "Sexually Transmitted Infections"). It can be given to boys, girls and young people before their first encounter with sexual intercourse and can protect against cancer of the cervix in women.

**Tetanus Toxoid:**

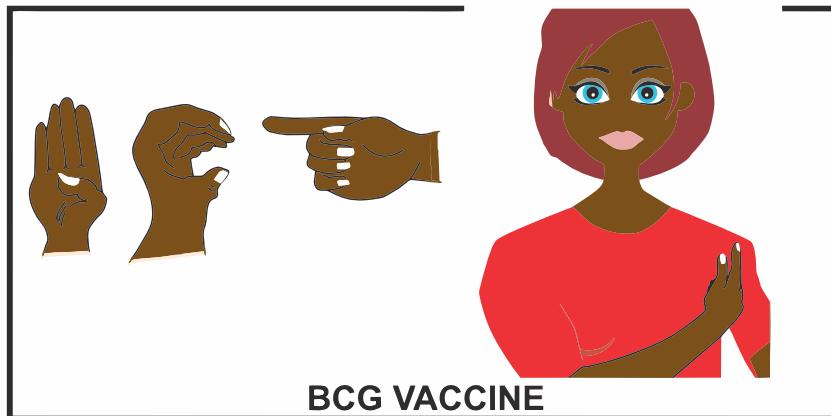
An injection that gives immunisation against tetanus, a deadly infection that causes stiffness of the jaw and body. Usually given during antenatal care.

**Yellow fever vaccine:**

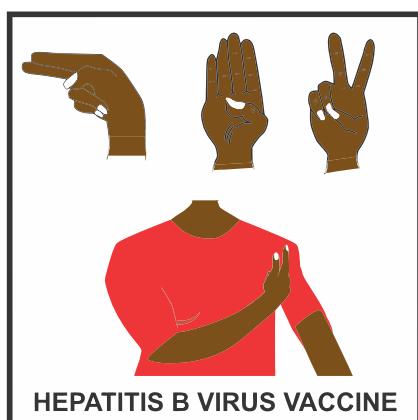
A vaccine given to prevent an illness caused by yellow fever virus that causes yellowness of the eyes and bleeding from body openings.

## CHILDREN VACCINE

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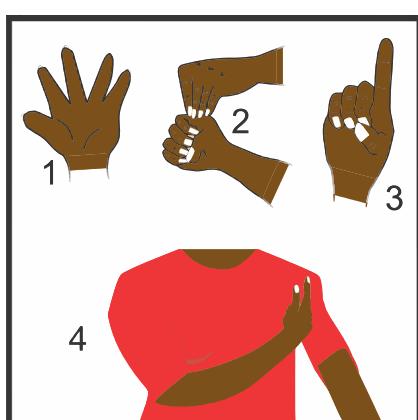
**BCG vaccine:**  
Injection that protects against serious forms of tuberculosis.



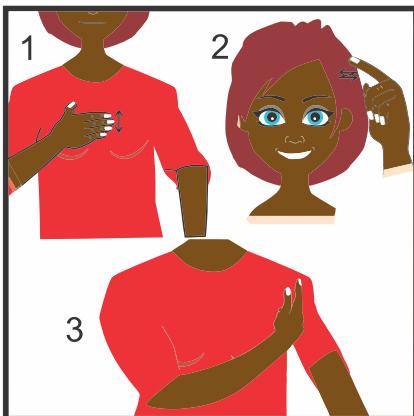
**Hepatitis B Vaccine (HBV):**  
Injection that protects against Hepatitis B, a virus that attacks the liver and causes yellowness of the eyes, abdominal pain, and other things.



**Oral Polio Vaccine:**  
A vaccine that protects a baby from getting infected with Polio virus.

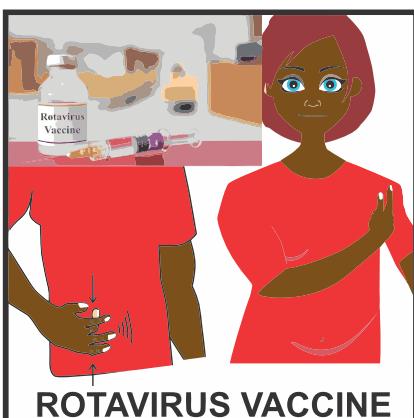


**Pentavalent Vaccine:**  
A five-in-one vaccine that protects against diphtheria, pertussis, tetanus, hepatitis B virus, Haemophilus influenzae; all deadly diseases.



### Pneumococcal Conjugate Vaccine (PCV):

Protects against severe forms of pneumonia and some meningitis.



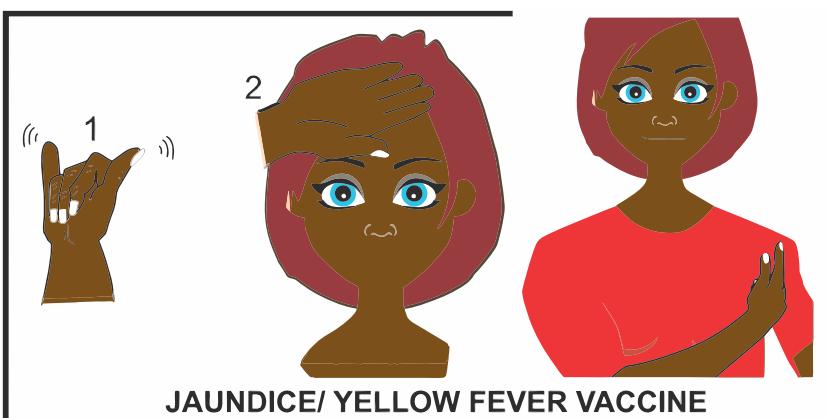
### Rotavirus Vaccine:

A vaccine that protects against Rotavirus, a common cause of diarrhoea in children.



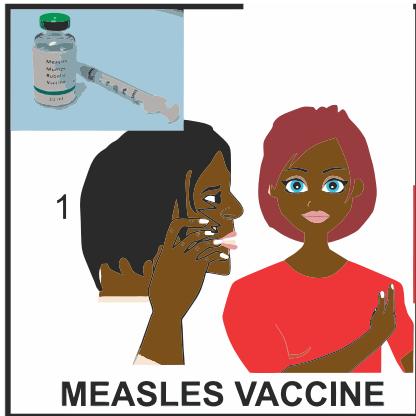
### Tetanus Toxoid:

A vaccine that gives immunisation against tetanus, a deadly infection that causes stiffness of the jaw and the body. It is preventable with an injection.

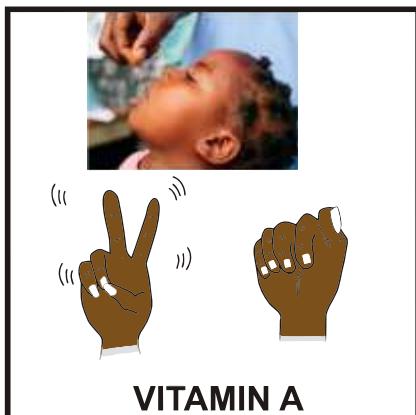


### Yellow Fever Vaccine:

A vaccine given to prevent an illness caused by yellow fever virus that causes yellowness of the eyes and bleeding from body openings.

**Measles Vaccine:**

A disease caused by measles virus that causes a fever, rash and other symptoms.

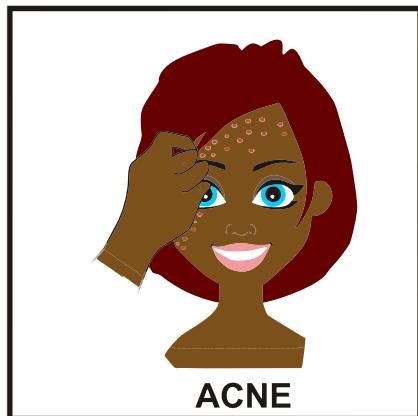
**Vitamin A:**

Not a vaccine but helps to prevent night blindness and fight infections.

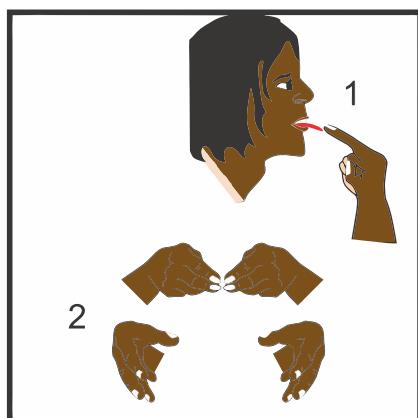
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## GENERAL COMPLAINTS

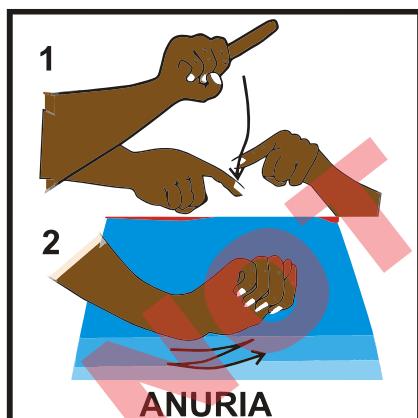
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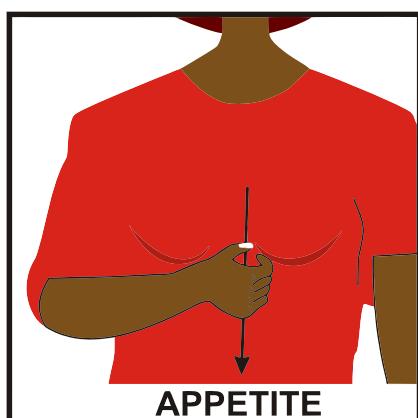
**Acne:**  
Pimples on the skin



**Anorexia:**  
A lack or loss of appetite, resulting in the inability to eat.



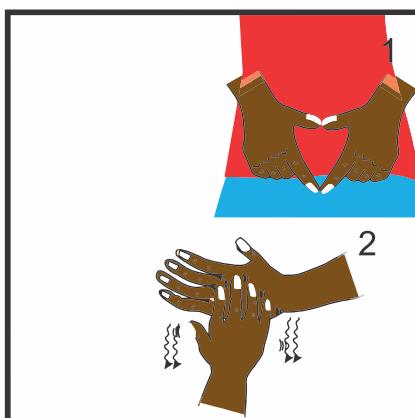
**Anuria:**  
Not able to urinate.



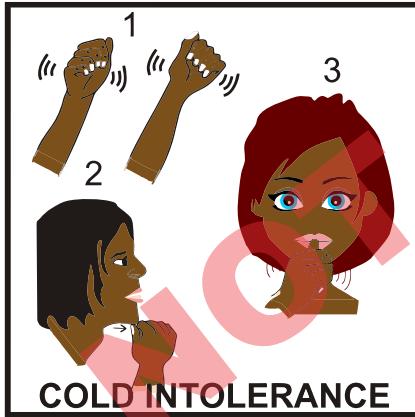
**Appetite:**  
Want for something e.g. food.



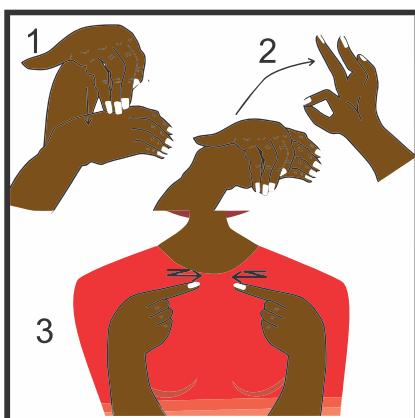
**Bleeding:**  
Losing blood from the body.



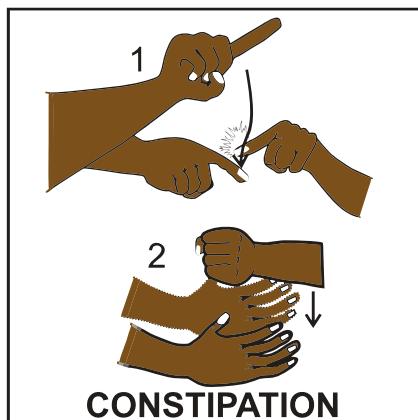
**Bleeding per Vaginam:**  
Losing blood through the vagina.



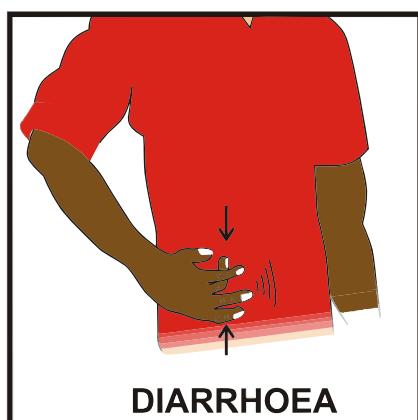
**Cold Intolerance:**  
Feeling cold when others are feeling hot.



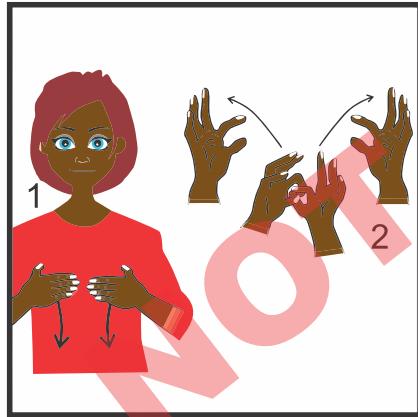
**Colic:**  
Sharp pain that comes and goes from any organ in the body that is like a tube e.g. intestine.

**Constipation:**

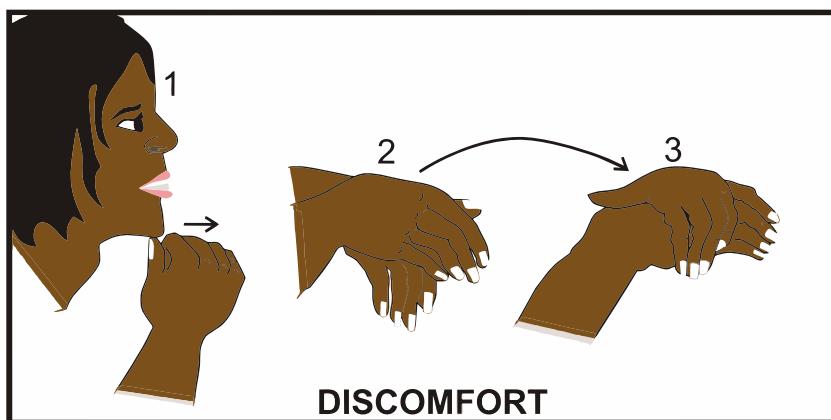
Difficulty in passing stools or incomplete or infrequent passage of hard stools.

**Diarrhoea:**

Passing of watery stools many times.

**Discharge:**

Something watery coming out from the body e.g. vaginal discharge.

**Discomfort:**

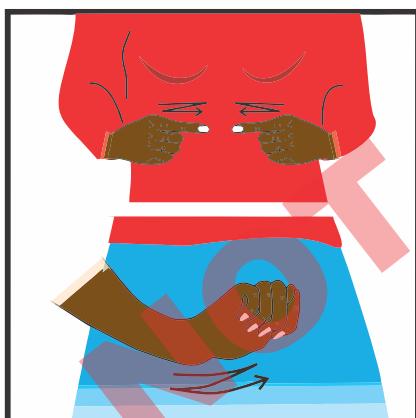
Feeling mild pain.



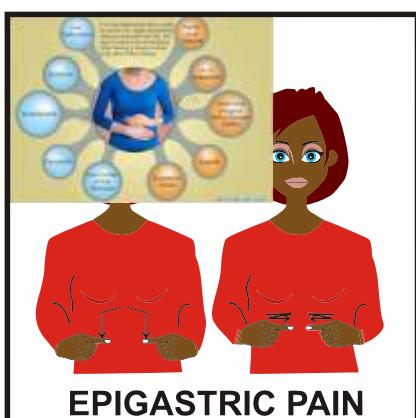
**Dizziness:**  
Feeling like fainting.



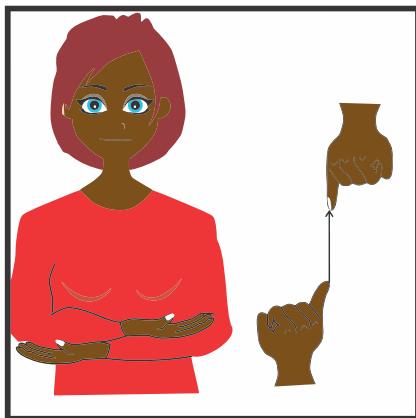
**Drowsiness:**  
Feeling sleepy.



**Dysuria (Painful urination):**  
Pain when urinating.

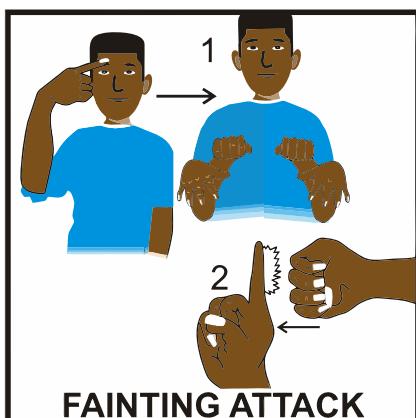


**Epigastric Pain:**  
Pain in the upper part of the abdomen where the stomach is located.



### **Failure To Thrive:**

When an baby is not gaining weight as he/she should.



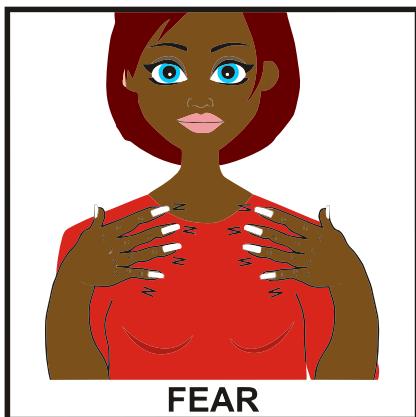
### **Fainting Attack:**

To lose consciousness, often causing a fall.



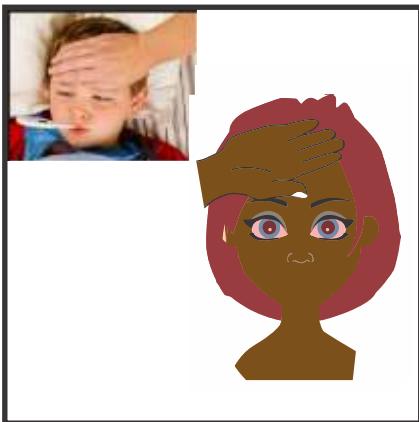
### **Fatigue:**

State of being weak, tired and exhausted.



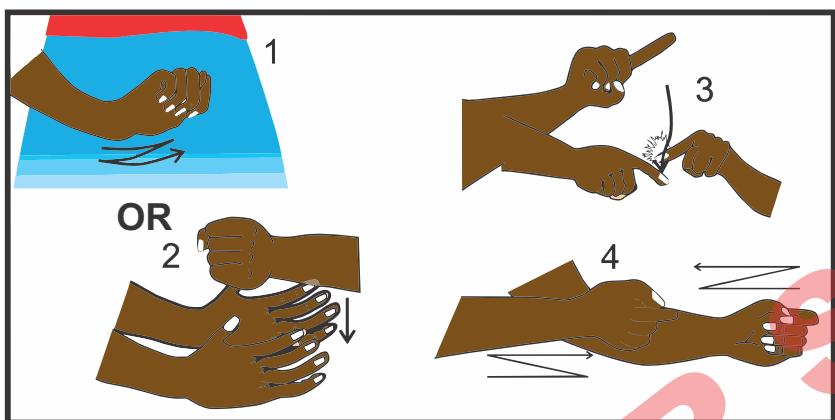
### **Fear:**

It is a disturbing feeling in response to physical and emotional danger.



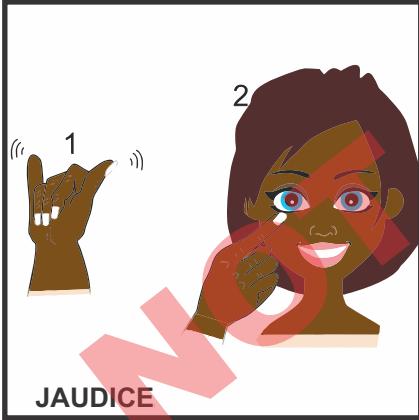
### Fever:

When the body temperature is high or the body is hot because someone is ill.



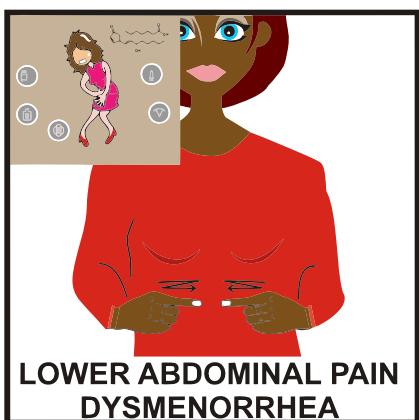
### Incontinence:

The inability to control urination or defecation. The person urinates or “poo-poos” on her body.



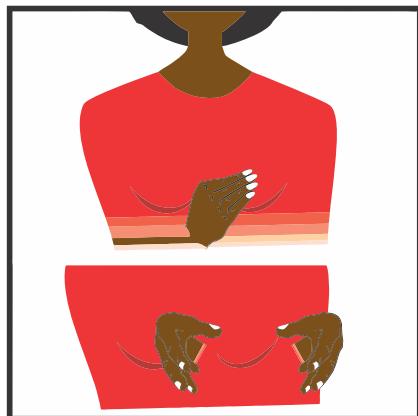
### Jaundice:

Yellowish discolouration of the eyes

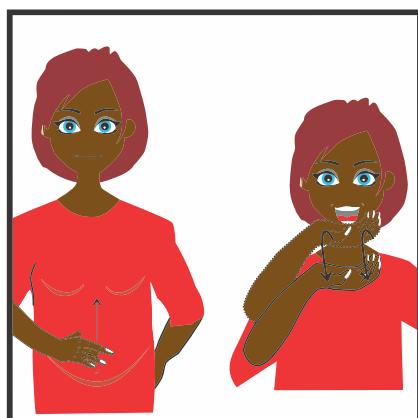


### Lower Abdominal Pain:

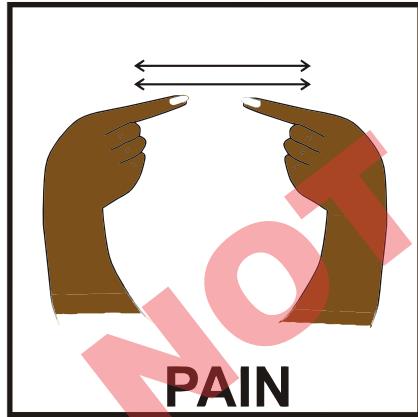
Pain in the lower part of the abdomen. Can be a sign of infection.

**Lump In Breasts:**

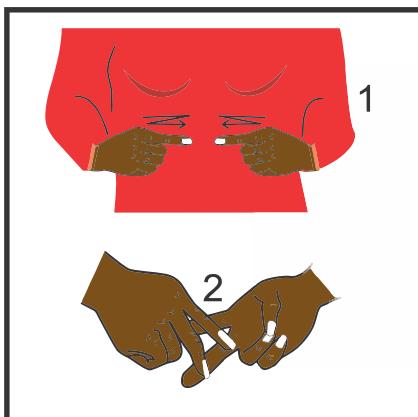
Feeling of a hard or soft swelling inside the breast. It may or may not be cancer.

**Nausea:**

A feeling of wanting to vomit.

**Pain:**

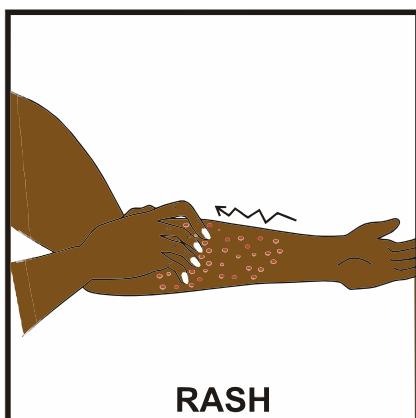
Physical or mental suffering, hurting.

**Pain During Sex:**

Also called dyspareunia. Pain when having vaginal intercourse.



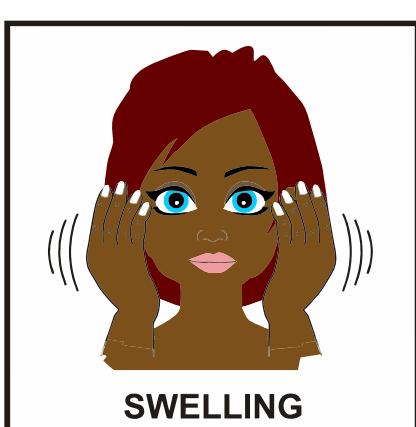
**Pain during urination:**  
See "Dysuria" above.



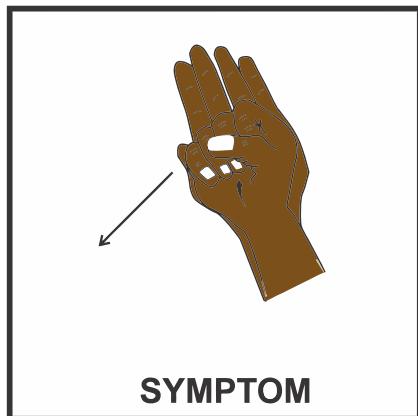
**Rash:**  
Spots on the skin.



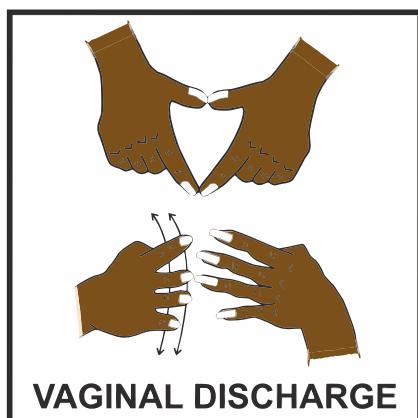
**Rashes On Vagina/genitals:**  
Rash. Can be a sign of infection.



**Swelling:**  
Enlargement of body tissue due to illness.

**Symptom:**

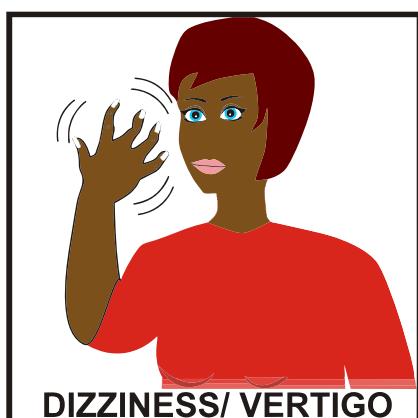
What a patient feels when she is sick.  
The complaints she tells the doctor.

**Vaginal Discharge:**

Something watery coming out from the vagina. It may or may not be smelly. It can be a sign of infection.

**Vaginal Itching:**

Itching in the vagina. It can be a sign of infection.

**Vertigo:**

Feeling dizzy, feeling like falling down.

**Vomiting:**

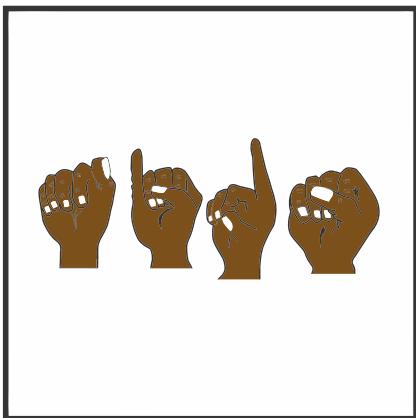
A condition where the contents of the stomach comes out through the mouth.

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# **SEXUALLY TRANSMITTED INFECTIONS AND REPRODUCTIVE TRACT INFECTIONS**

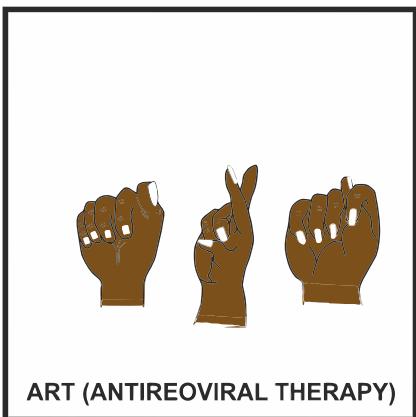
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**Acquired Immune Deficiency Syndrome (AIDS):**  
The most advanced stage of HIV.

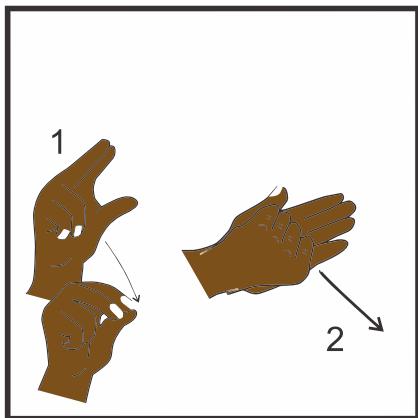


**Antibiotics:**  
Medicines that are used to cure infections caused by bacteria.

**Antiretroviral:**  
A medicine that fights viruses. Antiretroviral therapy (ART) is a treatment for HIV patients that can help them stay healthy, and lower their chances of giving HIV to someone else.

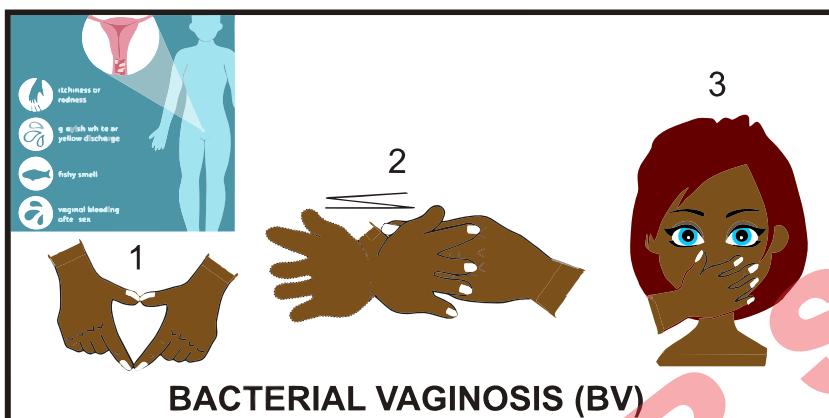


**ART (Antiretroviral Therapy):**  
A combination of medicines that works to keep people living with HIV healthy by lowering the amount of the virus in their bodies.



### **Asymptomatic:**

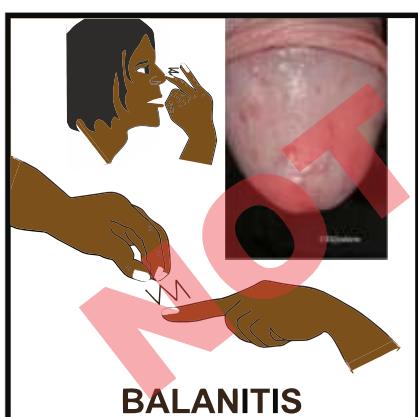
Having no signs or symptoms. Many sexual transmitted diseases (STDs) are asymptomatic in their early stages.



### **Bacterial vaginosis (BV):**

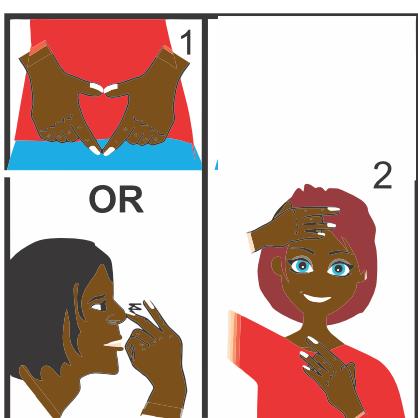
Inflammation of the vulva / vagina (vaginitis) caused by a change in the balance of vaginal bacteria. It's not an STD. Things like

douching or having sex with a new partner can lead to BV.



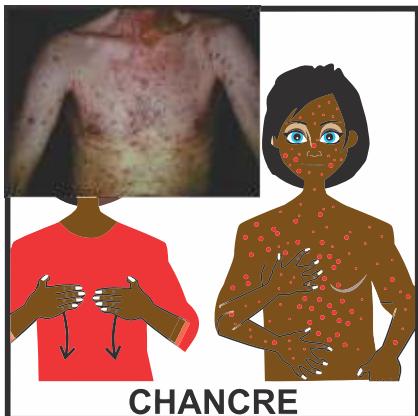
### **Balanitis:**

An inflammation of the glans and foreskin of the penis that can be caused by infections (including STDs), harsh soaps, poor hygiene, etc. It is most common in uncircumcised penises.



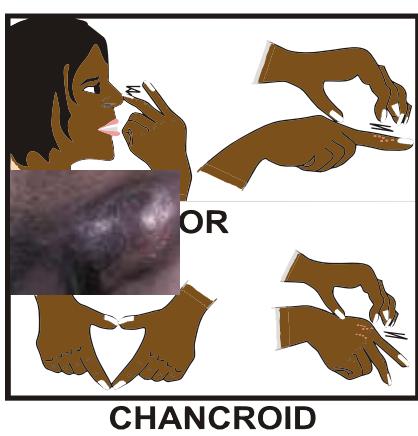
### **Candida:**

A type of yeast that causes vaginal yeast infections when it becomes overgrown. Yeast infections may also occur in the penis or scrotum, or the mouth/throat. When they happen in the mouth or throat, they're called "thrush."



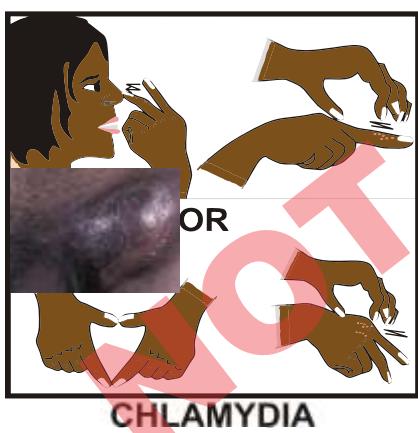
### **Chancre:**

A sore on the body that is caused by syphilis during the first phase of infection.



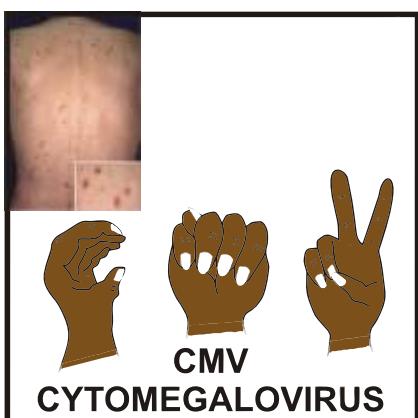
### **Chancroid:**

A sexually transmitted bacteria that causes open genital sores, called buboes.



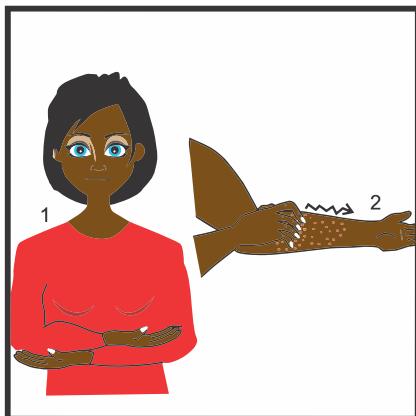
### **Chlamydia:**

A very common STD that is caused by a bacterium (singular of bacteria) and can be cured with antibiotics. If left untreated, chlamydia can cause infertility and arthritis.



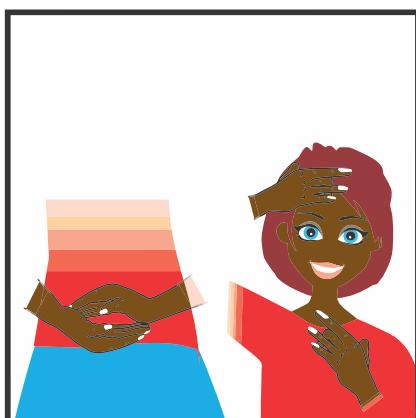
### **CMV (cytomegalovirus):**

An infection that can be passed through sexual contact, childbirth, or breastfeeding. In healthy adults, CMV usually does not cause any symptoms. In babies or adults with a weak immune system, it can cause problems like pneumonia, convulsions, etc.



### **Congenital Syphilis:**

Syphilis that is passed from parent to fetus during pregnancy, leading to bone disorders, loss of sight or hearing, deformities, stillbirth, or death of a newborn.



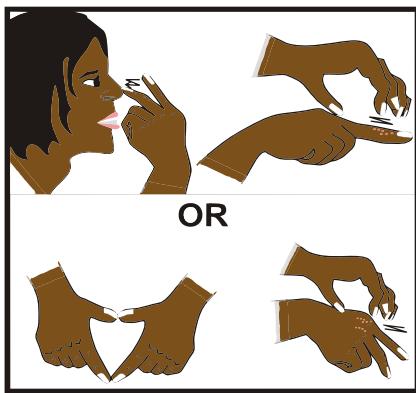
### **Cystitis:**

An infection of the bladder. Also called a “urinary tract infection” or “UTI.”



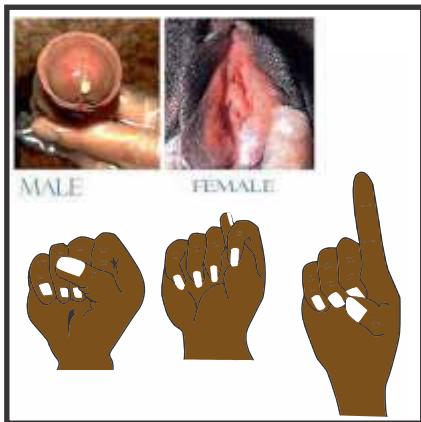
### **Genital Herpes:**

An STD in the area of the anus, cervix, penis, vagina, or vulva. Very often there are no symptoms, while the most common symptom is a cluster of fluid-filled sores.



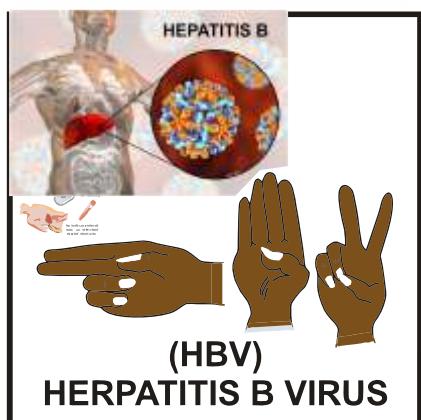
### **Genital Warts:**

Soft, flesh-colored growths on or near the penis/vulva, caused by some types of HPV (human papilloma virus). They are usually painless, but may itch.



### Gonorrhea:

A bacterial STD that is easy to treat, but if left untreated can lead to infertility, arthritis, and heart problems. Often, it has no symptoms. In males, it can cause a discharge from the penis.



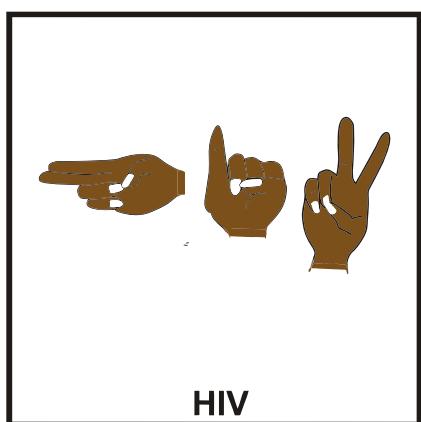
### Hepatitis B Virus (HBV):

A viral infection that can be sexually transmitted. It can lead to dangerous liver problems in some people.



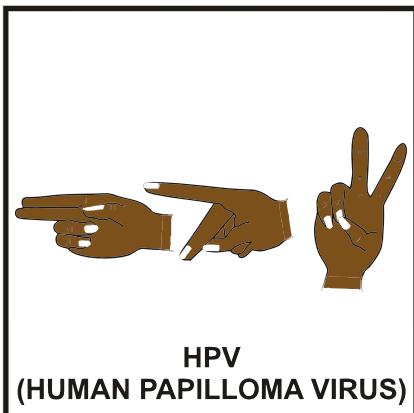
### Herpes:

A common STD caused by two different but similar viruses: herpes simplex virus type 1 (HSV-1) and herpes simplex virus type 2 (HSV-2). Both kinds can make fluid-filled sores show up on and around the genitals or mouth.



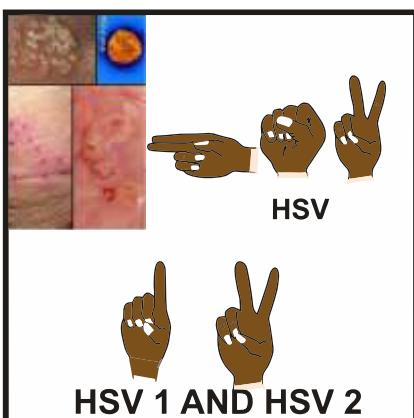
### HIV (Human Immunodeficiency Virus):

A virus that breaks down the immune system. It can lead to AIDS if not treated.



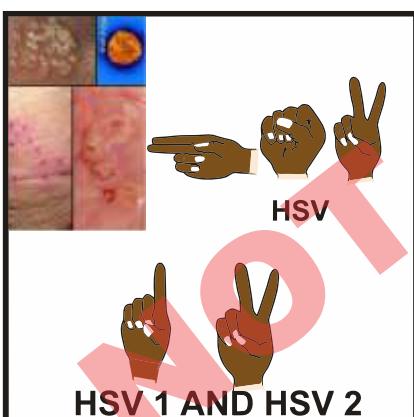
### **HPV (Human Papilloma Virus):**

A common STD. Some types of HPV may cause genital warts. Others may cause cancer of the anus, cervix, penis, throat, or vulva. Most of the time HPV is harmless and goes away on its own.



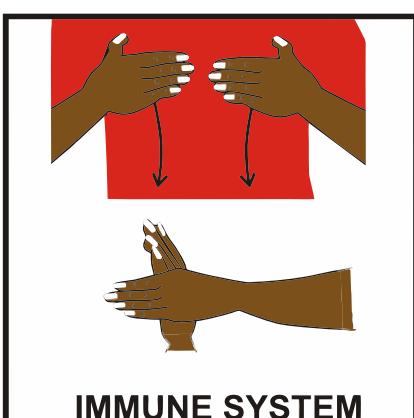
### **HSV-1 (Herpes simplex virus-1):**

One type of the herpes virus. HSV-1 typically infects the mouth, causing cold sores. More rarely, HSV-1 can infect the genitals. HSV-1 is extremely common and may not always be transmitted sexually, as skin-to-skin contact is all that's needed to pass it on.



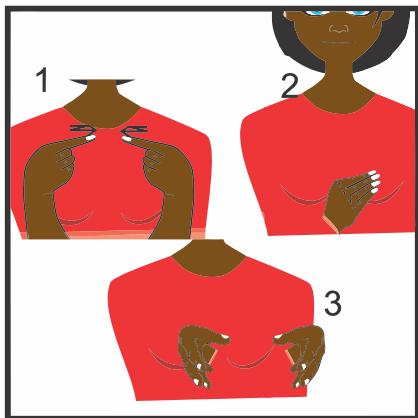
### **HSV-2(Herpes simplex virus-2):**

One type of the herpes virus. HSV-2 typically infects the genitals, causing clusters of sores. More rarely, HSV-2 can infect the mouth. It is generally passed by sexual skin-to-skin contact.



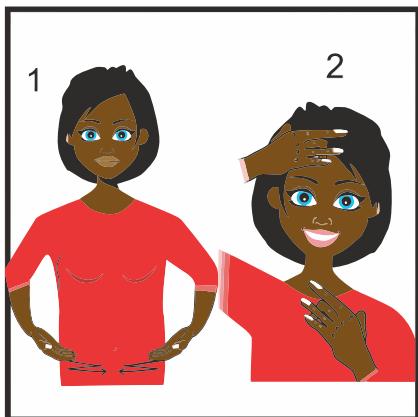
### **Immune system:**

The body's natural protection against infection and disease.



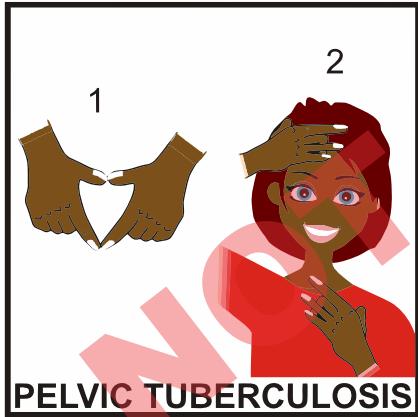
### Mastitis:

The inflammation of the breast tissue. This results to swelling, redness and pain in the breast usually caused by an infection. This is common in breastfeeding mothers.



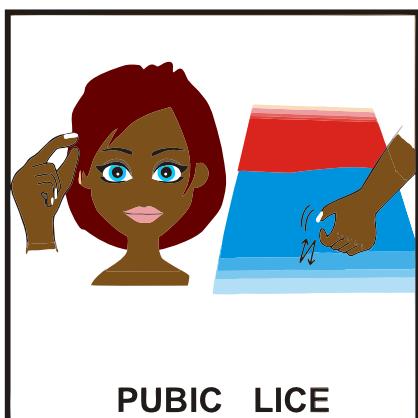
### Pelvic Inflammatory Disease (PID):

An infection in the uterus, fallopian tubes, and/or ovaries that can lead to infertility, ectopic pregnancy, and chronic pain. It is often caused by untreated STDs like gonorrhea and chlamydia.



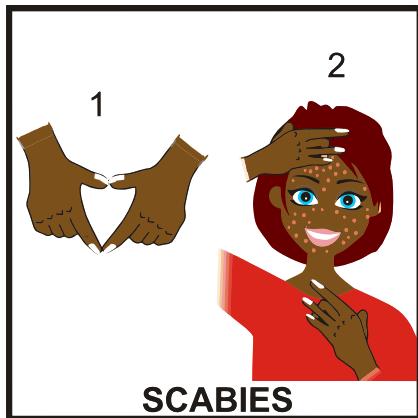
### Pelvic Tuberculosis:

A chronic (long-time) infection of the fallopian tubes, ovaries, vagina, or vulva resulting from systemic tuberculosis. It can cause infertility.



### Pubic Lice:

Tiny insects that can be sexually transmitted. They live in pubic hair and cause intense itching in the genitals.



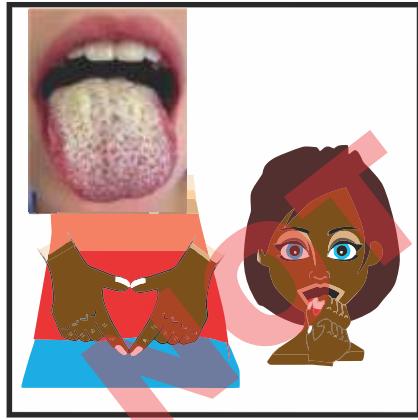
### Scabies:

An itchy skin condition caused by tiny parasites. It can be passed through skin-to-skin contact, usually during sex.



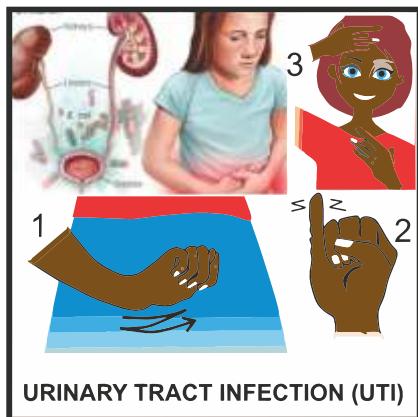
### Sexually transmitted disease (STD/STI):

Infections that are passed from one person to another during vaginal, anal, or oral sex, or sexual skin-to-skin contact.



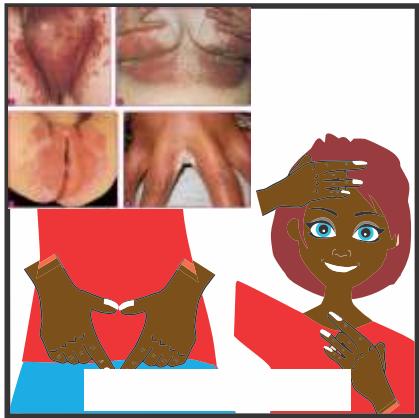
### Thrush:

A yeast infection in the mouth or throat. Caused by an overgrowth of a yeast that lives naturally in the body called candida albicans.



### Urinary tract infection (UTI):

A bacterial infection of the bladder, the ureters, or the urethra. It is not sexually transmitted. The most common symptom is a frequent urge to pee and pain while peeing.

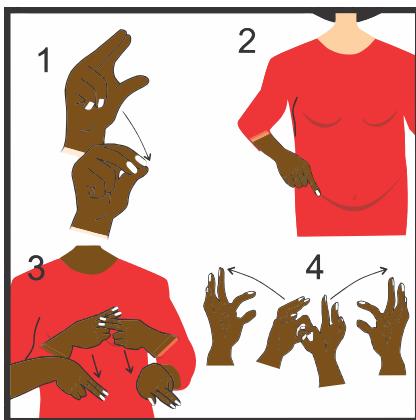
**Yeast Infection:**

A type of vaginitis caused by an overgrowth of a yeast that naturally lives in the vagina/on the body called candida albicans. Yeast infections may also occur in the penis or mouth. A yeast infection in the mouth or throat is called "thrush."

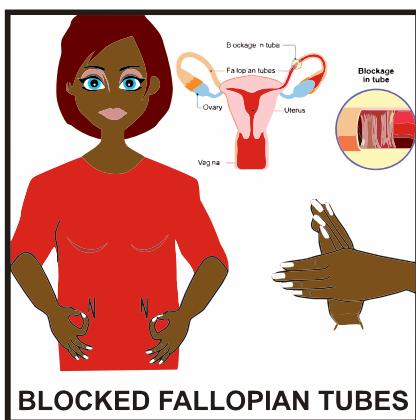
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# INFERTILITY

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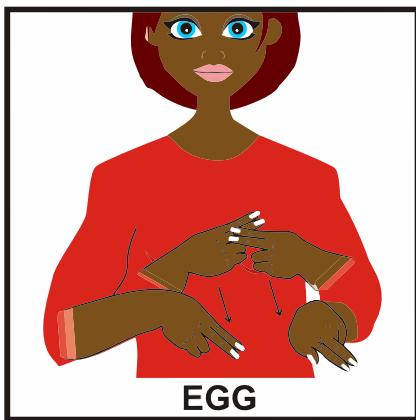
**Anovulation/"No Ovulation":**  
Failure to ovulate. It is a cause of infertility.



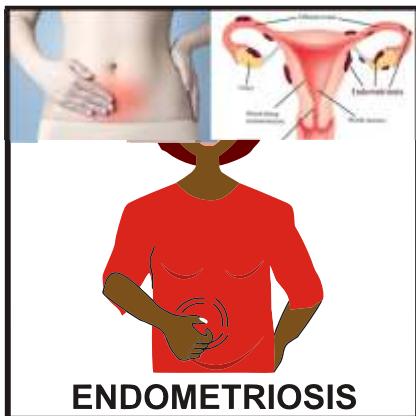
**Blocked Fallopian tubes:**  
When there is a blockage in the fallopian tubes and the eggs cannot move from the ovaries to the womb and the sperm cannot meet the egg.



**Donor insemination:**  
Putting donor semen in the vagina or uterus without vaginal intercourse in order to produce a pregnancy. Also called "alternative insemination".

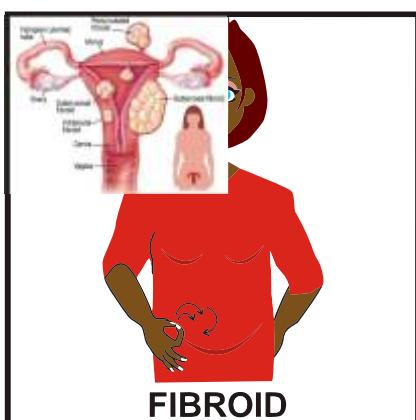


**Egg:**  
The reproductive cell stored in the ovaries and released during ovulation. Pregnancy happens when sperm enters an egg, grows into a ball of cells, and implants into the uterus.



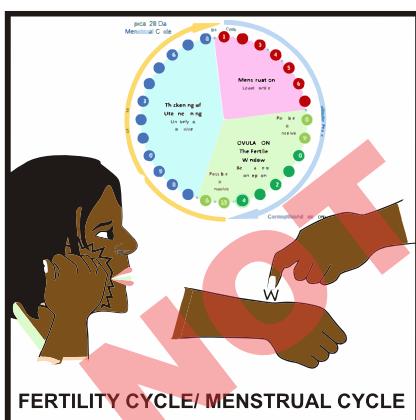
### Endometriosis:

A condition in which endometrial tissue (the tissue that lines the womb) grows outside the womb, causing pain, especially before and during menstruation. It can cause infertility.



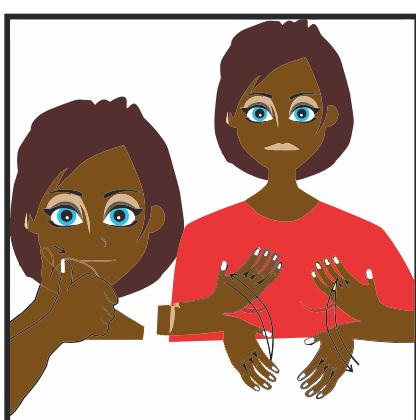
### Fibroid:

A “non-cancer” tumor (growth) that grows on the walls of the uterus. It can cause infertility.



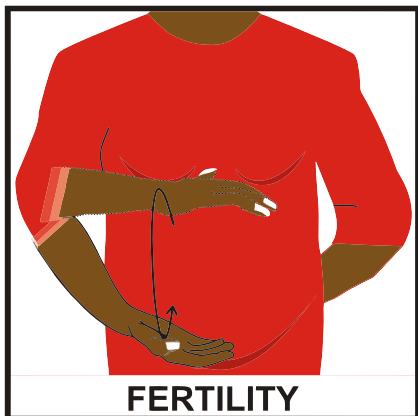
### Fertility Cycle:

Another name for the menstrual cycle. The monthly pattern of ovulation, the shedding of the lining of the uterus (menstruation), and the body's preparation for another ovulation.

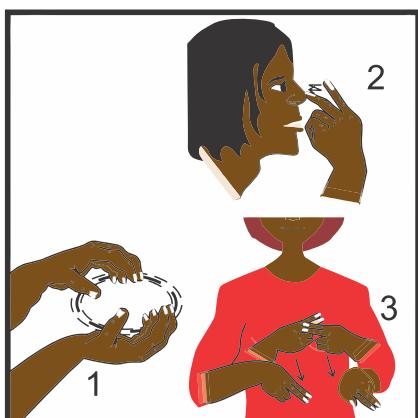


### Estrogen/Oestrogen:

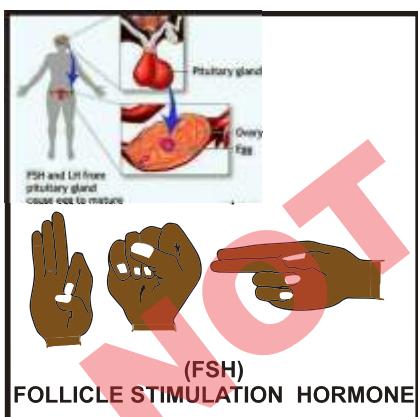
A hormone made in the ovaries, and in much smaller amounts in the adrenal glands at the top of your kidneys, and sometimes even fat tissue. Estrogen plays a part in puberty, the menstrual cycle, and pregnancy.



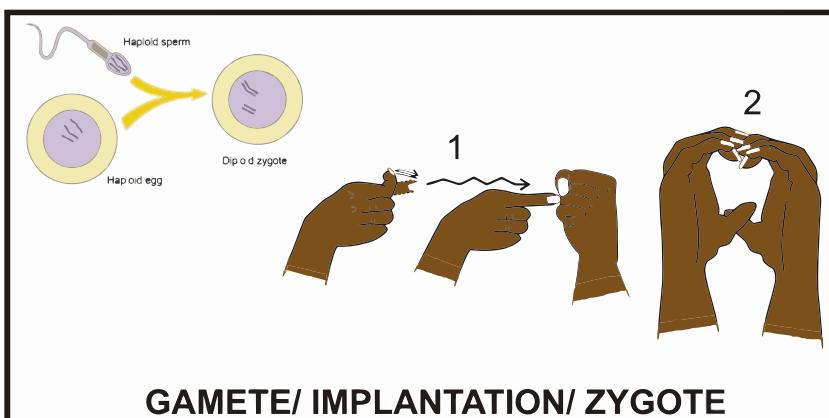
**Fertilization:**  
The meeting of an egg and sperm.



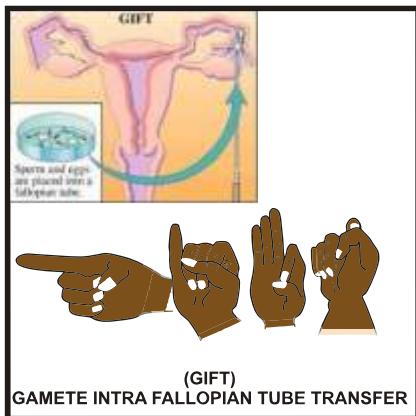
**Follicle:**  
A sac in the ovary that holds a maturing egg.



**Follicle stimulating hormone (FSH):**  
Made by the pituitary gland, this hormone stimulates the growth of an egg/the development of sperm in men.

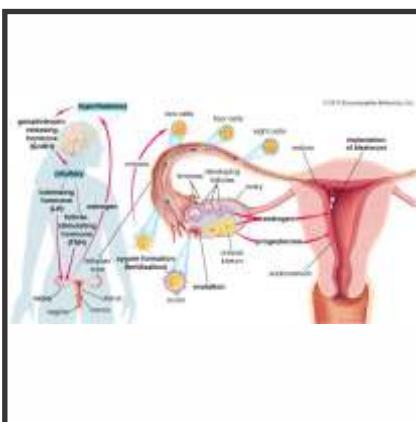


**Gamete:**  
A cell that fuses with another cell during fertilization. In humans, eggs and sperm are gametes.



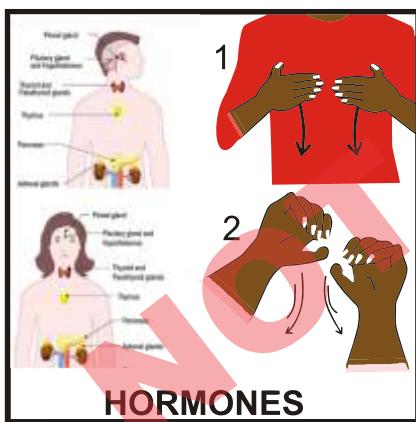
## Gamete intrafallopian tube transfer (GIFT):

A type of assisted reproductive procedure, in which an egg is taken from a person's ovary, mixed with semen, and then put back in one of their fallopian tubes.



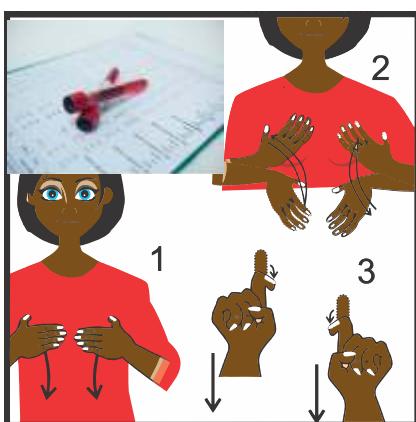
## Gonadotropins:

Hormones released by the pituitary gland. They trigger puberty by stimulating the ovaries or testes.



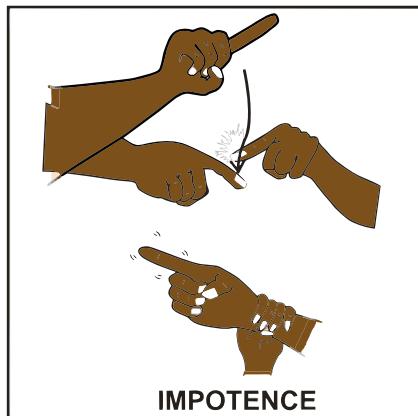
## Hormones:

Chemicals that cause changes in our bodies and brains. They naturally exist and can also be made in a lab.



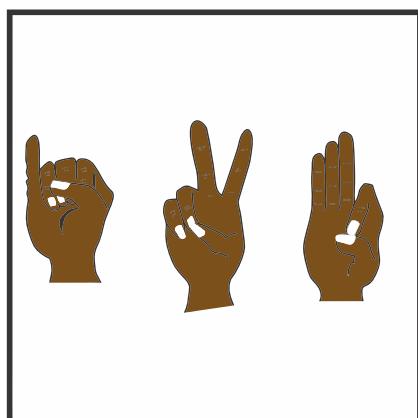
## Hormonal assay (for male and female infertility):

A group of tests done to check for a hormonal imbalance in female infertility. It includes FSH, LH, prolactin, progesterone, testosterone etc. Similar tests are done in the male too for similar suspicion of a hormonal imbalance.



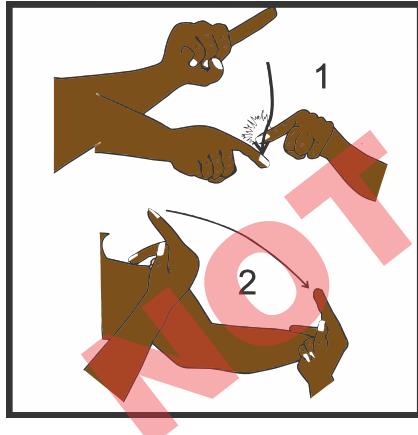
### **Impotence:**

The inability of a man to have an erection (get hard). “Erectile dysfunction” is now the preferred term.



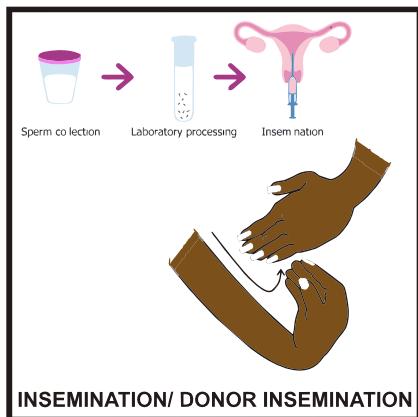
### **In-Vitro-Fertilization (IVF):**

Any method of assisted reproduction in which fertilization takes place outside the body (usually in a lab) in an effort to get someone pregnant.



### **Infertility:**

The inability to become pregnant or to cause a pregnancy after one year or more of having regular vaginal intercourse.



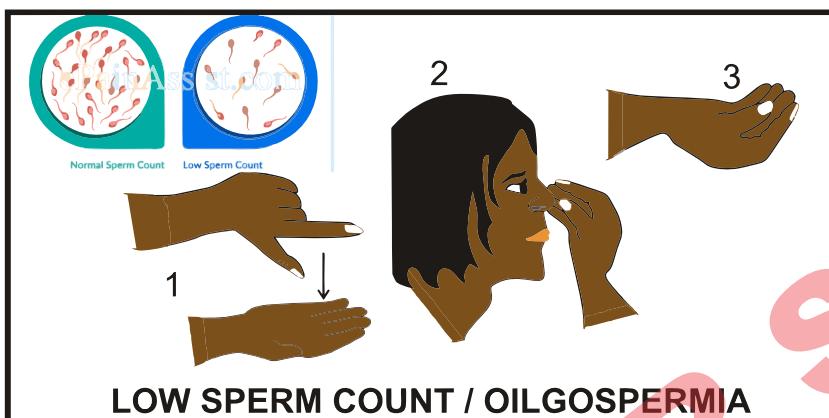
### **Insemination:**

Putting sperm into the vagina, cervix, uterus, or fallopian tubes to cause a pregnancy.



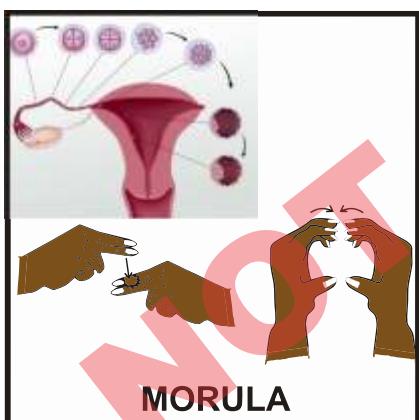
### LH (Luteinizing Hormone):

One type of gonadotropin, a hormone secreted by the pituitary gland. A quick rise in this hormone in the body, known as the “LH surge,” causes ovulation in females. In males, LH regulates testosterone.



### Low Sperm Count/ Oligospermia:

When there are not enough good quality sperms to fertilize the egg. Causes male infertility.



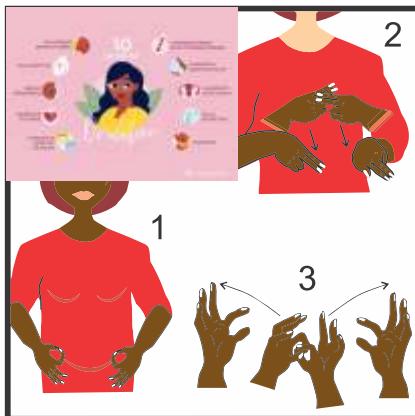
### Morula:

A ball of cells that develops from a fertilized egg, and eventually grows into an embryo.

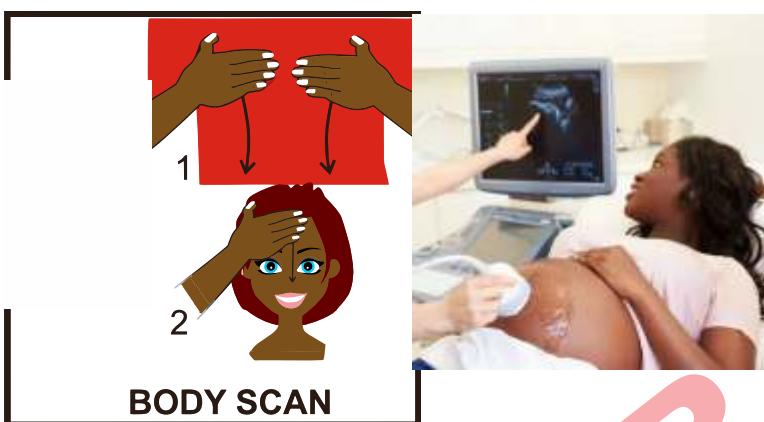


### No Sperm/Azoospermia:

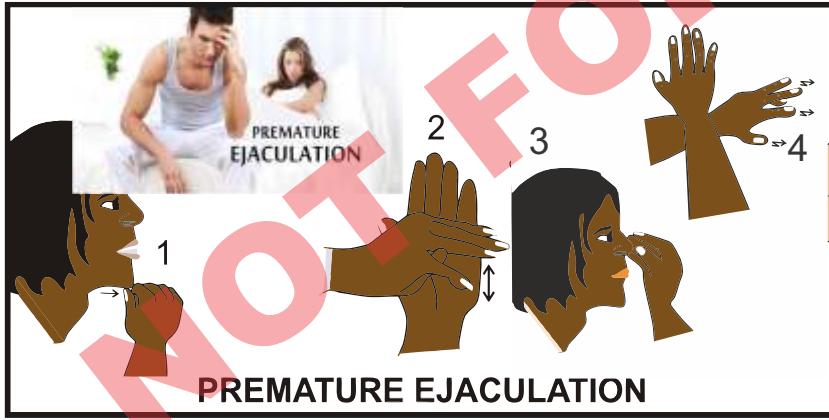
No sperm in the semen. A cause of male infertility.



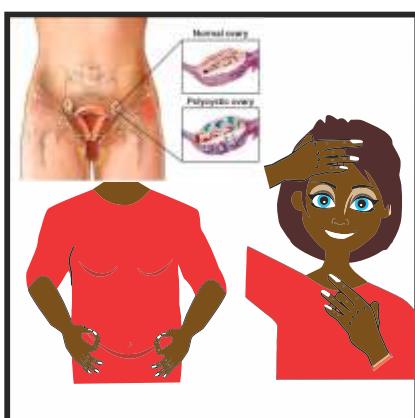
**Ovulation:**  
When an ovary releases an egg.



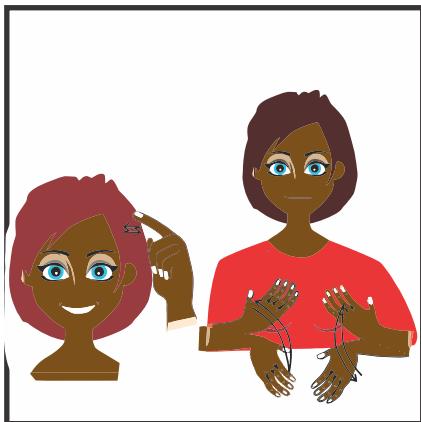
**Scan:**  
A type of test done to see organs and other things in the body. A pelvic scan may be requested to check the womb and other organs when there is infertility.



**Premature ejaculation:**  
When a man ejaculates before they want to, or has little control over how quickly he ejaculates during sex. It can be a cause of infertility.

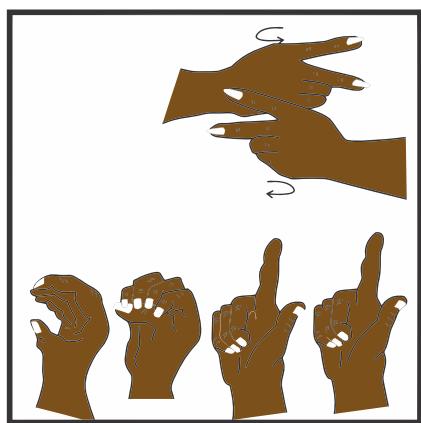


**Polycystic ovary syndrome (PCOS):**  
A hormone imbalance where the ovaries release too much androgen (a hormone). Common symptoms include missed or irregular periods, benign ovarian cysts, infertility, acne, excessive hair growth, and weight gain.



### **Progesterone:**

A hormone produced in the ovaries that helps regulate puberty, menstruation, and pregnancy.



### **Reproductive cell:**

Egg and sperm that can join to make reproduction possible.



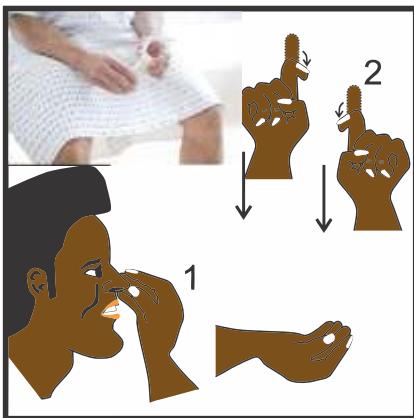
### **Reproductive organs:**

The fallopian tubes, ovaries, uterus, vagina, penis, and testes. Organs that relate to reproduction.



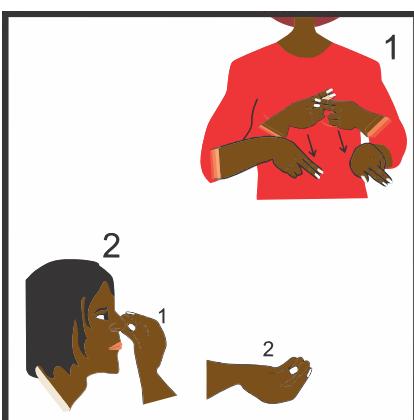
### **Semen:**

Fluid containing sperm that comes out from the penis during orgasm. Semen is made up of fluid from the seminal vesicles, fluid from the prostate, and sperm from the testes.



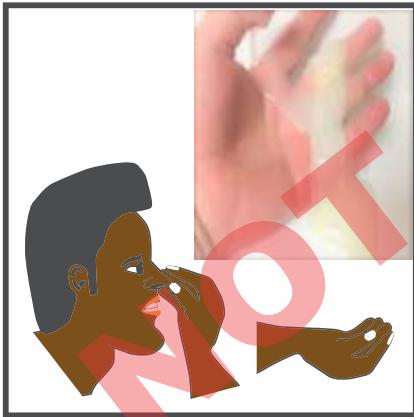
### Seminal Fluid Analysis:

A type of test done on semen to check for a presence and number of good sperms.



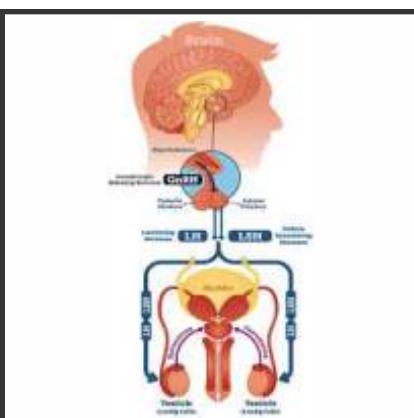
### Sex cell:

A reproductive cell - egg or sperm.



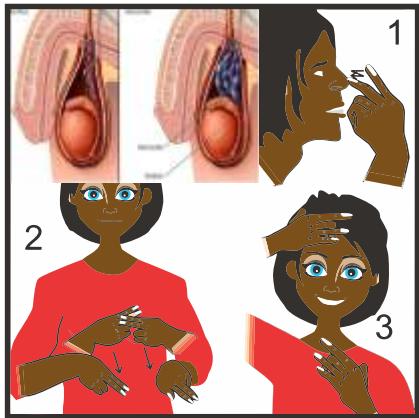
### Sperm:

A reproductive cell that combines with an egg to cause a pregnancy. Made in the testes.



### Testosterone:

An androgen hormone produced in the testes and in smaller amounts in the ovaries. Generally associated with masculine secondary sex characteristics (looking like a male).

**Varicocele:**

An enlargement of one or more of the veins in the scrotum. It can cause lower sperm motility and infertility, but doesn't always.

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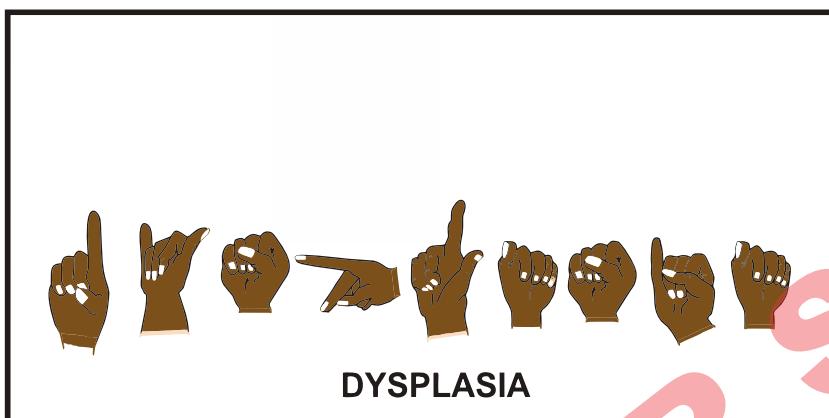
# **OTHER MEDICAL CONDITIONS RELATED TO SEXUAL AND REPRODUCTIVE HEALTH**

**NOT FOR SALE**



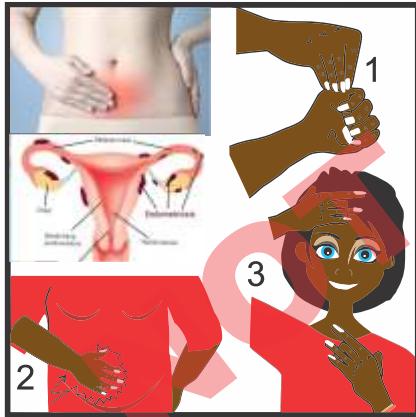
### Cancer:

A disease in which abnormal cells grow out of control in a part of the body. It can happen in any part of the body e.g. breast, cervix, ovaries, uterus (womb) etc.



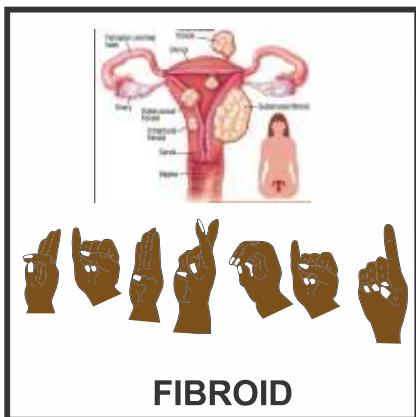
### Dysplasia:

Abnormal cell growth that can be an early sign of cancer.



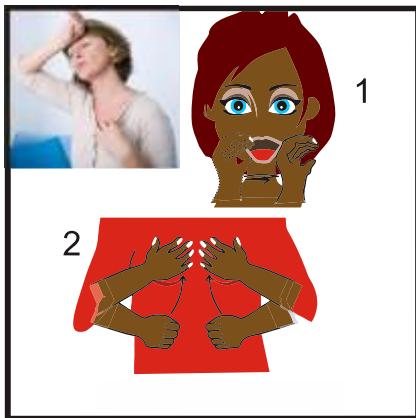
### Endometriosis:

A condition in which endometrial tissue (the tissue that lines the womb) grows outside the womb, causing pain, especially before and during menstruation.



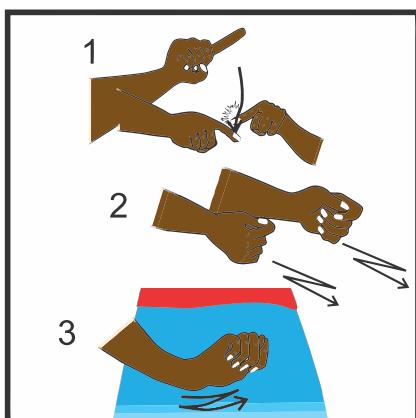
### Fibroid:

A “non-cancer” tumor (growth) that grows on the walls of the uterus.



### **Hot flashes / hot flushes:**

A sudden, sometimes intense feeling of heat in the face or upper body that happens during perimenopause and menopause.



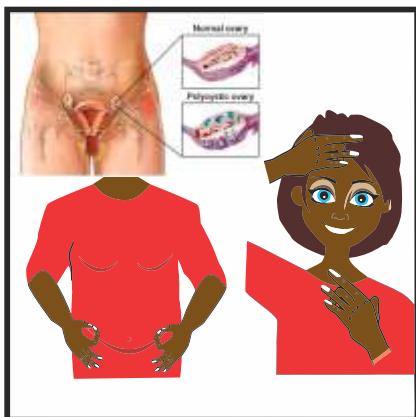
### **Incontinence:**

Being unable to control urination or bowel movements.



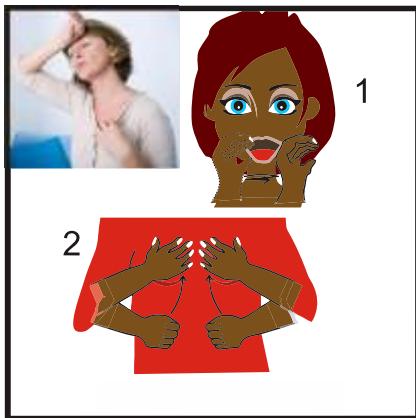
### **Menopause:**

When menstruation stops because of hormonal changes. Usually happens between the ages of 45 and 55, but sometimes menopause happens earlier due to certain medical conditions.



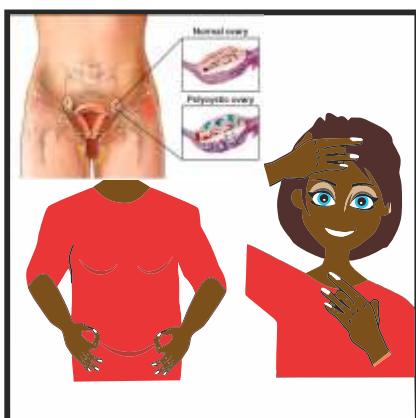
### **Ovarian cyst:**

A growth on an ovary. Usually benign (not cancerous). May cause belly pain or irregular periods, and sometimes requires treatment. Most often goes away on its own.



### **Perimenopause:**

The period of time leading up to menopause during which some symptoms of menopause may start showing.



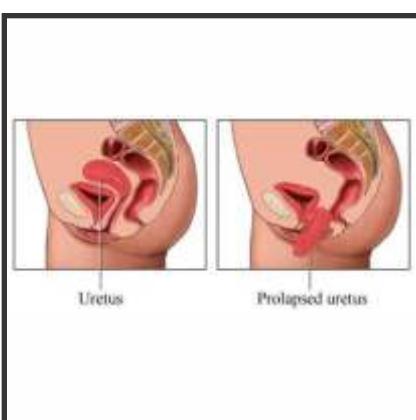
### **Polycystic ovary syndrome (PCOS):**

A hormone imbalance where the ovaries release too much androgen (a hormone). Common symptoms include missed or irregular periods, benign ovarian cysts, infertility, acne, excessive hair growth, and weight gain.



### **Premenstrual syndrome (PMS):**

Emotional and physical symptoms that appear a few days before and during menstruation, including depression, fatigue, bloating, and irritability.

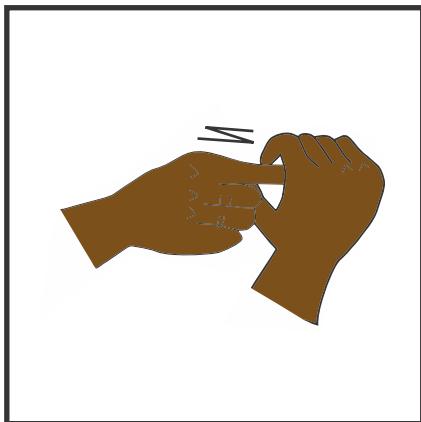


### **Prolapsed uterus:**

A condition in which the uterus sags or slips out of its normal position into the vagina. It is caused by weakened pelvic muscles. It happens most after menopause in people who have given birth.

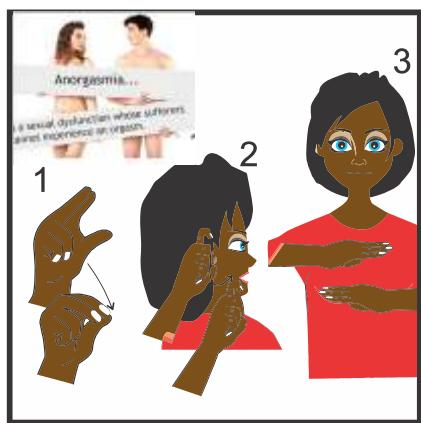
# SEXUALITY

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### **Anal Sex:**

Having sex by inserting the penis or a sex toy into the anus.



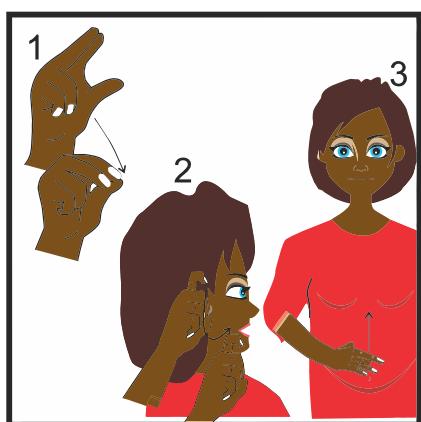
### **Anorgasmia:**

Inability to have an orgasm or difficulty in having an orgasm.



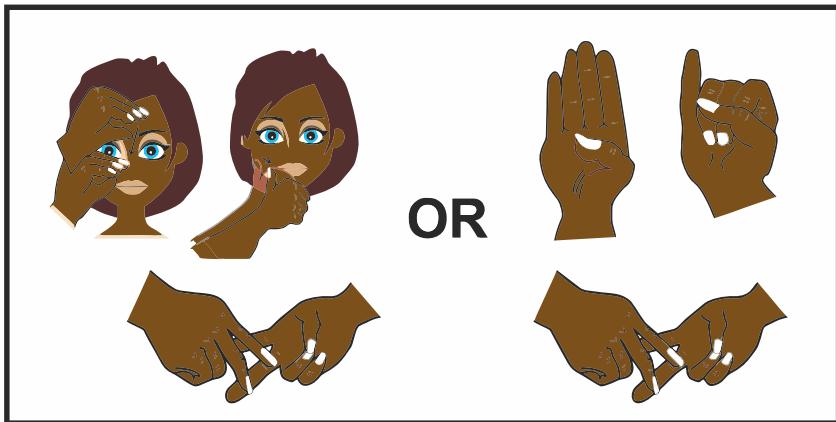
### **Aphrodisiac:**

A substance that makes someone wants to have sex more.



### **Asexuality:**

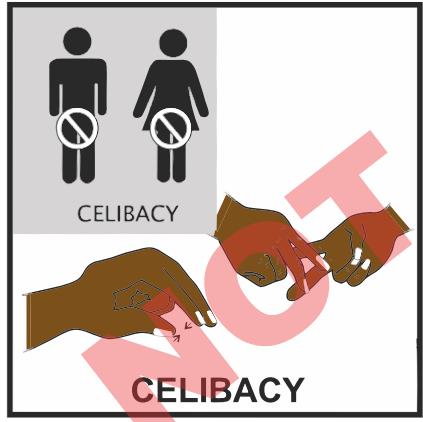
Sexual orientation or identity associated with experiencing no sexual attraction for anyone.



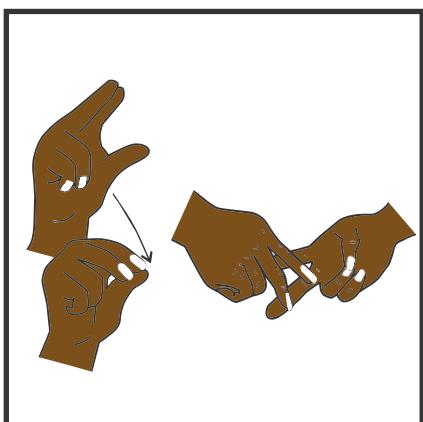
**Bisexual:**  
Having sexual feelings for both male and female.



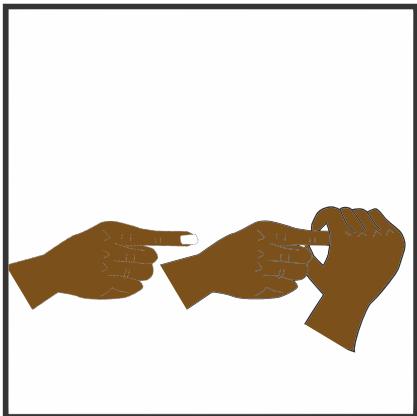
**Casual Sex:**  
Having sex with someone you do not have a relationship with.



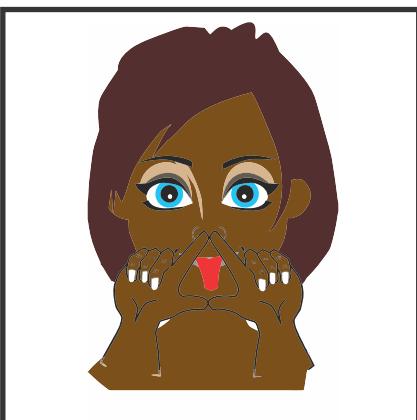
**Celibacy:**  
Not having sex at all.



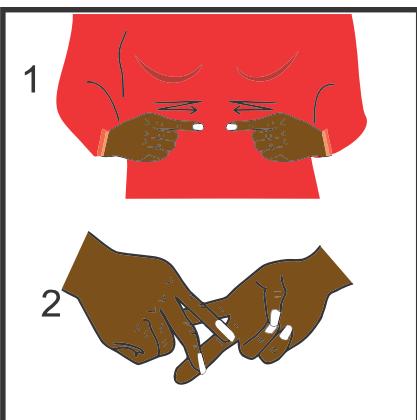
**Chastity:**  
Not having sex before marriage.

**Coitus:**

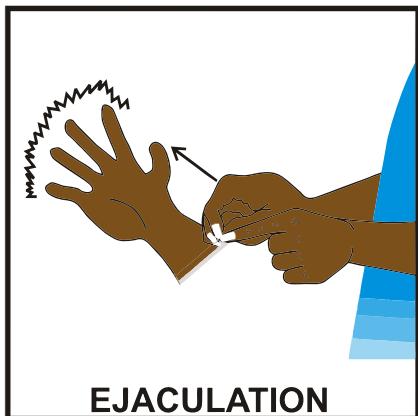
Also known as Sex, an act in which the penis enters the vagina. It is also called “vaginal sex” or “vaginal intercourse”.

**Cunnilingus (Oral Sex):**

Use of the mouth to stimulate the female genitalia.

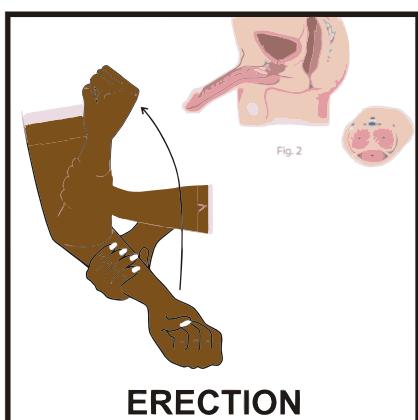
**Dildo:**  
A sex toy.**Dyspareunia (Painful sex):**

an abnormal pain during sexual intercourse.



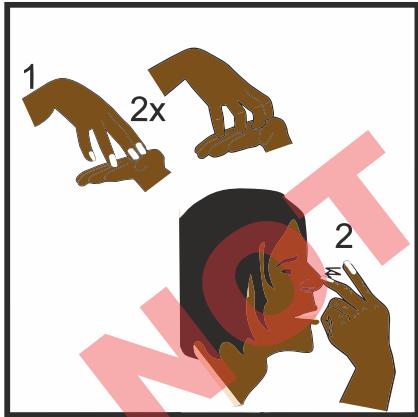
### Ejaculation:

The sudden movement of semen from the penis usually after sex or masturbation.



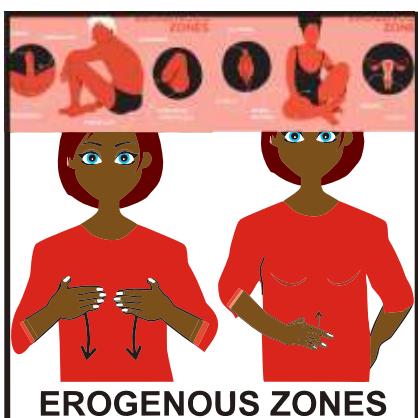
### Erection:

Hardness of the nipple, penis and the clitoris, usually caused by sexual arousal but also occurring during sleep or after physical stimulation.



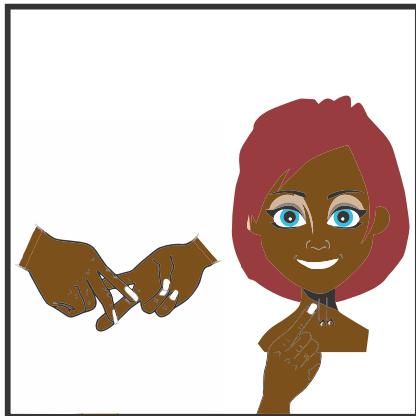
### Erectile dysfunction (“Penis not strong”):

The inability to get or keep a hard penis.

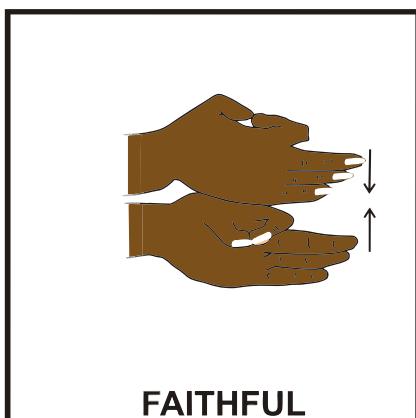


### Erogenous Zones:

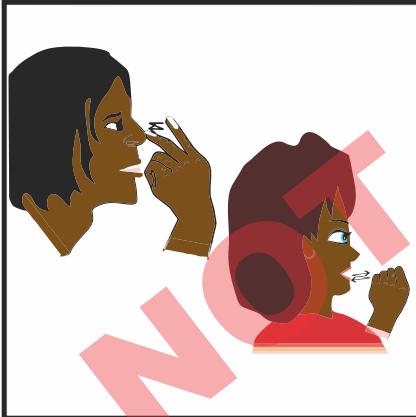
Parts of the body that can be sexually stimulated e.g. the mouth, anus, nipples, and genitals.



**Erotic:**  
Sexual love or desire.



**Faithful:**  
Having sex with only one sexual partner.



**Fellatio:**  
Oral sex on a penis. Also called a “blowjob”.

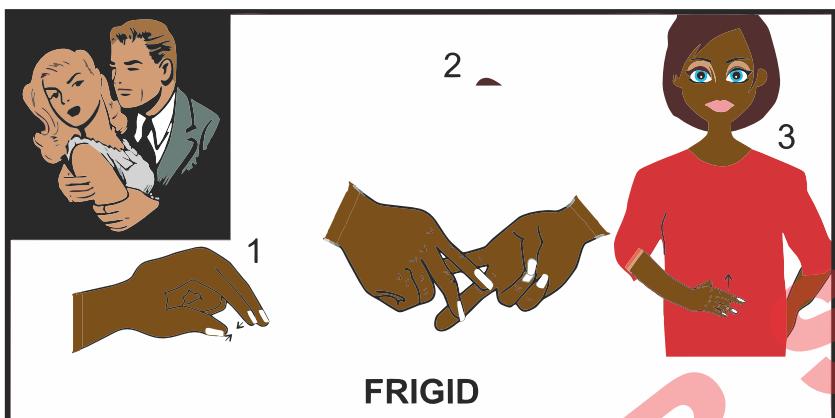


**Fondling:**  
Touching someone in a sexual way.



### Foreplay:

Kissing, rubbing, stroking, and/or touching that leads to sex. Foreplay can prolong and/or increase sexual excitement and pleasure.



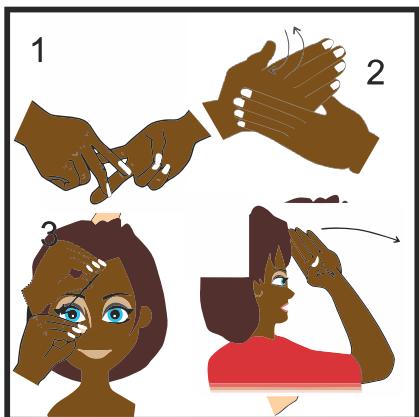
### Frigid:

Not responding to sexual touch, abnormally indifferent or does not like sexual intercourse, or unable to have an orgasm during sexual intercourse.



### Gay:

Homosexual person, having sexual feelings for another person of the same sex.



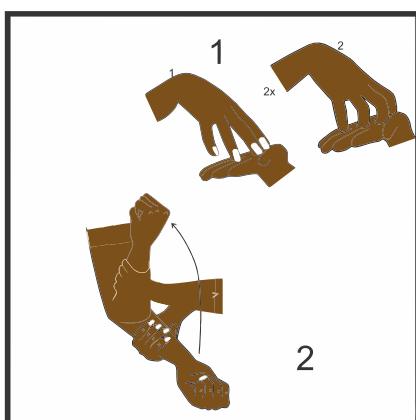
### Heterosexuality:

Intimacy or sexual intercourse between a man and woman.



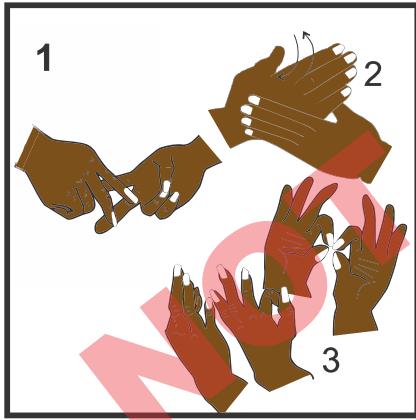
### Horny:

Slang for wanting to have sex or for being sexually aroused.



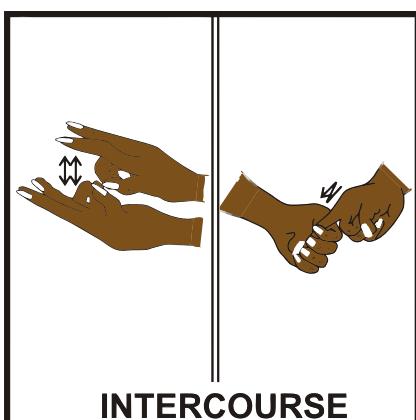
### Impotence:

When the penis will not get hard, or stay hard so that it can enter the vagina.



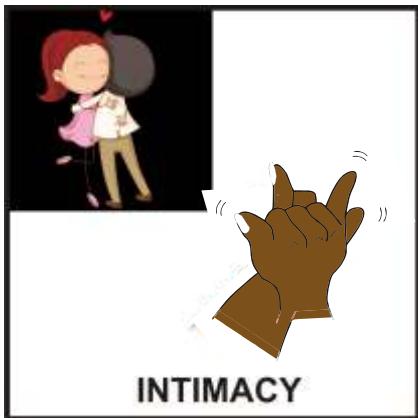
### Incest:

Sexual intercourse between persons too closely related to marry legally. An example is sex between brother and sister.

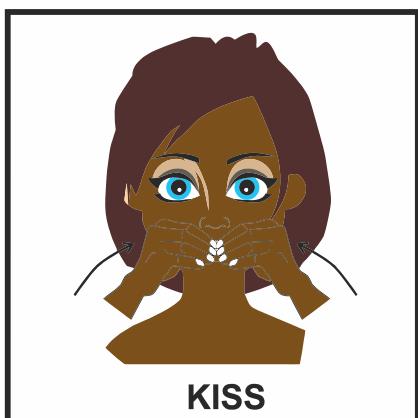


### Intercourse:

When a man puts his penis into a woman's vagina for the purpose of sexual satisfaction.



**Intimacy:**  
Close friendship or sexual relationship.



**Kiss:**  
To press one's mouth onto another person's mouth, usually in a sexual way.

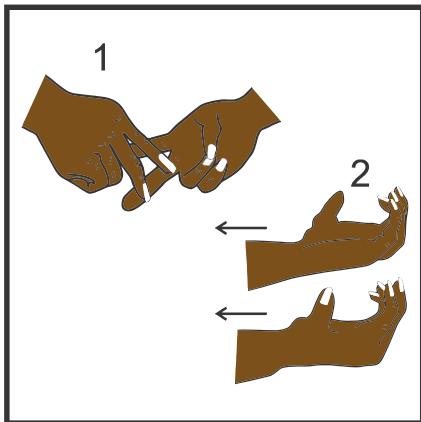


**Lesbian:**  
Sexual and romantic desire between females.



**LGBTQ:**  
Lesbian, gay, bisexual, Trans-sexual, queer.

LGBTQ (LESBIAN ,GAY , BISEXUAL , TRAN-SEXUAL,QUEER)



### **Libido:**

Sexual desire. The urge to have sex.



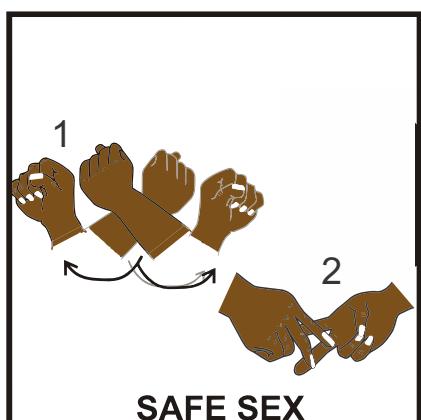
### **Lube / lubricant:**

A water-based, silicone-based, or oil-based product used to increase slipperiness and reduce friction during sex.



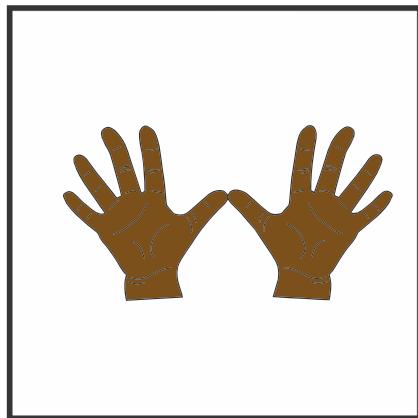
### **Masturbate:**

To touch or rub your own or another person's genitals for sexual satisfaction.



### **Safe sex:**

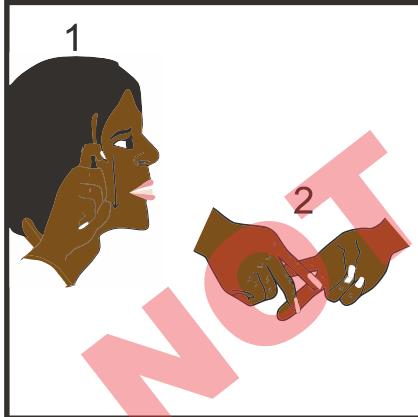
Using a condom when having sexual intercourse.

**Seduce:**

To try to attract someone in a sexual way.

**Semen:**

Sexual fluids released by a man through the penis when sexually satisfied. Semen contains sperms which make a woman pregnant.

**Sex:**

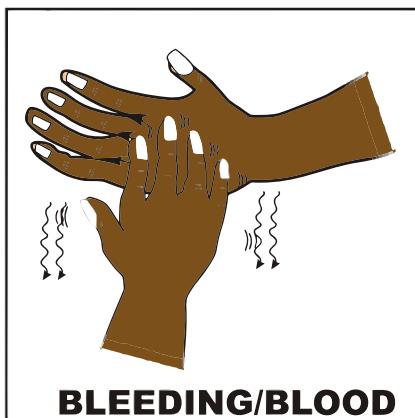
(1) A classification of male or female based on the type of sexual organ. (2) An act where the penis is introduced into the vagina, typically resulting in orgasm.

**Virgin:**

Someone who has not had sex before.

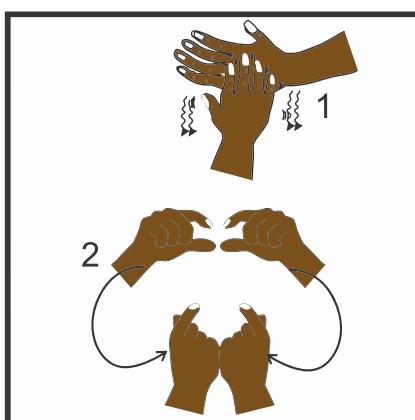
# TESTS AND PROCEDURES

TESTS  
NOT FOR SALE



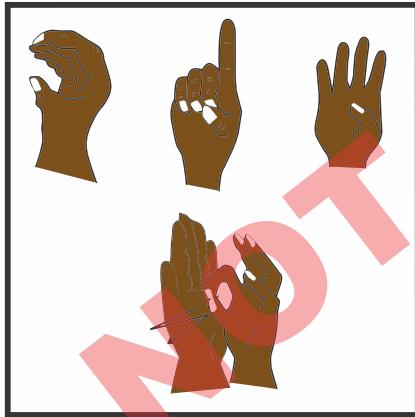
### Blood:

Bodily fluid in that delivers necessary substances such as nutrients and oxygen to the cells in the body. It is usually tested to check for diseases and other things.



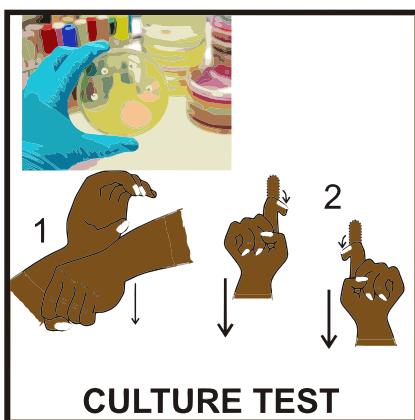
### Blood group:

A test used to check if someone is blood group A, B, AB or O. Also if she has the Rhesus factor (see under "Antenatal" section of "Pregnancy").



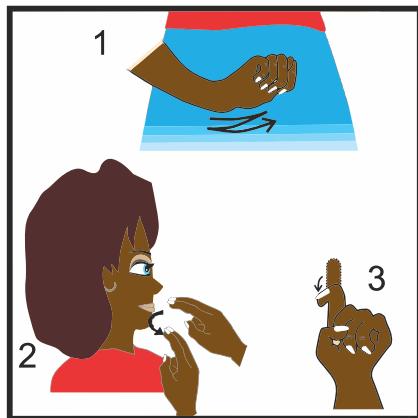
### CD4 count:

A test that tells a person living with HIV how weak or strong his or her immune system is.



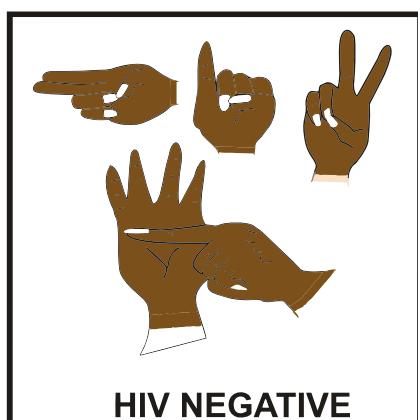
### Culture test:

A type of test done when some infections are suspected

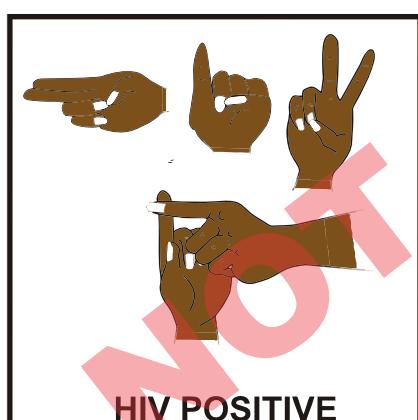


### Glycosuria:

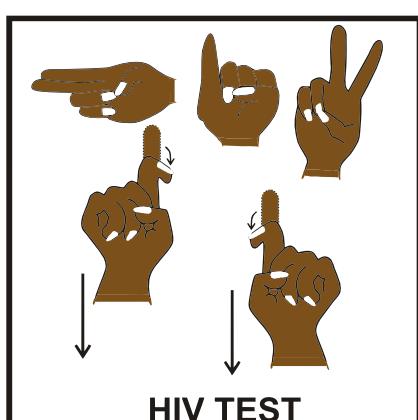
The presence of sugar (glucose) in the urine.



**HIV-negative:**  
No HIV in the blood.

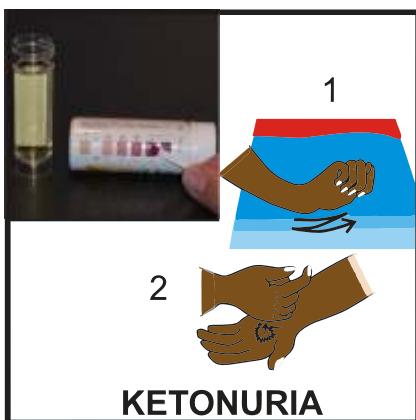


**HIV-positive:**  
Having HIV in the blood.



### HIV test:

A test used to detect if someone has HIV infection.



### **Investigations:**

Tests done to find out something about the body.

### **Ketonuria:**

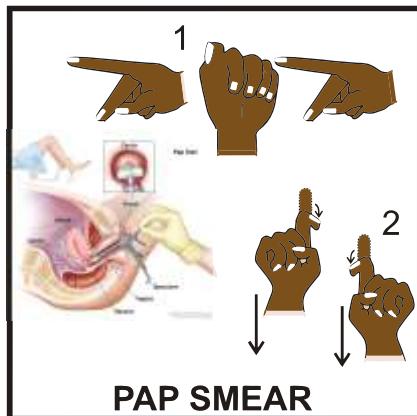
The presence of ketones in the urine. Ketones are waste products of poor carbohydrate breakdown, seen in conditions like diabetes.

### **Mammogram:**

Breast cancer screening that takes X-rays of the breasts to detect cancer before they can be felt.

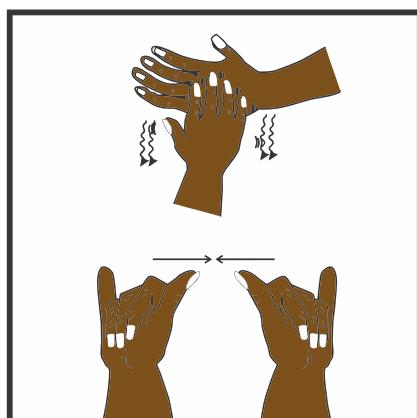
### **OGTT:**

Oral Glucose Tolerance Test, a test done to check if glucose is properly used in the body. Sometimes done during the antenatal period.



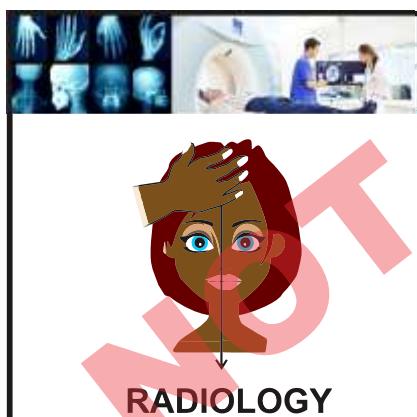
### Pap smear:

A term commonly used to describe a Pap test, which looks for abnormal, precancerous, or cancerous growths on the cervix.



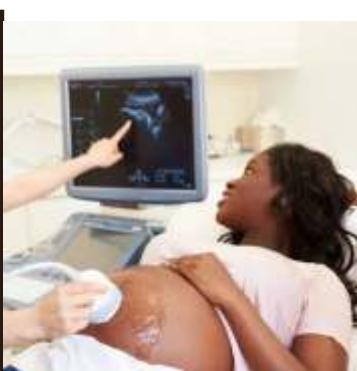
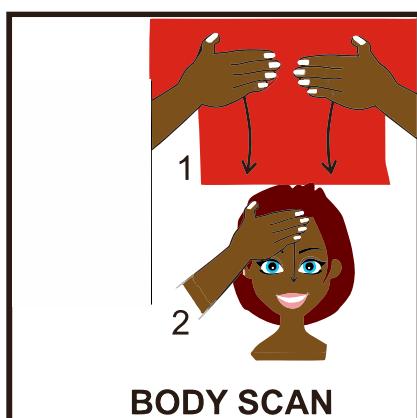
### Packed Cell Volume (PCV):

A test to show amount of blood in the body (blood percentage).



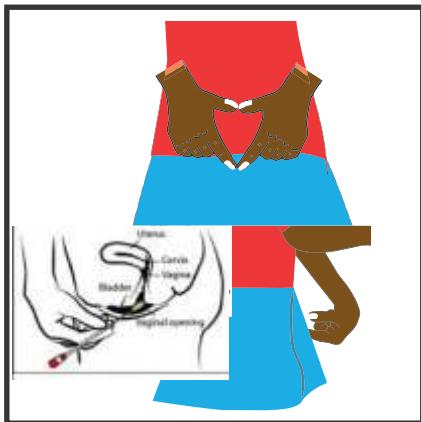
### Radiology:

the branch of medicine concerned with X-rays and scans.



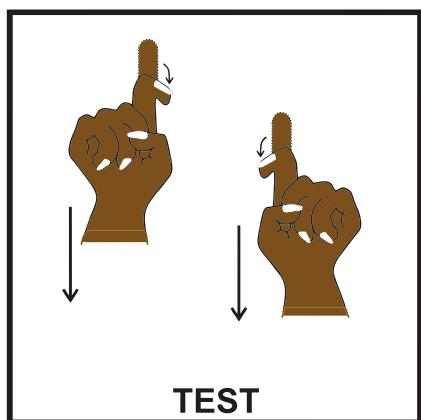
### Scan:

A type of test done to see organs and other things in the body. E.g. obstetric scan to see how healthy a baby is in the womb.



### **Swab:**

an absorbent pad on a thin rod/stick used to take samples for tests e.g. from the vagina.



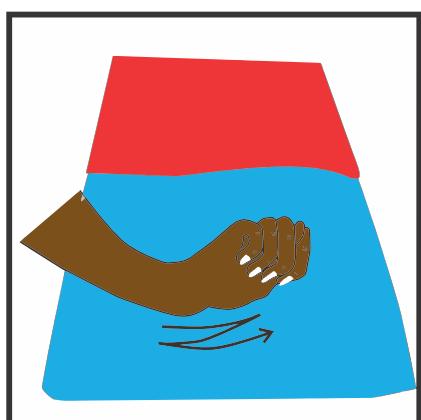
### **Test:**

Something done to check if there is a disease or not.



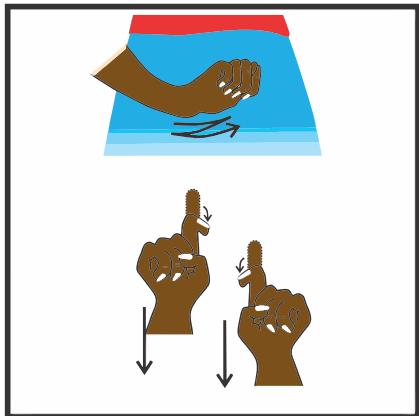
### **Ultrasound scan (Scan):**

A type of test done to see organs and other things in the body. E.g. obstetric ultrasound scan to see how healthy a baby is in the womb.

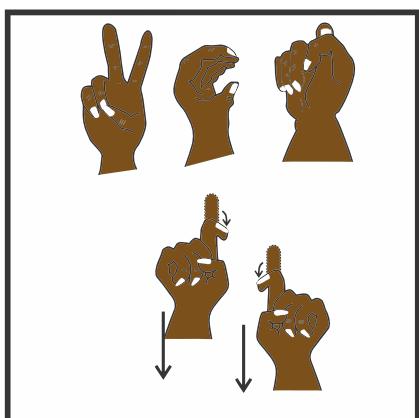


### **Urine/“Pee”:**

Fluid removed from the body by the kidneys, contains many waste products from the body. It is used to do tests sometimes.

**Urine dipstick analysis:**

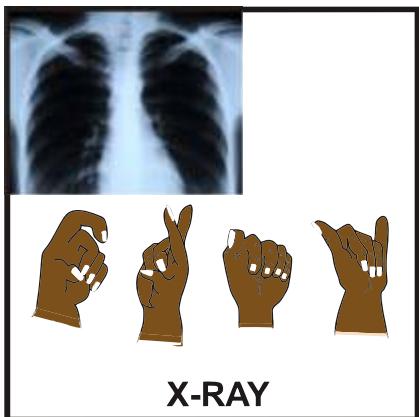
A test done on a sample of your urine with a thin plastic strip treated with chemicals. It can check for many things including protein and glucose.

**VCT:**

Voluntary counselling and testing

**VDRL:**

A test used to check for syphilis infection.

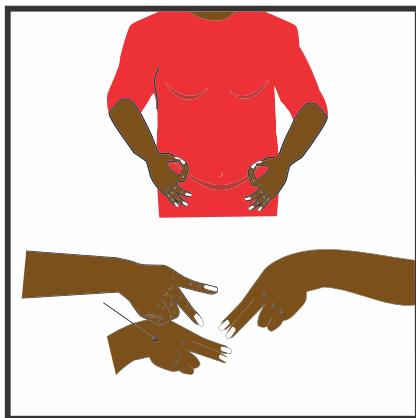
**X-ray:**

A type of test done to see organs or structures in the body to find out more about an illness.

# TESTS AND PROCEDURES

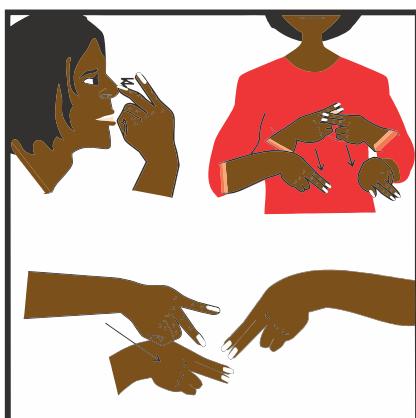
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NOT FOR SALE



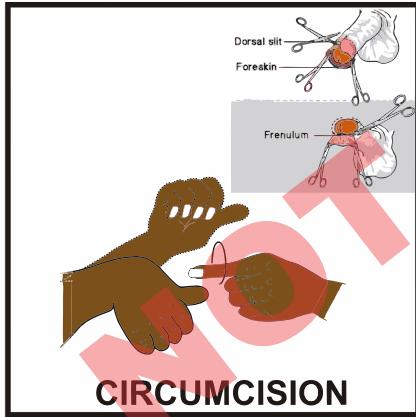
### Bilateral Tubal Ligation:

A permanent type of family planning in females where surgery is used to block or remove the fallopian tubes.



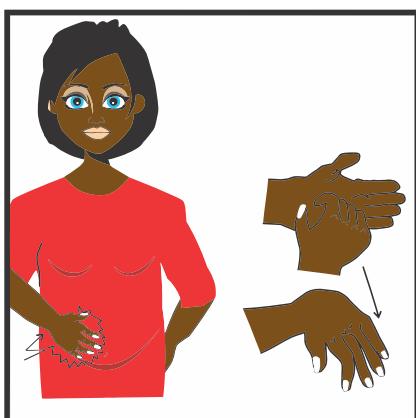
### Castration:

An operation in which the testes of a man is removed through an operation.



### Circumcision:

an operation in which the fore-skin of the penis is cut off in males.

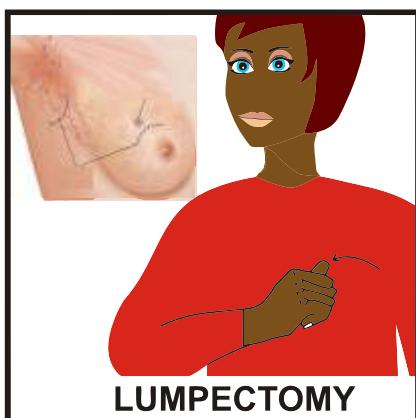


### Hysterectomy:

An operation done to remove the womb to treat some conditions.

**Incision:**

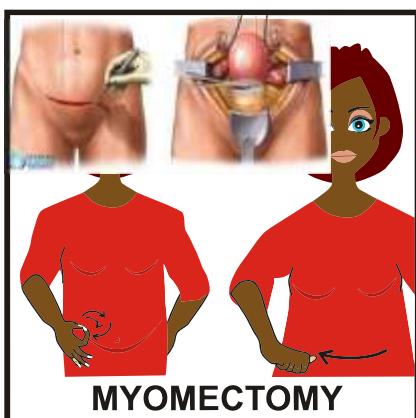
A cut produced during an operation by a sharp instrument that creates an opening into an organ or space in the body.

**Lumpectomy:**

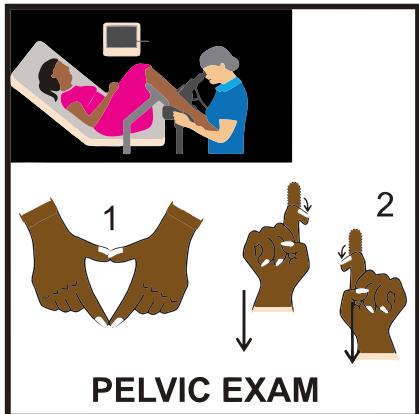
When part of the breast is removed because it contains cancer or other abnormal tissue.

**Mastectomy:**

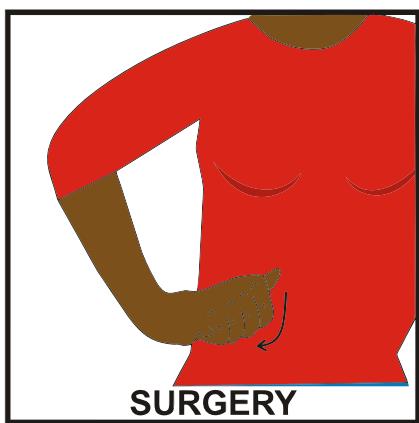
The surgical removal of a breast.

**Myomectomy:**

An operation to remove fibroid from the womb.

**Pelvic exam:**

A physical exam of the vulva, vagina, cervix, uterus, and ovaries. It may include a Pap or HPV test, but not always.

**Surgery:**

An operation done in the hospital that cuts open a patient's body to treat an injury or illness, or to see what is actually wrong with any parts of the body.

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