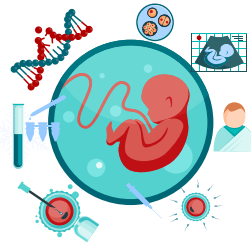


REPRODUCTIVE AND CHILD HEALTH CARE (RCH) PROGRAMMES

- ✦ Providing awareness about reproduction related aspects for reproductively healthy society.
- ✦ Sex Education (School).
- ✦ Awareness about population explosion and social evils.



3. REPRODUCTIVE HEALTH

POPULATION EXPLOSION

Reason

- ✦ Increased health facilities and better living Conditions.
- ✦ Decline in death rate.
- ✦ Increase in number of people in reproductive age.

Solution

- ✦ Creating awareness about "Hum DO Hamare Do".
- ✦ Legal marriageable age - Male (21) and female (18).
- ✦ Use of contraceptives.

Barrier

Condoms

(i) Rubber sheath, (ii) Males and females

Cervical caps, Diaphragms and Vaults

(i) Rubber, (ii) Reusable (iii) Only females

Spermicidal creams

Used along with other barriers.



Natural

Periodic Abstinence

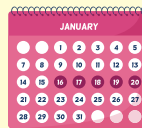
During fertile period avoid coitus.

Coitus Interruptus

Withdrawal of penis before ejaculation.

Lactational Amenorrhea

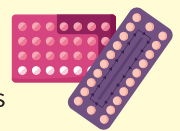
Ovulation and menstrual cycle do not occur during the lactation period.



Oral

- ✦ Prevents implantation of blastula.
- ✦ Used by females.
- ✦ Effectiveness – short period.

21 days Pills
Saheli
Emergency Pills



Injectables and Implants

Injectables – Long period.

- Progestogen- Estrogen combined
- Progestogens



Implants act similar to that of pills and their effective periods are much longer.



TEMPORARY BIRTH CONTROL

IntraUterine Devices (IUDs)

Non – Medicated IUDs

Lippes loop

Copper Releasing IUDs

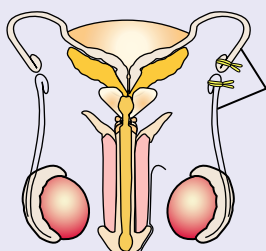
Cut, Cu7, etc

Hormone Releasing IUDs

LNG – 20, Progestasert



Vasectomy



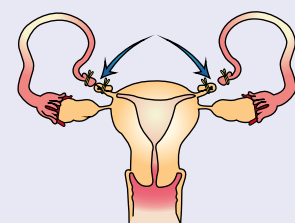
- ✦ Male.
- ✦ Vas deferens cut and tied.

CONTRACEPTIVES

PERMANENT BIRTH CONTROL

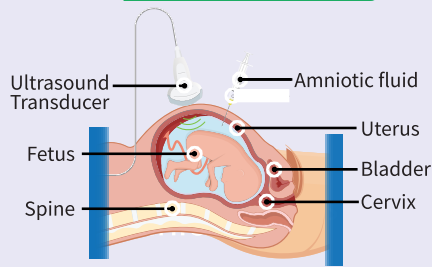
Sterilization (Surgical Methods)

Tubectomy



- ✦ Female.
- ✦ Fallopian tube cut and tied.

AMNIOCENTESIS



Negative Applications

Increased female foeticides and abortion.

Positive Application

Useful to detect abnormalities such as genetic disorders in the foetus.

MEDICAL TERMINATION OF PREGNANCY (MTP)

- ✦ Government of India legalised MTP in 1971 with some strict conditions to avoid its misuse.
- ✦ MTPs are considered relatively safe during the first trimester, i.e., upto 12 weeks of pregnancy.

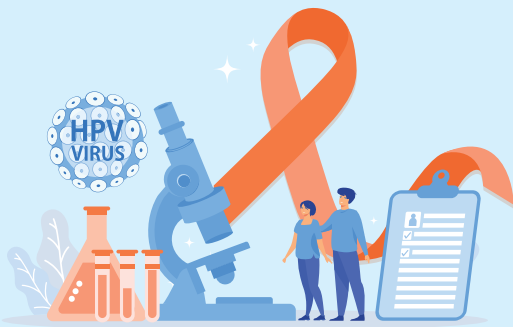
Importance

- ✦ To avoid unwanted pregnancies.
- ✦ Cases where continuation of pregnancy could harm both mother and baby.

Problem

- ✦ Illegal Practice
- ✦ Misuse of Amniocentesis

SEXUALLY TRANSMITTED INFECTIONS (STIs/VD/RTI)



Examples

Gonorrhea, Syphilis, Herpes, HIV, AIDS, etc

Symptoms

- ✦ Itching fluid discharge, swelling and pain in genital regions.
- ✦ Pelvic inflammatory diseases (PID), abortions, infertility, cancer, etc.

Preventions

- ✦ Avoid sex with multiple and unknown partners.
- ✦ Always use condoms.
- ✦ In case of doubt, visit qualified doctor for early detection and complete treatment.

INFERTILITY

Unable to produce children inspite of unprotected sexual co-habitation. The reasons for this could be many—physical, congenital, diseases, drugs, immunological or even psychological which can occur either in male or female or both. Infertility can be treated by using ART

In vitro fertilisation (IVF) (Test tube Baby)

Embryo Transfer

- Gamete Intra Fallopian Transfer (GIFT).
- Zygote intra fallopian transfer (ZIFT).
- Intra Uterine Transfer (IUT).

Artificial Insemination (intra-uterine insemination - IUI)

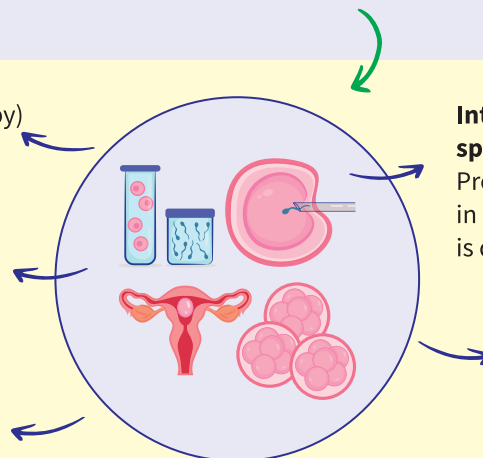
Semen from donor introduced into uterus.

Intra cytoplasmic sperm injection (ICSI)

Procedure to form an embryo in the laboratory in which a sperm is directly injected into the ovum.

Surrogacy

Surrogate mother bears child for a couple who cannot bear child.



ASSISTED REPRODUCTIVE TECHNOLOGIES (ART)