**INFECTIONS AND SYMPTOMS**

1. **Bacterial Vaginosis (BV):**

Basic Information: BV is a common vaginal infection caused by an imbalance of bacteria in the vagina.

**Symptoms**: Thin, grayish-white vaginal discharge with a fishy odor. Itching or burning sensation in the genital area. Pain or discomfort during urination. Increased vaginal discharge.

1. **Chlamydia**:

Basic Information: Chlamydia is a sexually transmitted infection caused by the bacterium Chlamydia trachomatis.

**Symptoms**: Painful urination. Unusual discharge from the genitals. Pain or discomfort in the lower abdomen. Pain during sexual intercourse. Bleeding between menstrual periods.

1. **Gonorrhea**:

Basic Information: Gonorrhea is a sexually transmitted infection caused by the bacterium Neisseria gonorrhoeae.

**Symptoms**: Painful urination. Yellow or green discharge from the genitals. Pain or swelling in the testicles. Sore throat (if the infection is in the throat). Anal itching or discomfort (if the infection is in the anus).

1. **Genital Herpes:**

Basic Information: Genital herpes is a viral infection caused by the herpes simplex virus (HSV).

**Symptoms**: Painful sores or blisters on or around the genitals. Itching or tingling sensation before the sores appear. Flu-like symptoms, including fever and muscle aches. Pain or discomfort during urination. Swollen lymph nodes in the genital area.

1. **Genital HPV (Human Papillomavirus):**

Basic Information: HPV is a group of related viruses, and some types can cause genital warts and increase the risk of cervical cancer.

**Symptoms**: Warts on or around the genitals or anus. Itching or discomfort in the genital area. Abnormal Pap test results (for high-risk HPV types). Bleeding between menstrual periods.

1. **Pelvic Inflammatory Disease (PID):**

Basic Information: PID is an infection of the female reproductive organs, often caused by untreated sexually transmitted infections.

**Symptoms**: Pain in the lower abdomen. Abnormal vaginal discharge with a foul odor. Painful urination. Pain or bleeding during intercourse. Fever and chills.

1. **Trichomoniasis**:

Basic Information: Trichomoniasis is a sexually transmitted infection caused by the parasite Trichomonas vaginalis.

**Symptoms**: Frothy, greenish-yellow vaginal discharge. Itching and irritation in the genital area. Pain or discomfort during urination. Redness or swelling of the genitals. Discomfort during sexual intercourse.

1. **Syphilis**:

Basic Information: Syphilis is a sexually transmitted infection caused by the bacterium Treponema pallidum.

**Symptoms**: Painless sores or ulcers on or around the genitals. Skin rash, often on the palms of the hands and soles of the feet. Flu-like symptoms, including fever and fatigue. Swollen lymph nodes. Hair loss.

1. **STDs & Pregnancy:**

Basic Information: Sexually transmitted infections can affect pregnancy and the health of both the mother and the baby.

**Symptoms**: Increased risk of preterm birth and low birth weight. Infections can be passed from mother to baby during childbirth. Some STDs can cause birth defects or developmental issues. Regular prenatal care and STD testing are crucial for a healthy pregnancy. Consultation with a healthcare provider is essential for proper management and prevention of complications.

**MENSTRUATION CYCLE**

**Menstrual Phase (Days 1-5):** Menstruation occurs, marking the start of the cycle. The uterus sheds its lining, resulting in the release of blood.

**Follicular Phase (Days 1-13):** The pituitary gland releases follicle-stimulating hormone (FSH). FSH stimulates the ovaries to produce several follicles. One dominant follicle matures, and the egg inside it develops.

**Ovulation (Around Day 14)**: Luteinizing hormone (LH) surges, triggering the release of the mature egg from the ovary. This is the most fertile period for conception.

**Luteal Phase (Days 15-28):** The empty follicle transforms into the corpus luteum, producing progesterone. Progesterone prepares the uterus for a potential pregnancy by thickening the lining.

If Pregnancy Doesn't Occur: The corpus luteum degenerates. Progesterone levels drop, leading to the shedding of the uterine lining. The cycle begins anew with menstruation.

**SAFE DAYS**

1. Menstrual Phase (Days 1-5): Generally considered safe for unprotected intercourse.
2. Late Follicular Phase (Days 6-13): As the egg is not yet mature, the risk of conception is lower. However, sperm can survive in the reproductive tract, so caution is advised.
3. Post-Ovulation Phase (After Day 14): After ovulation, the egg has a short lifespan (about 24 hours). The risk of conception decreases, but caution is still needed due to the potential survival of sperm.
4. Safe Period Calculation: The "safe period" is calculated by subtracting the estimated length of the menstrual cycle from the length of the luteal phase (typically 14 days). For example, in a 28-day cycle, the safe period might be considered as days 1-7 and after day 21.