

# *Introduction to Public Health*

## *Module # 10*

*Sexual and reproductive health .*

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# *OBJECTIVES OF THE LECTURE*

***By the end of this lecture you will be able to:***

- *Conceptualize*
  - *The various issues of sexual health & the STIs*
  - *Risk factors*
  - *preventive measures to control the reproductive health complications*
- *Understand the importance & methods of creating social awareness among the people of Bangladesh.*

- **Sexual health**

- A state of physical, emotional, mental and social well-being related to sexuality
- Not merely the absence of disease, dysfunction or sickness

- **Reproductive health**

- People are able to have a satisfying and safe sex life
- Have the capability to reproduce and the freedom to decide if, when and how often to do so

# *Important issues related to SRH*

- Body integrity and to sexual safety
- Eroticism
- Gender
- Sexual orientation
- Emotional attachment
- Reproduction

# *Sexual health problems, STI and STD*

- Sexual health problem: The result of conditions, either in an individual, a relationship or a society, that require specific action for their identification, prevention and treatment
- Sexually transmitted infections (STI)
  - An infection is often the first step of a disease
  - Occurs when either bacteria, viruses or microbes enter the body and start multiplying
- Sexually transmitted diseases (STD)
  - Disruption of normal body function or structure, especially when signs and symptoms appear, is considered disease

# STI

A decorative graphic consisting of a horizontal bar with a color gradient from dark blue on the left to bright yellow on the right. To the right of the bar is a large, stylized comet or oval shape with a gradient from dark brown to light yellow, pointing towards the right.

- Has a significant probability of transmission between humans by means of sexual behavior including vaginal intercourse, oral sex and anal sex
- A person may be infected, and may potentially infect others, without showing signs of disease

# Types of STIs



- Bacterial
  - Gonorrhea
  - Syphilis
- Viral
  - HIV (*Human Immunodeficiency Virus*)
  - Viral hepatitis (Hepatitis B virus)
  - Herpes simplex, Human Papilloma Virus
- Fungal
  - yeast infection
- Parasites
  - Scabies

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# *Facts on STIs*

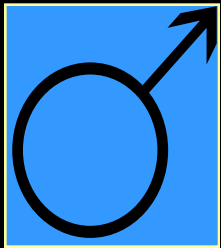
- In many cultures, sexual morals prevent to deal openly and honestly with sexual issues
- 360 million new cases of curable STIs occur annually throughout the world (WHO, 2010)
- In developing countries, STIs and their complications rank in the top five disease categories
- About 60% of these infections occur in
  - young people <25 years of age,
  - and of these 30% are <20 years.
- Between the ages of 14 and 19
- STIs occur more frequently in girls than boys by a ratio of nearly 2:1

# *STIs-symptoms*

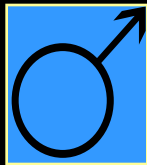
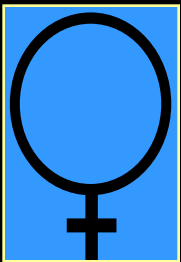
- Symptoms may not appear immediately after infection
- Disease can be carried with no symptoms
- A window period - after initial infection during which an STI test will be negative
- During this period the infection may be transmissible
- Some untreated STIs can lead to infertility, chronic pain or even death



# *Sexually Transmitted Diseases*



***Symptomatic***



***Asymptomatic***

# *STIs-diagnosis*

- Diagnostic test
  - To determine the cause of symptoms or illness (discharge, sores or rash, pain while passing urine, itching or burning sensation)
- Screening test
  - To detect asymptomatic infections (unsafe sex, worried they have an STI, share needles)
- A check prior to or during pregnancy to prevent harm to the baby
- To prevent donation of infected blood or organs

## *STIs: Some facts*

- STIs can also be passed to a baby during pregnancy, delivery or breastfeeding
- HIV/Hepatitis B can also be transmitted: unclean surgical instruments
- Injection needles, skin cutting tools, transfusions of infected blood
- HIV/AIDS, Hepatitis B and genital herpes are viruses and CANNOT be cured

## *Consequences of STIs*



- Infertility
- Chronic pelvic pain
- Spontaneous abortion
- Ectopic pregnancy
- Cardiovascular and neurological complications
- Even death
- **Psychological Consequences-** Typical reactions of guilt and shame often prevent young people from seeking treatment timely

# Challenges

- No services for adolescents
- Reluctance to discuss sexual matters
- Lack of access; no knowledge as to where to go for information/service
- No confidentiality, privacy from providers; reluctance to undergo examination; judgmental attitudes



## *STIs-prevention*

- The most effective way is to avoid contact of body parts or fluids which can transmit infection
- Proper use of condoms reduces contact and risk
- Laboratory test
- **Vaccine** - available to protect against some viral STIs such as hepatitis A, hepatitis B
- **Condoms** - only provide protection when used properly as a barrier, and only to and from the area that it covers

## ***STIs-prevention***

- Abstinence most effective means of protection against pregnancy and STIs
- Abstinence is being able to say no to sex and communicating this to one's partner
- One should not feel guilty about decision to be abstinent

**it's OK to say no.**



• THANK YOU