

# REPRODUCTIVE HEALTH

## IMPORTANT ONE LINERS

- ① → **Reproductive Health** :- WHO defined it as a total well being, in all aspects of reproduction, i.e physical, emotional, behavioural and social.
- ② → **Amniocentesis** :- It is a fetal sex determination test based on the chromosomal pattern in the amniotic fluid surrounding the developing embryo.
- ③ → the world's population being 2 billion in 1900 rocketed to 6 billion in 2000.
- ④ → **Periodic Abstinence** → Avoid intercourse from day 10-17 of menstrual cycle [Ovulation period].
- ⑤ → **Fertile Period** → Chances of fertility is very high during day 10-17 of menstrual cycle.  
**Withdrawal / Coitus Interruptus** → Male partner withdraws his penis from vagina just before ejaculation to avoid insemination.
- ⑥ → **Lactational Amenorrhoea** → Absence of menstrual cycle during first 6 months of lactational period.
- ⑦ → **Condoms** → Thin rubber used to cover penis in male or vagina in female.
- ⑧ → **Advantages of Barrier methods** → disposable and reusable and can be self-inserted.
- ⑨ → **Intra Uterine Devices** → inserted by doctors or nurses in uterus through vagina.
- ⑩ → Pills are taken for 21 days in the form of tablets.
- ⑪ → **Saheli** → once a week pill.
- ⑫ → **Vasectomy** → In males where the vas deferens is cut or tied.
- ⑬ → **Tubectomy** → In females where small part of fallopian tube is cut or tied.

- (14) → Possible ill effects of contraceptives include nausea, abdominal pain, breakthrough bleeding, irregular menstrual bleeding or even breast cancer.
- (15) → MTP / medical termination of pregnancy is done to get rid of unwanted pregnancies due to casual unprotected intercourse.
- (16) → Diseases or infections which are transmitted sexually through sexual intercourse is called a STD. or sexually transmitted disease.
- (17) → Infertility → unable to produce children in spite of unprotected sexual co-habitation.
- Assisted Reproductive Technologies (ART) :- are special techniques that assist couples to have children.