

Feminine Sexual & Reproductive Health

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Health Before Pregnancy

Having a child is no simple task. There are many factors at play in your health that need to be addressed so you and your baby are healthy.



HIV/AIDS



HIV is a disease that is transmitted through unprotected sexual activity



HIV weakens the immune system, which is used to fight off disease and infection



HIV can be passed on to the child during pregnancy, in labor, or while breastfeeding

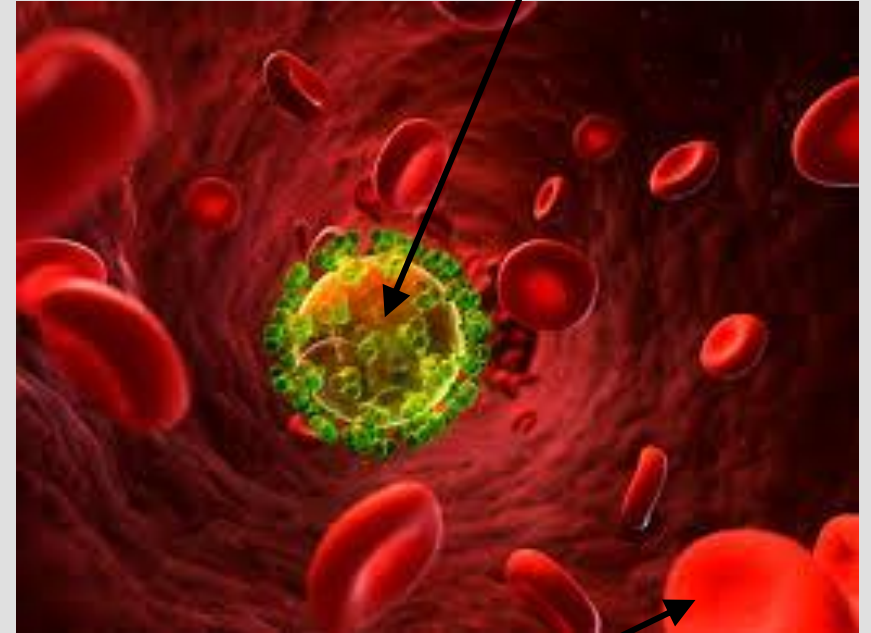


HIV has no cure and without treatment will turn into AIDS which is fatal

How do I know If I have HIV?

- 1-4 weeks after infection
 - Fever
 - Headache
 - Upset stomach
 - Sore throat
 - Swollen glands
 - Rash
 - Painful sores on your mouth

Human
immunodeficiency
Virus (HIV)



Red Blood Cells

Management of HIV

There is no cure, but there are ways to help manage the disease

Antiretroviral Therapy (ARV)

3 or more different drugs

Help to slow viral replication and strengthen the immune system



Cervical Cancer

Caused by HPV (Human Papillomavirus) a sexually transmitted disease.

- Can decrease your ability to get pregnant

Signs and symptoms

- Vaginal bleeding between periods
- Watery, bloody discharge that may have a strange odor
- Pain in the pelvis

How can I Prevent cervical cancer?

Screening

Safe sex practices

Early Treatment

Vaccines

- Nothing to be fearful of
- Help prevent certain types of HPV BEFORE infection

Abortion

If the pregnancy
is unwanted
and the fetus is
aborted



There are over
650 deaths
among 10,000
unsafe
abortions
performed

Why am I at risk for these things?

Gender

- Women are more likely than men to be carriers for HIV.
- Cervical cancer and abortions pertain to women's health

Socioeconomic Status

- Lack of resources and access to medical services puts you at a higher risk.

Cultural Practices

- Practicing unsafe sex at a younger age with older partners drastically increases risk for an STD and pregnancy

Myths and Misconceptions



I can't get pregnant while practicing unsafe sex

I won't contract an STD from unprotected sex

Abortion is safe and I won't be affected

All of these are HUGE MYTHS. They are all possible and highly likely!

Sources:

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