

**Faculty of medical laboratory  
science  
public health MLS-PUBH-322  
sem.6**

Reproductive Health

# RH: Components

R H components:

- Safe motherhood
- Family planning
- Premarital health care
- Eradication of harmful traditional practices
- AIDs and STIs
- Youth and adolescent care
- Women empowerment
- infertility

# RH: HIV & STIs

- Some 340 million new cases of curable sexually transmitted infections (STIs) occur every year.  
(gonorrhoea, syphilis, chlamydia, and trichomoniasis not including HIV)
- Sexually transmitted infections constitute a significant health burden and increase the risks of transmission of HIV.
- Worldwide, the disease burden of STIs in women is more than five times that of men.

# RH: HIV & STIs

- STIs are the leading cause of health problems for women of reproductive age.
- They can cause pregnancy-related complications, including:
  - spontaneous abortions
  - premature birth
  - stillbirth
  - congenital infections.
  - pelvic inflammatory disease
  - cervical cancer.
- Every year, at least half a million infants are born with congenital syphilis.
- maternal syphilis causes another half million stillbirths and miscarriages annually.

# RH: HIV & STIs

- strategies to combat AIDs and STIs include:
  - Condom promotion and distribution
  - Community-based advocacy on the dangers of AIDs and STIs and ways to prevent them.
  - Early diagnosis and treatment (of clients and their partners
  - Providing specific services for populations at risk - such as long-distance truck drivers, military personnel and prisoners.

# RH: HIV & STIs

- About 200 million women become pregnant each year, 99% are HIV-negative and need counseling, information, and services to remain so.
- 2.5 million pregnant women who are HIV-positive need treatment, care and support for themselves and their families.
- The risk of transmitting HIV to children is during:
  - pregnancy
  - childbirth
  - breastfeeding
- MTCT is the primary cause of all HIV infections in children under fifteen years of age.
- PMTCT has the potential to prevent infection in the 15-35 % of babies of infected mothers.

# RH: Youth & Adolescent Care

- Adolescence is defined as:  
the period between 10 and 19 years of age. It is a continuum of physical, cognitive, behavioral and psychosocial change that is characterized by increasing levels of individual autonomy, a growing sense of identity and self-esteem and progressive independence from adults.
- Adolescent 10-19 years, Youth 15-24 years  
(youth and adolescents are resilient, resourceful and energetic. They can support each other through peer-to-peer counseling, education and outreach activities).

# RH: Youth & Adolescent Care

- Making Interventions Accessible,
  - Acceptable and Appropriate to Adolescents:
- *individual barriers:*
  - feelings of shame, fear or anxiety about issues related to sexuality and reproduction, lack of awareness about the services available, poor health, or advice-seeking behaviors and the perception that services will not be confidential.*
- *socio-cultural barriers:*
  - norms which dictate the behavior and sexuality of both young men and women, stigma surrounding sexually active adolescents.*
  - cultural barriers which limit the ability of women, girls accessing health services.*
  - educational limitations.*
  - language differences,*
  - the attitudes of health care providers towards Adolescents*



# RH: Youth & Adolescent Care

- *structural barriers, such as*
  - long distances to health facilities.
  - lack of facilities for clients with disabilities.
  - inconvenient hours of operation.
  - long waiting times.
  - charging fees for services.
  - lack of privacy.

# RH: Women empowerment

- women are still much more likely than men to be poor and illiterate.
  - They usually have less access than men to medical care,
  - property ownership, credit.
  - training and employment.
  - They are far less likely than men to be politically active
  - far more likely to be victims of domestic violence.
- The ability of women to control their own fertility is absolutely fundamental to women's empowerment and equality. When a woman can plan her family, she can plan the rest of her life.
- When she is healthy, she can be more productive.

# RH: Women empowerment

## Key issues and linkages

- Reproductive health:  
maternal mortality and morbidity.
- Economic empowerment:  
More women than men live in poverty. Economic disparities persist partly because much of the unpaid work within families and communities falls on the shoulders of women and because they face discrimination in the economic sphere.
- Educational empowerment:  
About two thirds of the illiterate adults in the world are female. Higher levels of women's education are strongly associated with both lower infant mortality and lower fertility, as well as with higher levels of education and economic opportunity for their children.
- Political empowerment:  
employment and earning, and social and political participation. Laws against domestic violence .

# RH: Infertility

- Inability to conceive after a year or more of well-timed marital relations without the use of contraception.
- Infertility is man's and woman's problem:

- Male factors	40%
- Female factors	40%
- Both	10%
- Unexplained	10%

# RH: Infertility

- **Prevalence**

Generally, worldwide it is estimated that one in seven couples have problems conceiving,

with the incidence similar in most countries independent of the level of the country's development.

- Women become less fertile as they get older.

- For women aged 35, about 94 out of every 100 who have regular unprotected sexual intercourse will get pregnant after 3 years of trying.

- For women aged 38, however, only 77 out of every 100 will do so. The effect of age upon men's fertility is less clear.

# RH: Infertility

- **Causes**

Factors that can cause male as well as female infertility are:

- Genetic factors
  - A genetic factor in either partner may cause recurrent spontaneous abortions or complete infertility.
- General factors
  - Diabetes mellitus, thyroid disorders, others
- Hypothalamic-pituitary factors (hormonal)  
(Hyperprolactinemia, Hypopituitarism)
- Environmental factors
  - Toxins such as glues, solvents others, physical agents, chemical dusts, and pesticides.
  - Tobacco smokers are 60% more likely to be infertile than non-smokers.

