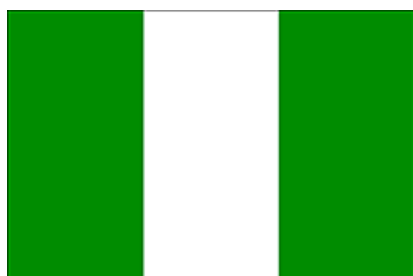




[www.italy-ontheroad.it](http://www.italy-ontheroad.it)



## Woman's health and family planning.

### General information and advices.

It is very important for every woman at the age of 21 to visit an Advisory centre or, guidance council (**consultorio**) every three years.

There's an Advisory centre in every municipal.

You can ask for a female doctor and if you don't understand or speak little Italian language you may ask for a cultural agent or mediator for language translator.

Even if you have no regular identity papers, You have to go to the centre as well. The right of child delivery and health is also for those who do not have regular papers too.

It's very important to do exams like screening for woman cancer and Pap-test every three years so as prevent cancer of the uterus. If cancer is diagnosed when it is very little (with a few number of cells), it is easier to treat, instead of when it's on an advanced stage, treatment gets more difficult.

A great cause for death in women is breast and uterus cancer.

As a way for prevention it is advisable to have:

- auto-palpation of the breast once a month;
- a periodical breast examination as from the age of 21 year old
- a mammography every two years as from forty years old , and every year, from fifty years of age.

### **PREVENTION IS REALLY IMPORTANT**

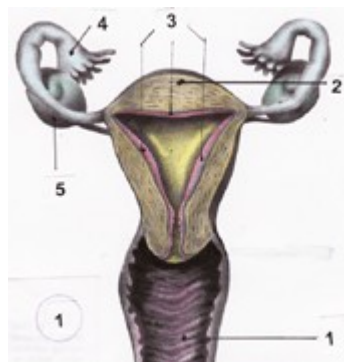
Family planning is a method of regulating the number and space of children in a family through contraceptive or other method of birth control. It enables a couple to decide when they wish to have children.

The period you don't want to have children, you can ask for information concerning contraception method .

Some general information about male and female reproduction system .

### **FEMALE REPRODUCTIVE SYSTEM**

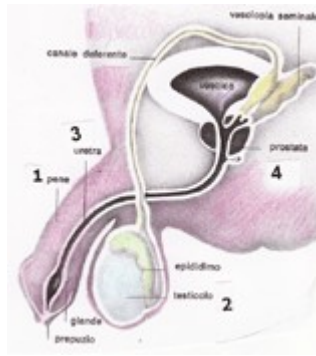
1. **VAGINA:** Tube-like channel leading from external genital organs to the uterus. This is where the penis is inserted during sexual intercourse.
2. **UTERUS:** Hollow muscular organ located in the pelvic cavity of the female in which the fertilize eggs are housed and nourished.
3. **ENDOMETRIUM:** This is mucous membrane, sensitive to hormone that lines the uterus.
4. **FALLOPIAN TUBE :**This is mucous membrane, sensitive to hormone that lines the fertilization.
5. **OVARY:** the female reproductive organ which produces the ova and female hormones Estrogen and progesterone.



- 1 Vagina
- 2 Uterus
- 3 Endometrium
- 4 Fallopian Tube
- 5 Ovary

### **MALE REPRODUCTIVE ORGAN**

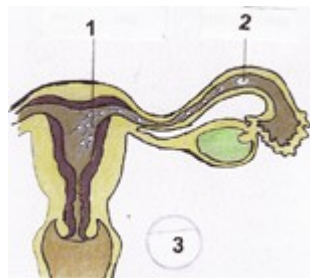
1. **Penis:** male Sex organ through which the sperm is releases in the vagina during sexual intercourse
2. **Testicules:** Male glands that produces spermatozoa and androgens
3. **Urethra:** Channel through which the urine and sperms are release in the male body
4. **Prostate:** This is a gland in the male system that produces sperm.



- 1 Penis
- 2 Testicules
- 3 Urethra
- 4 Prostate

**FERTILIZATION**

This is the process in which the male sex cell (sperm) unites with the female sex cells (ovum) to form the zygote. At the moment of sexual intercourse the sperm is released into the vagina passes through the uterus and enters the fallopian tube and fused with the female release eggs to cause pregnancy.



- 1 sperm
- 2 ovum fertilization

**THE FAMILY PANNING METHODS**

The condom : Is a flexible thin , rubber sheath designed to cover the penis during sexual intercourse. It prevent the sperm from entering the vagina. It also avoid unwanted pregnancy or sexually transmitted diseases like gonorrhea, syphilis AIDS etc.



condom

Open the package carefully so that you don't damage the condom . Do not use scissors or other sharp object .

Put on the condom by unrolling it over the erect penis, smooth out any air bubble that may cause its breakage .

At the end of every sexual intercourse remove the penis from the vagina holding the condom at the base so as to prevent sperm from leaking out.

The condom is effective only if it is applied before sexual intercourse.

After every sexual intercourse, remove the penis from the vagina by holding firmly the condom on the base, to avoid sperm to spill out .

Throw away used condom into dust bin.

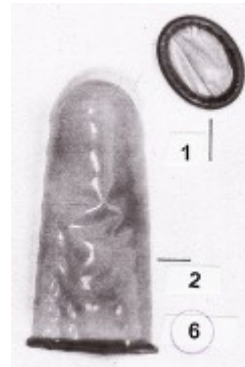
Don't reuse condom, at every sexual intercourse you must use new condom. The condom provides protection against sexually transmitted diseases .

**NOTE:** - Do not use the same condom more than once.

- Do not use lubricants (oil or Vaseline ) because it can cause the condom to split.

It is a safe method of birth control if it is correctly used however not as safe as

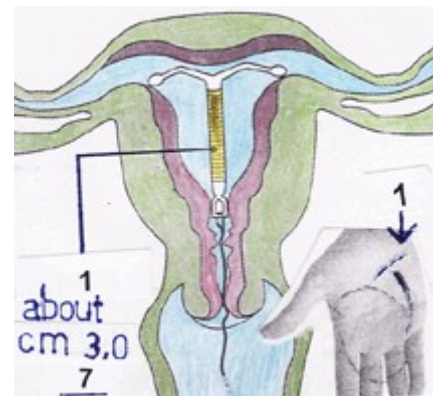
IUD or PILL



- 1 condom to roll up
- 2 condom to unroll

### THE IUD

IUD means intrauterine devices. This is a birth control method suitable for women who do not like pills or condom but who choose to use a safe and inexpensive method of birth control. IUD can be used by young girls or women that are already mothers. IUD is a T- shape plastic devices that, when inserted into the uterus prevents pregnancy by not allowing the fertilized eggs to attach itself to the walls of the uterus. The device has to be fitted inside the uterus by a gynaecologist .A thin thread remains in the vagina making it so easy to be removed when necessary. It is necessary to visit your gynaecologist for a check- up a month after the insertion followed by another check-up at 6 months finally an annual check-up. The IUD can stay in the uterus up to 3 – 5 year depend on the type.



1 IUD

### IUD SIDE EFFECT

- Heavier periods with more cramp than before IUD
- Higher risk of pelvic inflammatory diseases
- spotting between periods

The IUD can not move from the uterus into the upper part of the the body . It is a safe method of having sexual intercourse on any day of the month without being pregnant if properly inserted in the uterus. However IUD does not protect you from sexually transmitted diseases. There is risk of getting pregnant as soon as it is removed.

## HORMONAL CONTRACEPTION

### THE PILL

An oral contraceptive on low dosage hormone taken to prevent ovulation .pills are recommended by a gynaecologist . As soon as a women stops taking pills there is a high risks of being pregnant at any sexual intercourse.

There are so may way of starting contraception pills. Start the pills on the first day of your menstrual period. If your period starts for example on a Wednesday then take a pill marked wednesday. Take one pill each day at the same hour after each meal for 21 days. You should follow the direction arrows marked on top of the packet.

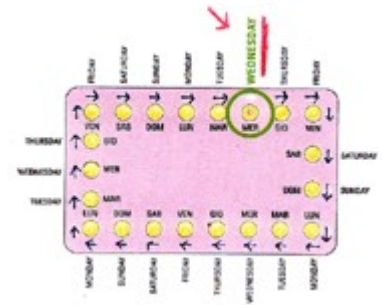
Stop taking the pills after 21 days for 7days for the menstrual cycle. Open a new packet on the day 8 and take a pill marked with the same day of the week for another 21 days.

NOTE: You can experience lighter menstrual period, nausea, headache. This symptoms will stop after some days.

You should follow the direction arrows marked on top of the packet. Stop taking the pills after 21 days for 7days for the menstrual cycle. Open a new packet on the day 8 and take a pill marked with the same day of the week for another 21 days.

NOTE: You can experience lighter menstrual period, nausea, headache. This symptoms will stop after some days.

When taking contraceptive pill you can experience lean menstruation , nausea , head ache. Pills should be taken according to instructions. If you forget to take your pill, take it quickly as soon as you realize it but if the time is longer than 12 hours, this method is no more safety on that month. You can used other birth controlling method like condom to support the pill during the period .





### **CONTRCEPTIVE PATCH**

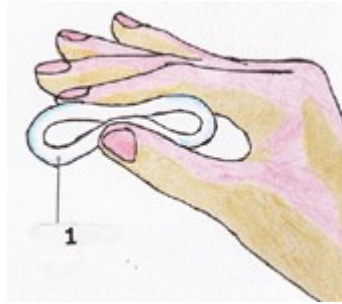
This is transdermal patch place directly to the skin to prevent pregnancy. The patches produce continuous dosage of hormones through the skin into the blood stream thereby . Side effect of contraceptive patch: when using contraceptive patch, you may experience some side effects like headaches, depression, nausea, skin problem etc



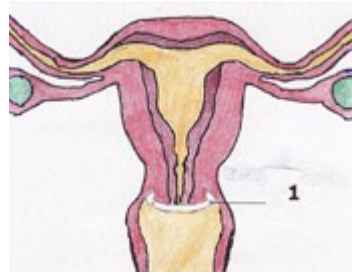
You can apply the patches on the buttocks, abdomen, arms on the first of day of your menstrual period . change patch once weekly for three weeks.no patch should be worn until your menstrual period starts.

### **VAGINAL RING**

Thin transparent ring which is inserted to the vagina .it releases estrogen and progestin that prevent pregnancy. It can happen on a rare case but if it occurs reinsert the ring as soon as possible .In a situation where the ring is out of the vagina for a very long hours reinsert the ring into the vagina and use additional contraceptive method like condom, or pills.



1 vaginal ring



1 vaginal ring

This occur on rare cases however it does not have effects on male genital organs.

This method can only be used on doctors prescription .

Vaginal ring is inserted for the first time from 3<sup>rd</sup> and 5<sup>rd</sup> day of menstrual period calculating from the first day of your menstrual period .

Open the packet of the ring and insert it right inside the vagina by choosing a comfortable position eg lying on you back.

The ring should stay in the vagina for 3 weeks then you can remove the ring the same day of the week (eg wednesday) in which you inserted it.

For any information you can go to CONSULTORIO: emergency contraception (ex. If You experience condom breakage), abortion, breast feeding, menopause. At CONSULTORIO there are some sheets and pamphlet with pictures (illustrations) that you can read so as to get some information. The pamphlets are free of charge and are translated in various languages.

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24 October 2007