

Women's Health

HEALTH DIALOGUE



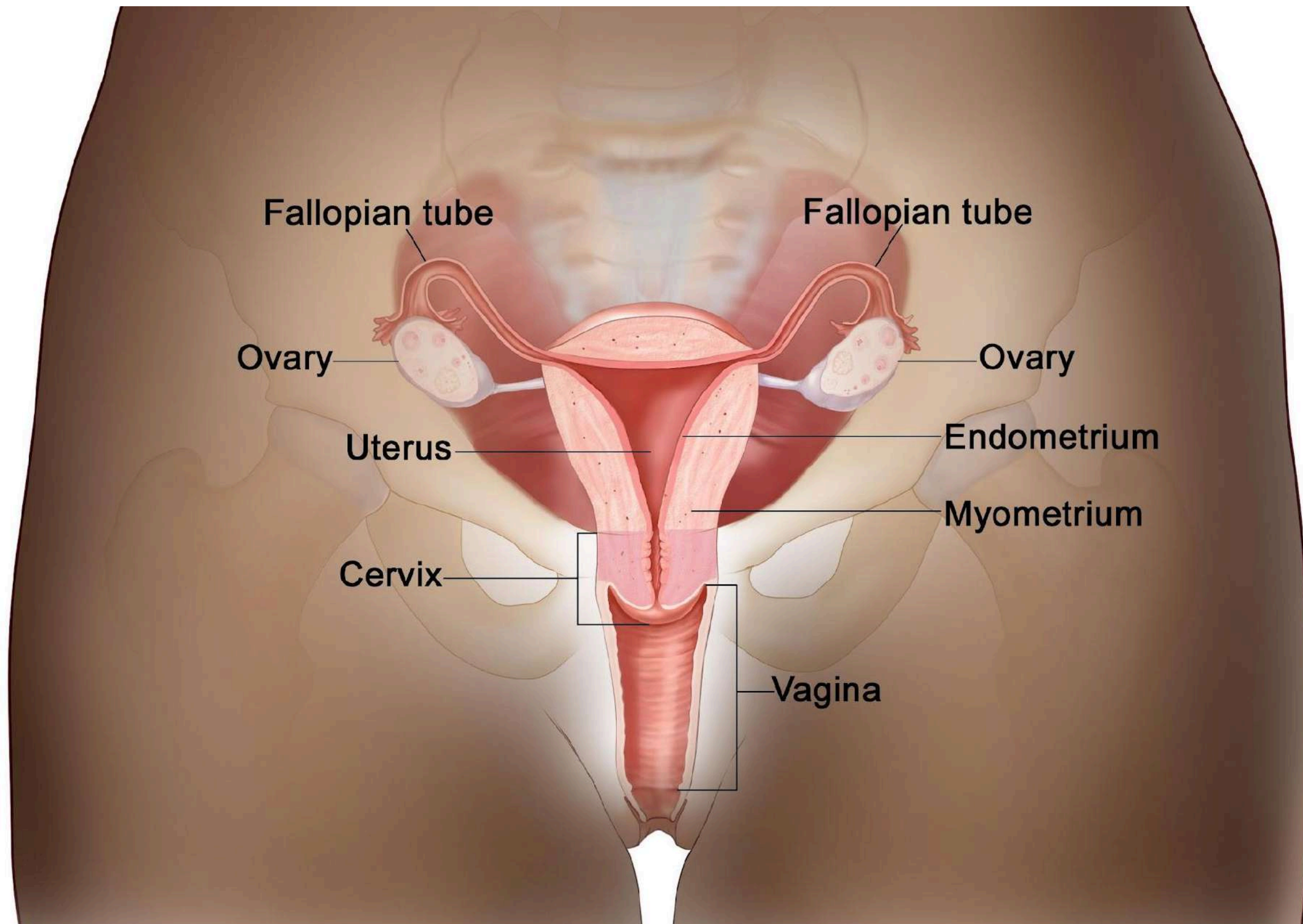
INTRODUCTION:

Welcome, everyone. My name is **(introduce yourself)**.

We are going to talk about women's health. This includes female anatomy, menstration, family planning methods, STIs, Gender Based Violence, Breast Cancer, and Cervical Cancer information.

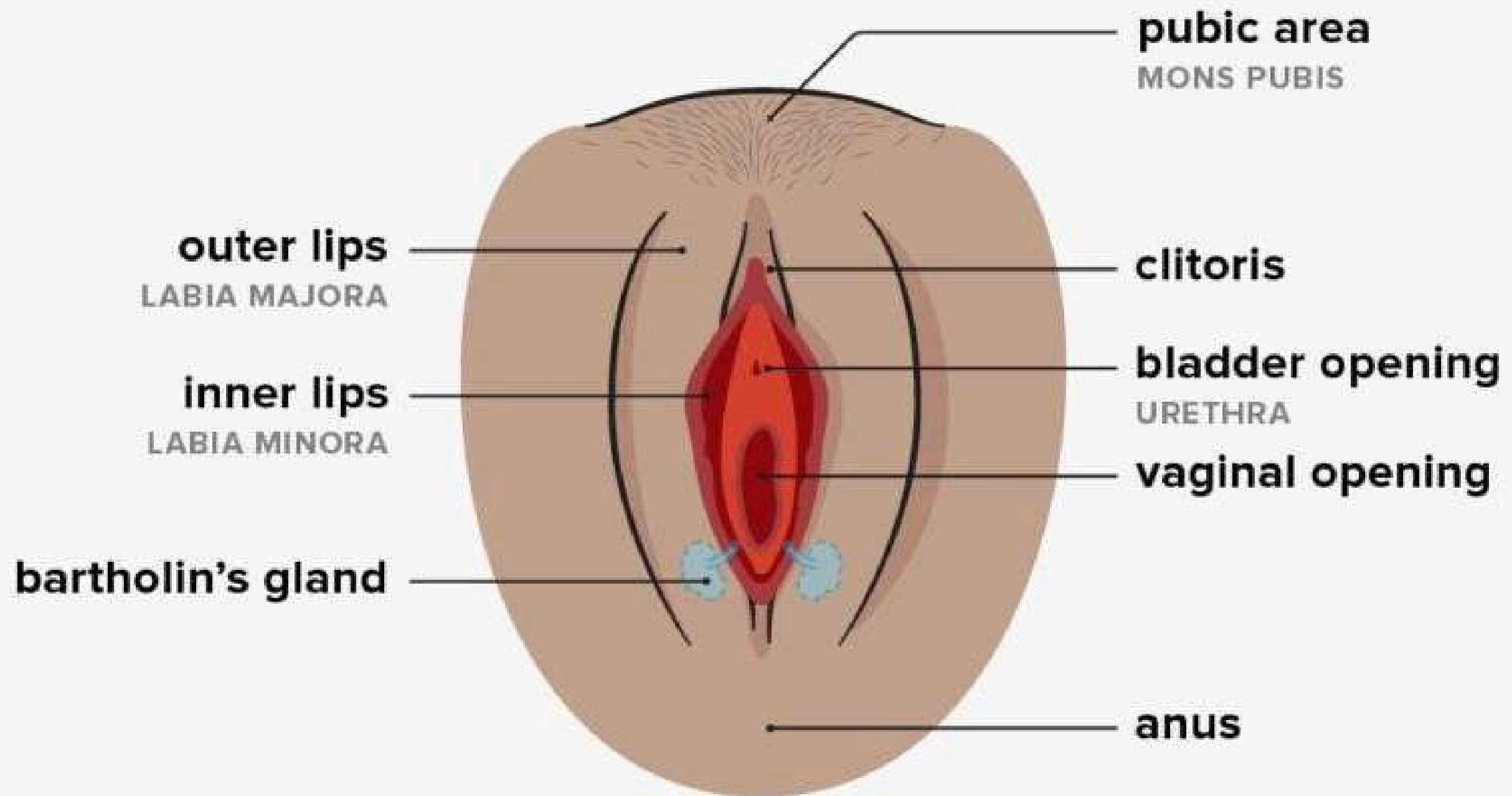
INTERNAL Female Anatomy.

- **Vagina-** The tube which connects the cervix to the outside of your body.
- **Cervix-** Lower part of the uterus which connects the vagina to the uterus. It has a small opening in it that lets menstruation blood out and sperm in.
- **Uterus-** Muscular organ where menstruation blood comes from and carries a baby when pregnant.
- **Fallopian tubes-** Two narrow tubes, one on each side of the uterus. Fallopian tubes connect the uterus to the ovaries and allows eggs to travel to the uterus to meet a sperm.
- **Ovary-** Two small organs which store eggs for pregnancy. One egg is released each month and travels through fallopian tubes to the uterus to meet a sperm.
- **Uterine Lining-** Tissue that is rich in blood and nutrients, where a fertilized egg will live in order to grow into a baby.
- **Menstration blood-** Blood that comes from the inside of your uterus, it is from the lining "refreshing" itself to prepare for pregnancy.



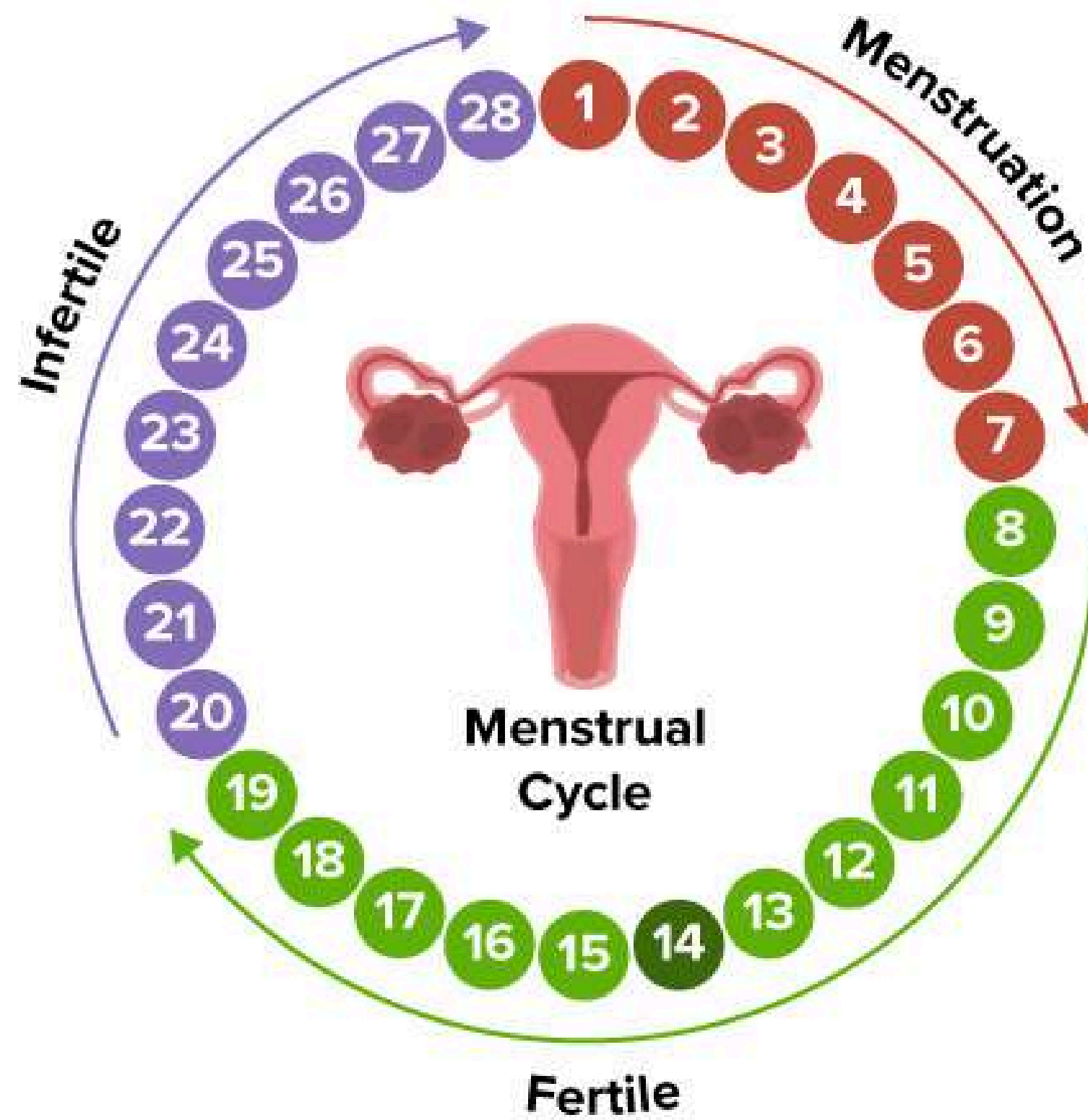
External Female Anatomy

- **Mons pubis-** Pubic bone above the labia minora and Majora.
- **Labia Majora and Minora-** Skin folds around the vaginal opening.
- **Clitoris-** A small bump of spongy reproductive tissue that becomes swollen and engorged when aroused, located at the top of the labia.
- **Urethra-** a small opening that is connected to your bladder, where you urinate out of.
- **Opening of the vagina-** The vaginal opening is right below your urethral opening. It is the large hole where menstrual blood leaves your body. Babies are also delivered through the vaginal opening.
- **Bartholin Glands-** Glands that produce vaginal fluid around each side of the vaginal opening
- **Anus-** Opening to your rectum



Menstruation

- Definition: Elimination of the thick lining of the uterus which is expelled into the vagina as blood. Menstruation includes blood, cells, and mucus. Once a girl starts menstruation or “period” she is now able to become pregnant. This occurs every 28-30 days.
- Symptoms:
 - Vaginal Bleeding
 - Abdominal Cramping
 - Bloating
 - Headaches
 - Fatigue
 - Increased need for sleep
 - Dehydration



Managing Menstruation:

- Change sanitary supplies regularly
 - Pads: every few hours (based on product) or when wet/damp
 - Tampons: Every 2-4 hours
 - Menstrual cups: Every 10-12 hours

Why change regularly?

Bacteria and yeast grow in dark, moist areas, and use blood for nutrition; if you do not clean infection can grow

- Wash externally with water regularly when changing pads
 - Prevents infection, bad odor
- Shower/bath daily with soap and water
 - Be careful of using soaps with many scents/oils

Some types can cause irritation on skin and increase chance of infection

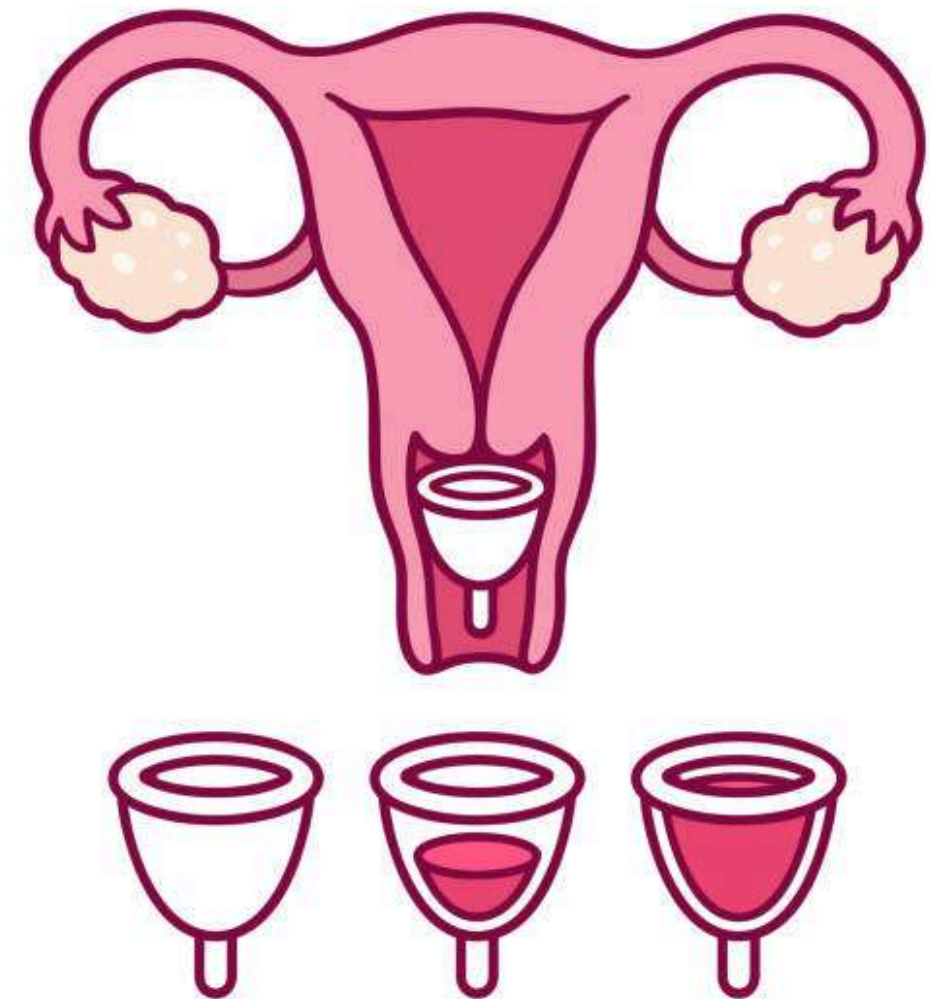


Photo Credits:

Left: Creator: Aleximia | Credit: Getty Images/iStockphoto

Right: Creator: Sudowoodo | Credit: Getty Images/iStockphoto

Sexually Transmitted Infection

Definition: Sexually Transmitted Infection occurs by having vaginal, anal, or oral sex with someone with an infection. It is most commonly spread during vaginal or anal sex. It also can spread through close skin-to-skin touching of an infected area.

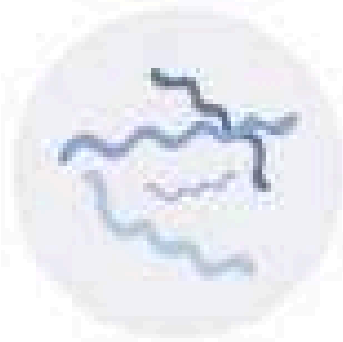
Symptoms in Women:

- Burning with urination
- Itching and irritation around the groin
- Abnormal vaginal discharge- thin white/gray vaginal discharge, strong fish-like odor, thick white/yellow vaginal discharge.
- Bleeding between periods
- Painful bumps or sores on the labia or around the groin
- Pain during sex
- Swollen and painful groin
- Fever
- Rash
- Pain in lower abdomen

Symptoms in Men:

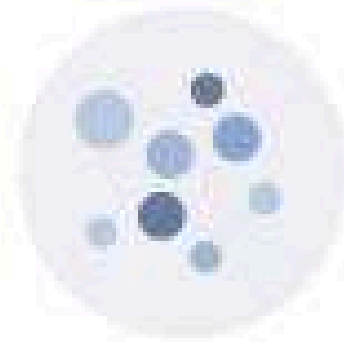
- Penile Discharge
- Swelling and pain of the testicles
- Burning pain with urination
- Painful bumps or sores in the groin or on the penis
- Pain during sex
- Swollen and painful groin
- Fever
- Rash
- Pain in lower abdomen

SEXUALLY TRANSMITTED DISEASES



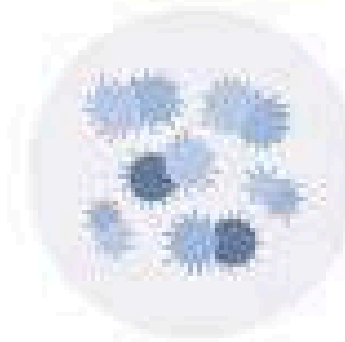
SYPHILIS

TREPONEMA PALLIDUM



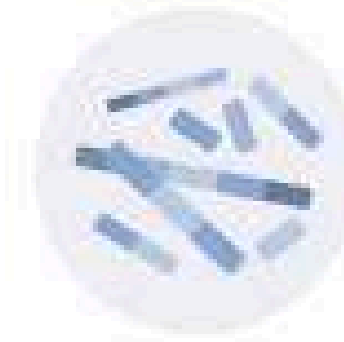
CHLAMYDIA

CHLAMYDIA TRACHOMATIS



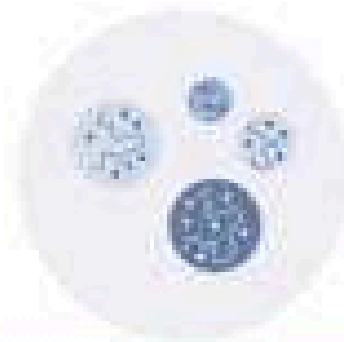
GONORRHEA

NEISSERIA GONORRHOEAE



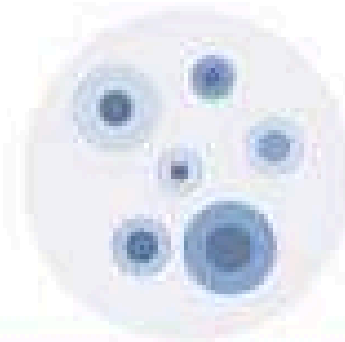
ULCUS MOLLE

HAEMOPHILUS DUCREYI



**MYCOPLASMA
INFECTIONS**

MYCOPLASMA



**UREAPLASMA
UREALYTICUM
INFECTION**

UREAPLASMA UREALYTICUM



**GRANULOMA
INGUINALE**


KLEBSIELLA GRANULOMATIS

STIs & Pregnancy

It is possible to get a STI during pregnancy. STI's can be passed to the baby and complicate the pregnancy. STI can increase the risk of infection, birth defects and even death of baby. ²

Complications:

- Stillbirth
- Birth Defects
- Developmental Delay
- Blindness
- Deafness
- Malnutrition



For a
healthier baby,
ask your doctor
about STD
testing.

What activities can put me at risk for both STIs and HIV?

- Having anal, vaginal, or oral sex without a condom;
- Having multiple sex partners, or having one partner who has multiple sex partner
- Not knowing if your sex partner has HIV
- Having sex while under the influence of drugs or alcohol can lower inhibitions and result in greater sexual risk-taking.³

Risk Factors of STDs



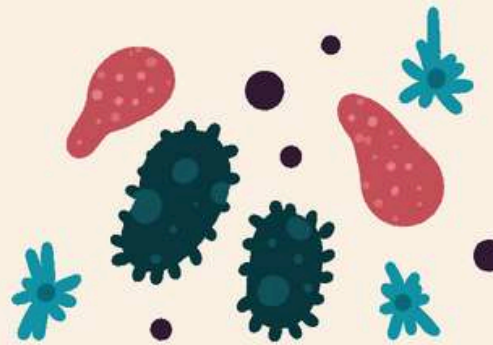
Increased number
of partners



Inconsistent
condom use



Breaks in skin



Severity of your partner's
infection (as measured by
things like viral load)



What can I do to prevent STI or HPV?

- Use a new condom, consistently and correctly, for every act of vaginal, anal, and oral sex throughout the entire sex act. Use a condom start to finish during sexual interactions.
- Reduce the number of people with whom you have sex
- Mutual monogamy- means that you agree to be sexually active with only one person, who has agreed to be sexually active only with you. ³

Practice Abstinence

The surest way to avoid STDs is to not have sex.



This means not having vaginal, oral, or anal sex.

Have Fewer Partners

Agree to only have sex with one person who agrees to only have sex with you.



Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

Talk With Your Partner

Talk with your sex partner(s) about STDs and staying safe before having sex.

Let's both get tested together!

Why take a chance when we can know for sure?

It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

Use Condoms

Using a condom correctly every time you have sex can help you avoid STDs.

Condoms lessen the risk of infection for all STDs. You still can get certain STD infections, like herpes or HPV, from contact with your partner's skin even when using a condom.



What to do if you think you have an STI?

- Most STI's are curable.
- Don't hide it, go to a doctor and get tested.
- Doctor will have give you medications based on your test results.
- Medication is the only way to treat an STI or UTI, and STI will not go away on its own. It may become “dormant”, but it is still living in your body.
- Tell your sexual partners and make sure they get testing and treatment too. If your partner is not treated and the have a “dormant” or active infection they can give it to you again.



Using Condoms

1. When you are opening the package, gently tear it on the side. Do not use your teeth or scissors because you might rip the condom that's inside. Pull the condom out of the package slowly so that it doesn't tear.
2. Put the rolled up condom over the head of the penis when it is hard
3. Pinch the tip of the condom enough to leave a half-inch space for semen to collect.
4. Holding the tip of the condom, unroll it all the way down to the base of the penis.

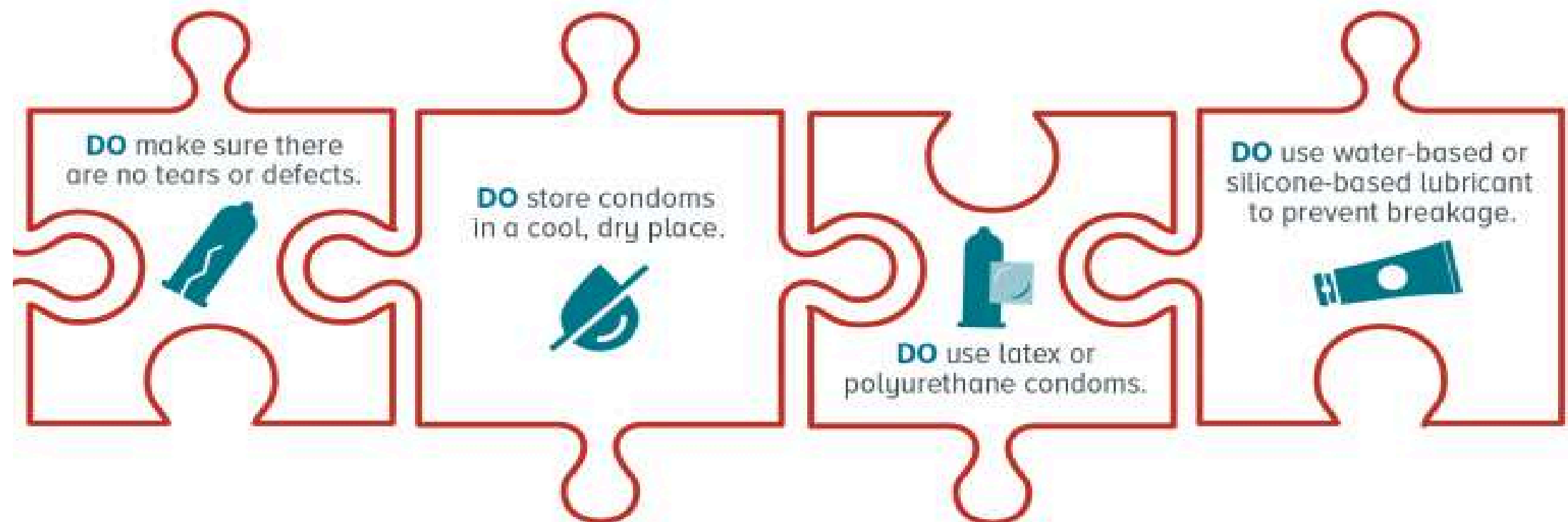
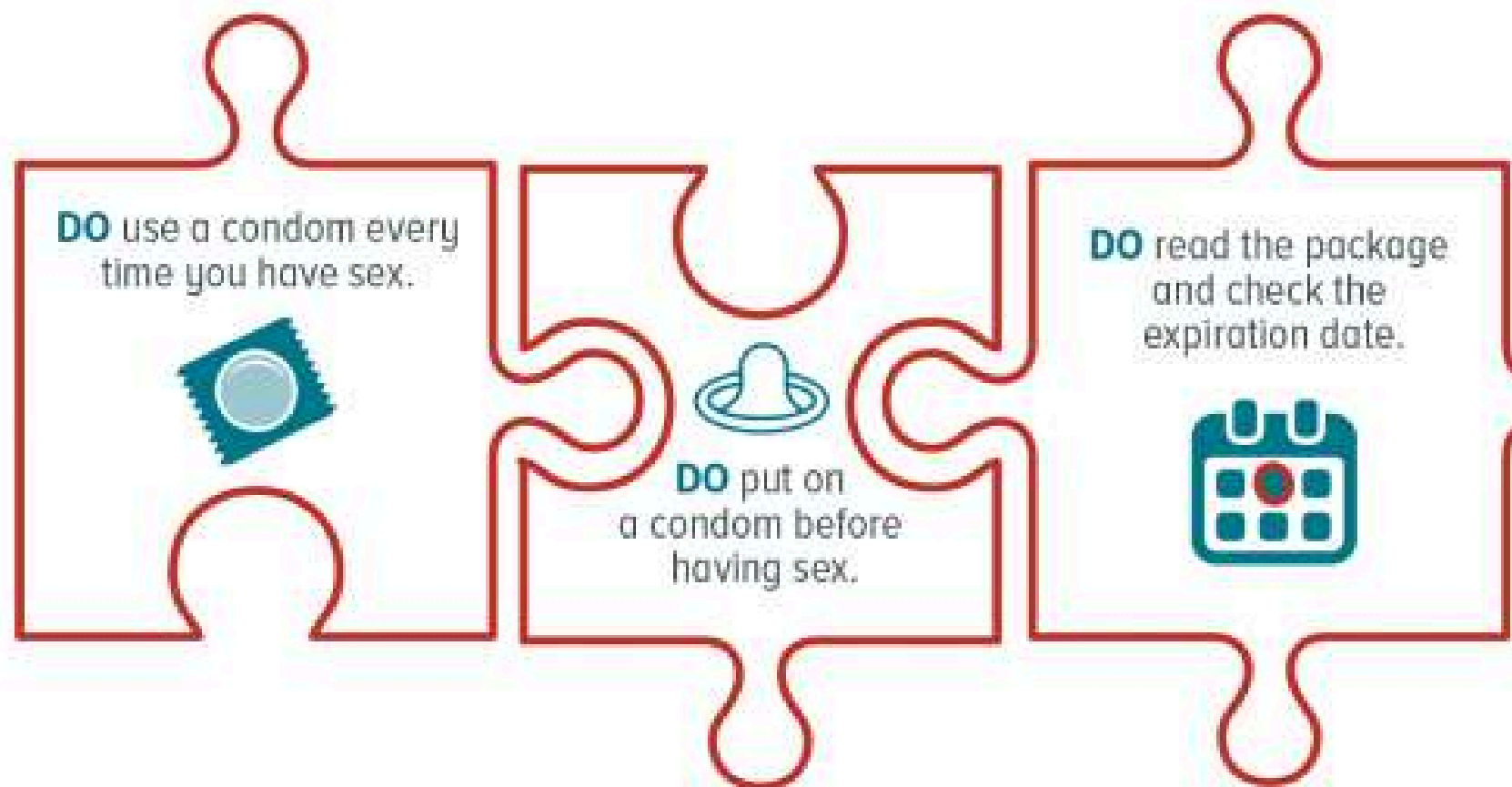
Important: Condoms should be used before any genital contact including oral, vaginal and anal sex. If the condom breaks during the sexual interaction you must immediately stop and replace it with a new one. **A broken condom does not work.**

Do's

- Wear one every time
- Place it on before any genital contact

Dont's

- Wear more than one at a time (this can cause the condom to break)
- Wear a torn or broken condom
- Do not reuse condoms



<https://www.cdc.gov/condomeffectiveness/external-condom-use.html>

Can buy from a Chemist

- Daily pill
 - one months worth
 - Automatic to get your period at the end of the month
 - you can have children if you stop taking the pill
- Condoms
 - Female & Male
 - One time use only

Must go to your Local Facility/ Doctor

- Implant
 - lasts 3-5 years
 - a doctor makes a small cut and implants into upper arm
 - has to be removed by doctor if you want to have children
- Injection
 - Every 3 months injection in upper arm
 - wears off in 3 months
- IUD (Intra-Uterine Device)
 - up to 3-10 years depending on type
 - quickly placed through your cervix to the inside of the the uterus by a doctor
 - easily removable by a doctor if you want to have children later



Birth Control Pill



Injection



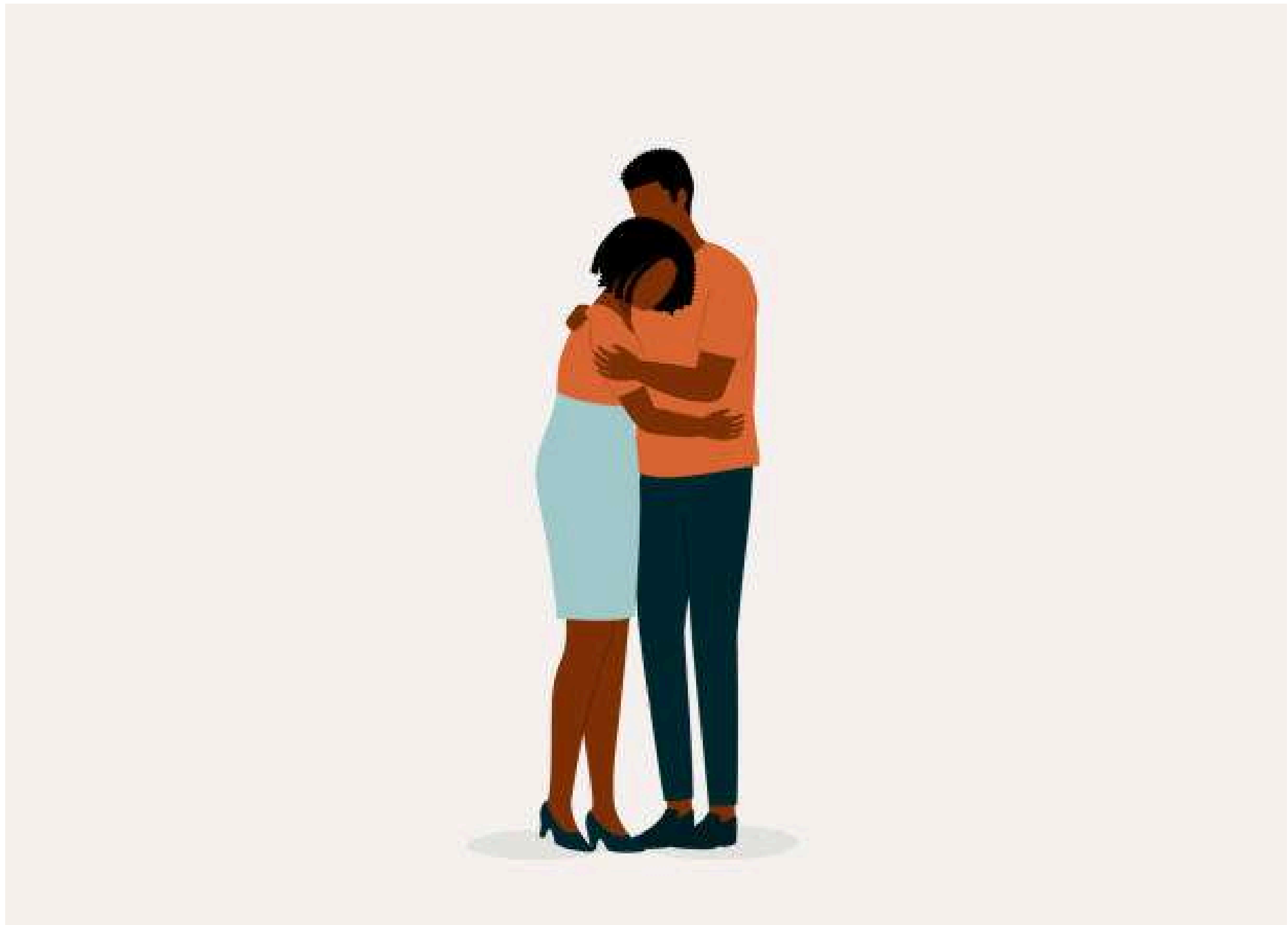
Implant



IUD

Safe Sex and Consent

- It is OKAY to wait or abstain from sex
- No one should ever make you feel unsafe or force you to have sex. If that is happening speak to someone you trust.
- You can always say no.
- If you decide to wait, stick with your decision. Plan ahead how you are going to say no so you are clearly understood.

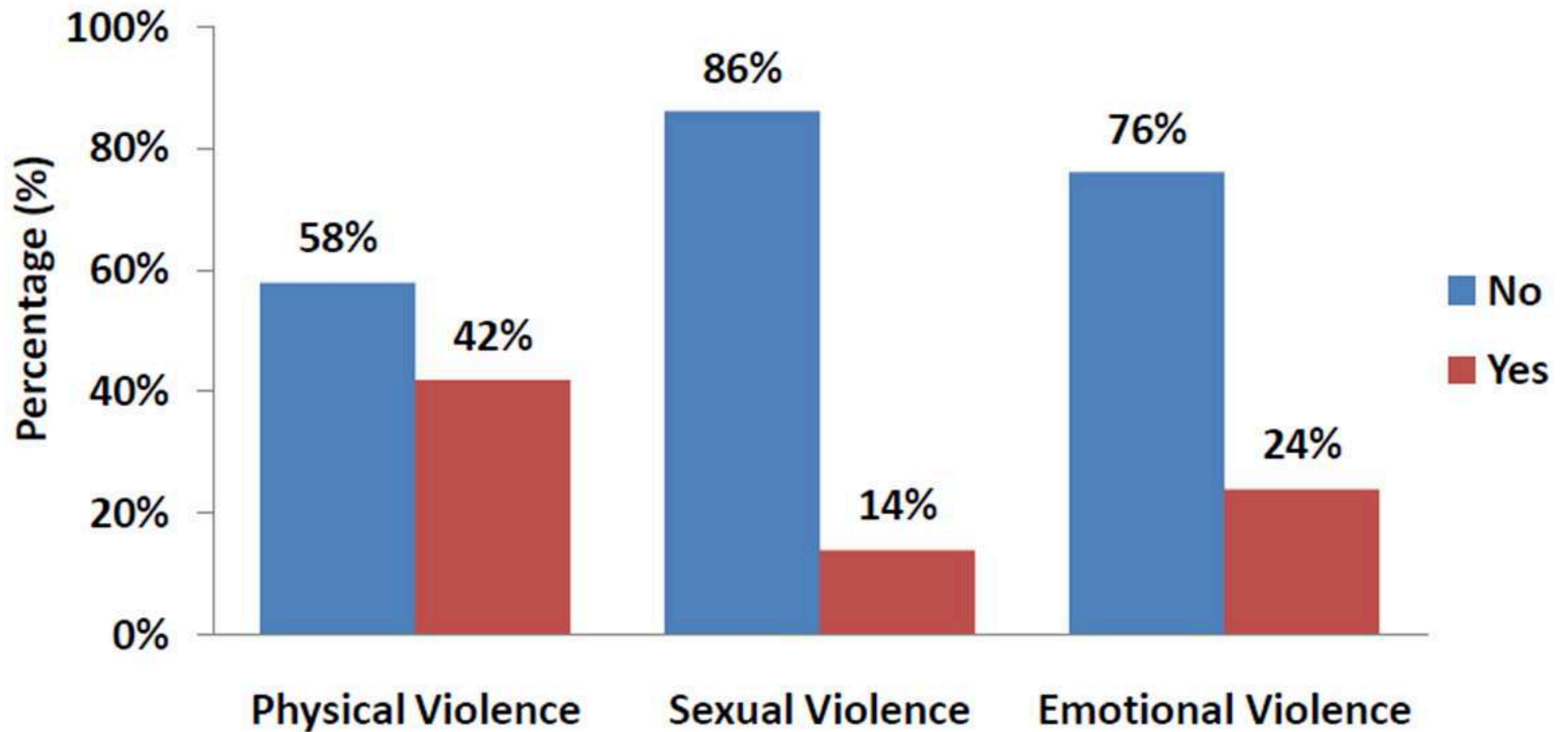


Intimate Partner Violence

Sexual abuse: unwanted sexual activity, with perpetrators using intimidation, power, force, making threats or taking advantage of someone not able to give consent. Most victims and perpetrators are not strangers, they know each other before abuse happened.

Rape: sexual intercourse or any other sexual penetration of the vagina, anus, or mouth of another person, with or without force, by a sex organ, other body part, or foreign object, without the consent of the victim. Against the law.

Domestic Violence Among Women in Kenya



<https://journals.sagepub.com/doi/10.1177/0886260511431437>

What to do if experiencing intimate partner violence?

- **Get to Safety**
- **Tell a trusted person who will help you:**
 - Parent, Family Member
 - Friend
 - Spiritual Leader
 - Teacher
 - Neighbor
- **Report to:**
 - Police/Local Chief
 - Children's Officer
 - Hospital- get examined by health professionals (HIV/Pregnancy)
 - Social Worker/Counselor
- **Seek Professional Counseling for Emotional Healing**
 - Counselor/Psychiatrist
 - Pastor

DO SOMETHING
TO END DOMESTIC VIOLENCE

Urinary Tract Infection

Definition: A Urinary Tract Infection is when bacteria gets into your urine and travels to your bladder ⁴

Symptoms:

- Pain and burning with urination
- An urge to urinate often
- Pain and fullness in the lower abdomen
- Urine smells bad and looks dark and cloudy

Prevention:

- Urinate every time after sex. This helps flush out bacteria.
- Drink plenty of fluids to keep well hydrated
- Don't hold your pee. Always go to the bathroom when you need to.
- Wipe from front to back to keep bacteria around the anus from getting into the vagina or urethra.

Symptoms of a UTI



Pain or a burning feeling when peeing



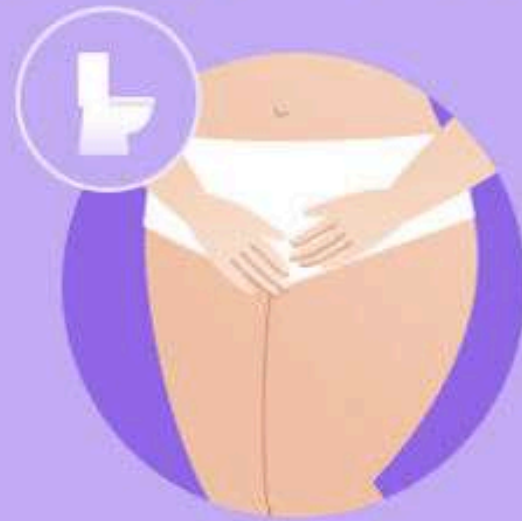
Urine that has an unpleasant smell



Peeing often, but only small amounts



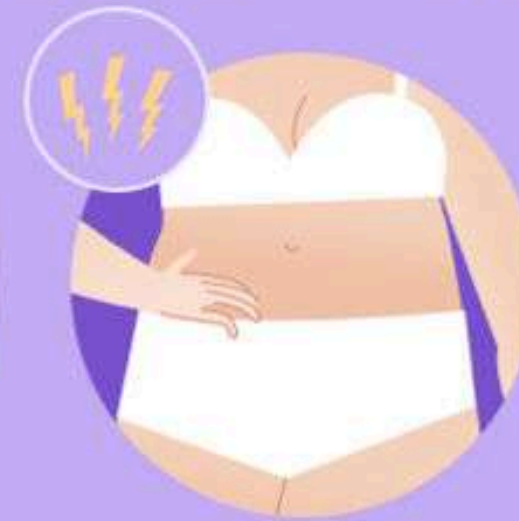
Urine that looks cloudy



Feeling that you need to pee, even if your bladder is empty



Blood in your urine (this might appear as pink, red, or brown)



Pelvic pain



"Urinary Tract Infection (UTI)." Mayo Clinic, 14 Sept. 2022

Cervical Cancer and HPV

Definition: Cervical cancer is caused by a sexually transmitted infection called HPV (Human papilloma virus). HPV causes abnormal cells to grow on the cervix and can cause cancer to grow on the cervix.⁵

Symptoms:

- Vaginal Bleeding in between periods
- Pain with Sex
- Vaginal Bleeding after sex

Prevention:

- Vaccination- The best way to prevent HPV and cervical cancer is to become vaccinated. Girls and boys have the best protection when they receive all doses as recommended before they are exposed to HPV. Girls ages 13-26 and boys ages 13-21 should get the vaccine if they have not received it already.



Vaccination is the best way to prevent cervical Cancer!

Breast Cancer

Definition: Breast Cancer is when abnormal cells grow in the breast causing cancer⁶.

Symptoms:

- New Lumps or Bumps that dont go away
- Hard masses
- Nipple retraction
- New nipple discharge or blood (when you are not pregnant or breastfeeding)
- Breat skin swelling, dimpling, redness
- Non Healing wounds
- Pain in breast

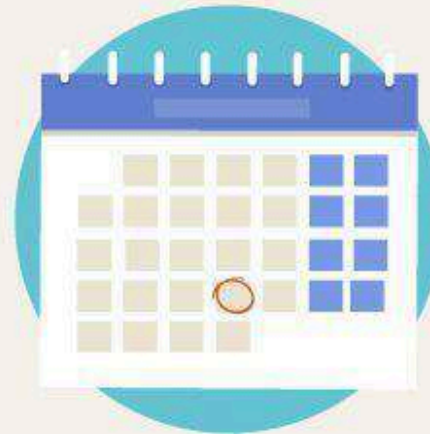
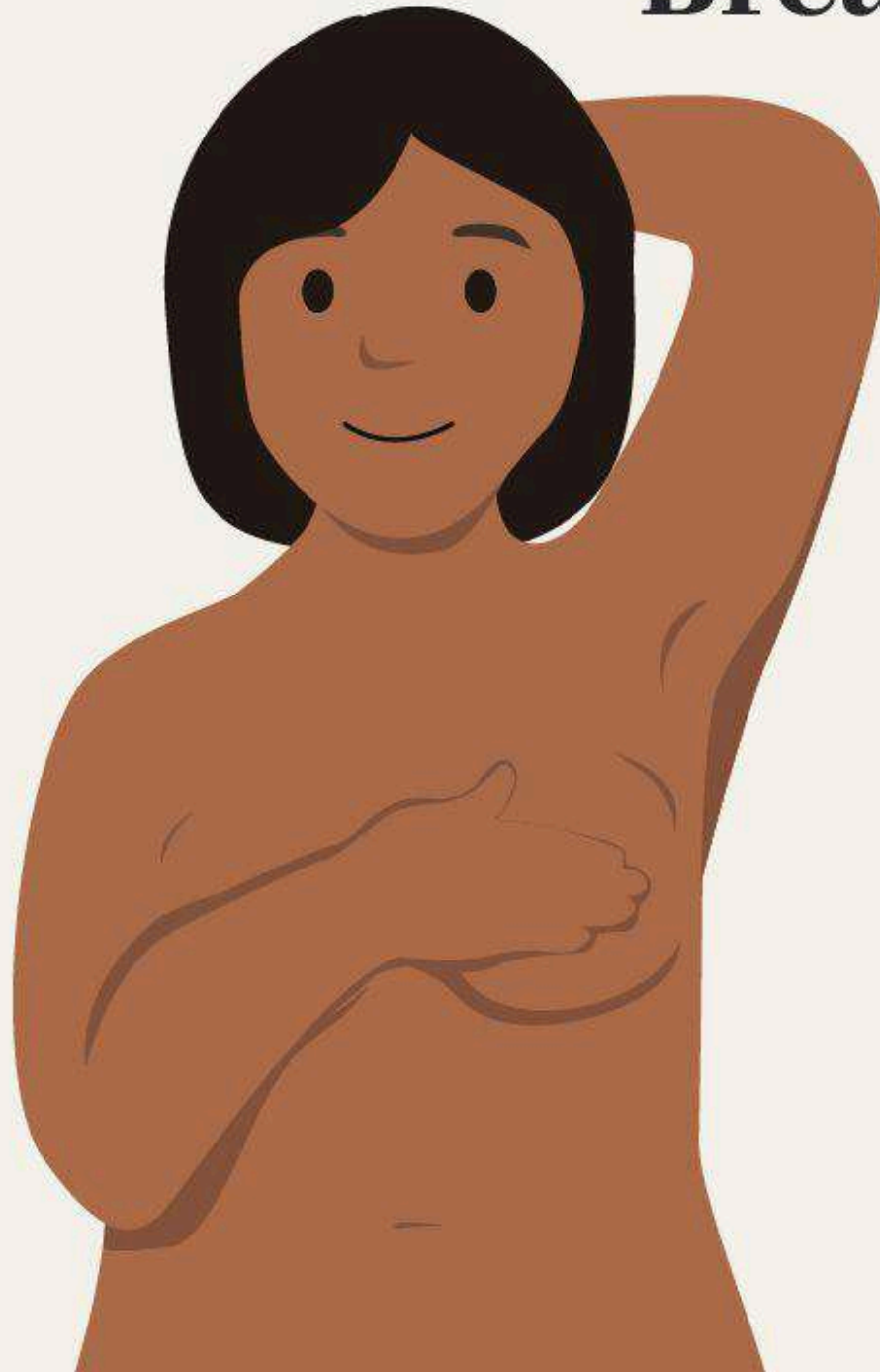


Self-check breast examinations

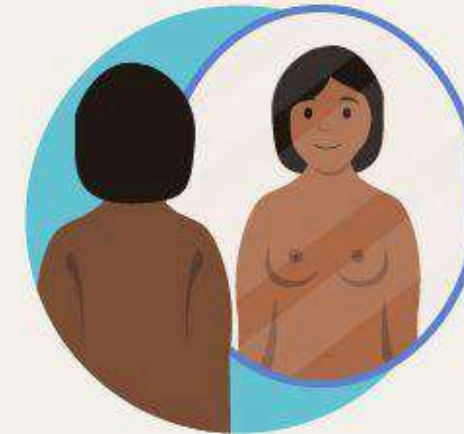
Breast Exam:

1. Use the pads of your fingers to feel around the breasts and under the armpits.
2. Use a circular motion to feel for lumps and bumps.
3. Do this once a month.
4. Go to a doctor if you find anything you haven't noticed before or you have symptoms.

Breast Self-Examination



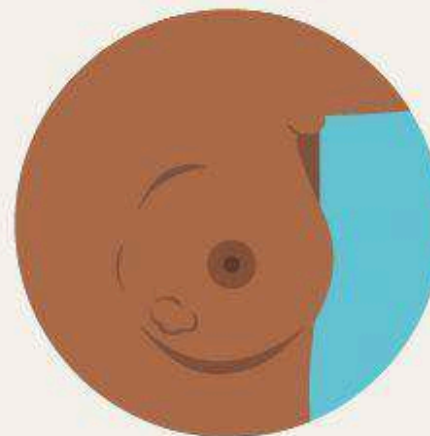
Pick the same time each month.



Look at your breasts in a mirror, with your hands at your sides, then above your head.



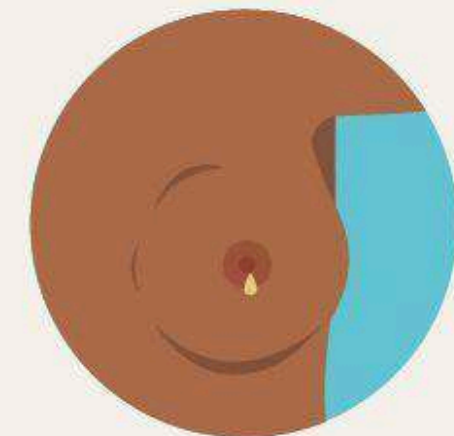
Use the pads of the fingers to feel for any unusual changes around breasts and armpit.



Look and feel for lumps, hardened knots, or other changes—



—signs of swelling, redness, or skin dimpling—



—and changes in the nipples, including appearance, texture, or discharge.



**KUNA
SWALI**

Acknowledgments:

This booklet was compiled by a group of professionals.

1. Eleza Valente, Medical Student RVU
2. Samantha Musyoka-Katia, CEO Entepesi Kenya

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