



The ABCs of Reproductive Health



Random Questions High Schoolers Ask

act:onaid

norsaac



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01

Adolescent Reproductive Health



Acknowledgement

This booklet affirms our strong commitment to promoting access to Sexual and Reproductive Health Rights and services. Adolescents' Sexual Reproductive Health and Rights are crucial for achieving the Sustainable Development Goal (SDGs) three—Good Health and Well-being. This resource is designed to complement the work of the Ghana Health Service and to empower Civil Society Organizations, youth-led organizations, and school health education initiatives. Our goal is to build the capacity of young adolescents and enhance their knowledge and skills regarding SRHR. This remarkable feat has been achieved in conjunction with the GHS and Norsaac.

We deeply appreciate the vital contributions of all involved in creating this booklet, particularly the GHS represented by the Northern Regional Director of Health Service, Dr Braimah Baba Abubakari; Northern Regional Deputy Director of Public Health Service, Dr Hilarius A.K. Abiwu; Adolescent Focal Person for Northern Regional Hospital, Miriam Bonah; Principal Nursing Officer-GHS Central Region (National Family Health Division Unit), Akosua Takyiwaa Kumah Owusu and Senior Nursing Officer-GHS Ashanti Region (National Family Health Division Unit), Obed Amoakwah.

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We would also like to express our gratitude to the ActionAid Ghana team, led by Country Director, John Nkaw. This remarkable group includes Head of Programmes, Campaigns and Innovation, Justin Bayor; Northern Regional Programme Manager, Esther Boateng; Northern Regional Programme Officers, Alia Mumuni and Beatrice Buije; Knowledge and Quality Manager Malik Gbene; Women's Rights Manager, Eugenia Ayishetu Ayagiba and Communications and PR Officer, Jacqueline Parditey. Their unwavering commitment to enhancing access to SRHRs has been crucial to our mission. Thanks to their valuable insights, this booklet not only aligns with the Sustainable Development Goals but also reflects ActionAid Ghana's Country Strategy Paper VII and our shared objectives for social equity.



Adolescent Reproductive Health



Foreword

Adolescents' Sexual Reproductive Health and Rights (SRHR) are crucial for achieving the Sustainable Development Goal (SDGs) three—Good Health and Well-being. It is apparent that in Ghana, there is insufficient access to high-quality SRHR information, education and services including family planning, all of which are important for the realisation and protection of SRHR and for reducing HIV/AIDs, especially among the youth. According to UNICEF, an alarming 82% of girls and 75% of boys lack adequate knowledge about HIV/AIDs and only 27% of sexually active adolescent girls use modern contraceptives. While contraception helps prevent unintended pregnancies, we must also address the associated risks, such as Sexually Transmitted Infections (STIs).

The World Health Organisation (WHO) has reported that childbirth rates among younger adolescents in Ghana surpass the global average of 1.5 per 1,000 women. Access to sexual and reproductive health and services is often impeded by multiple intersecting forms of inequality, stigma and discrimination, thus creating barriers at the individual, interpersonal, community and societal levels. In recognition of these challenges, Ghana implemented its first adolescent reproductive health policy in 2000 to significantly improve SRHR services and outcomes.

As a major contribution to addressing the challenge of Sexual Reproductive Health in Ghana, ActionAid Ghana and Norsaac have been implementing the Young Female Platforms (YFP) program in twenty-six (26) Senior High Schools in the Northern and North-East regions. This initiative has been implemented in collaboration with the Ghana Education Service and the Ghana Health Service. The YFP is focused on empowering young females by enhancing their leadership skills and equipping them with the tools needed to effectively address challenges, particularly in accessing SRHR information and services. It is in support of this that AAG commissioned this document to remedy the challenges associated with adolescent SRHR.



Adolescent Reproductive Health



As a committed gender-focused organisation, ActionAid Ghana strongly believes that this document is essential for improving access to SRHR, as highlighted in our Country Strategy Paper VII and the SDG. This Question-and-Answer Guide is more than just an educational resource; it is a powerful instrument for empowering the youth to take control of their sexual and reproductive health care. By providing critical knowledge about sexual and reproductive rights, we enable them to make informed choices, fostering bodily autonomy and a deep sense of responsibility for their well-being.

This resource document will not only complement the work of the Ghana Health Service but will also empower health focused Civil Society Organisations (CSOs), youth-led organisations and school health outfits among others to build the capacity of young adolescents to improve their knowledge and skills on SRHR. In addition, it will also help them to advocate for increased access to SRH services in their communities and societies. ActionAid Ghana and its partners are confident that this document will play a pivotal role in contributing towards the delivery of safe and quality health services in the country.

John Nkaw, Country Director.

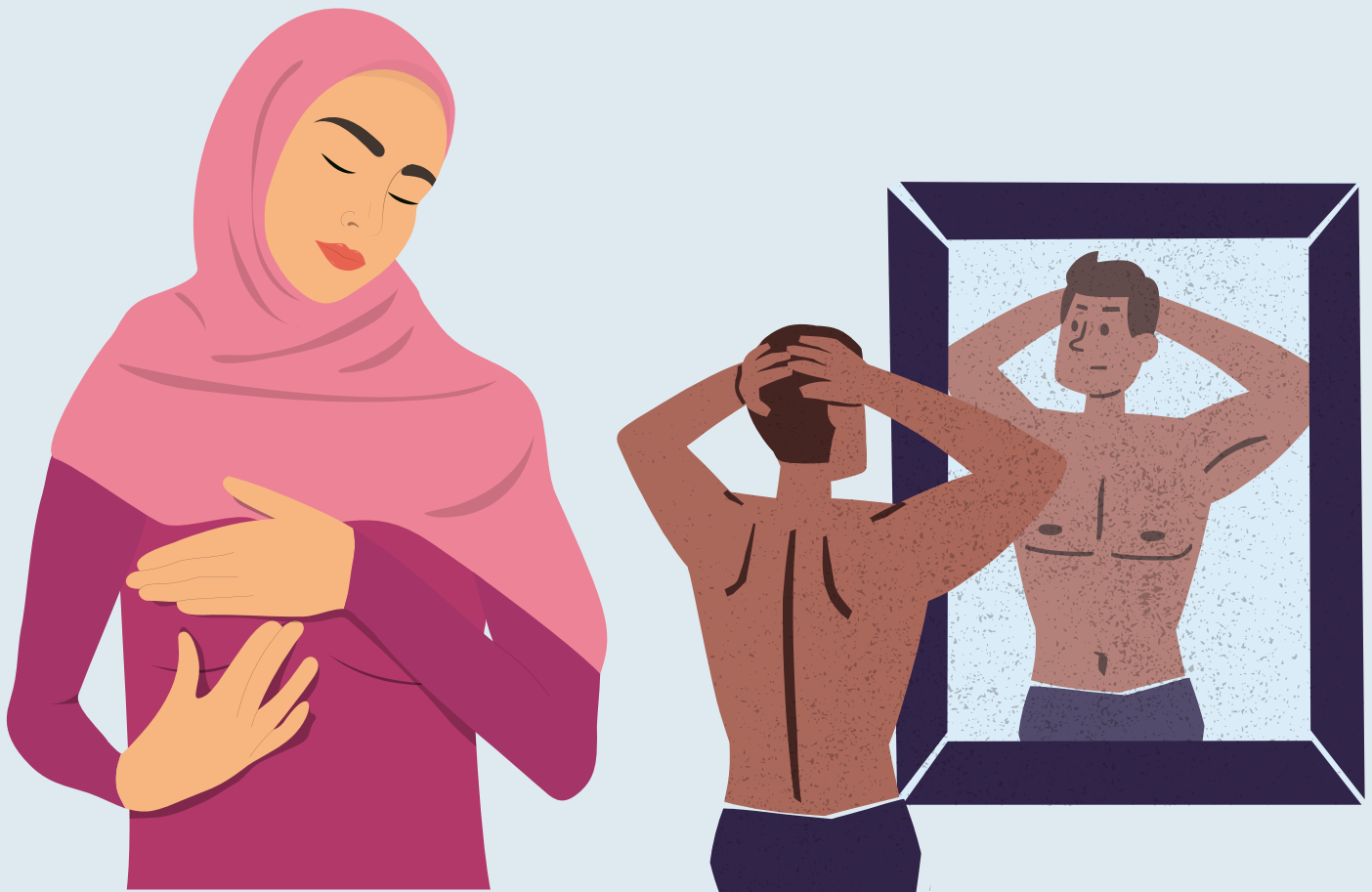


Adolescent Reproductive Health



Abbreviations

AAG -	ActionAid Ghana
CSOs -	Civil Society Organisations
GES -	Ghana Education Service
GHS -	Ghana Health Service
HPV -	Human Papillomavirus Infection
IFA -	Iron and Folic Acid
IUDs -	Intra Utrine Device
PCOS -	Polycystic ovary syndrome
SDGs -	Sustainable Development Goals
SRH -	Sexual and Reproductive Health
SRHR -	Sexual and Reproductive Health Rights
WHO -	World Health Organisation
YFP -	Young Female Platforms program

**BREAST AND SELF - BREAST
EXAMINATION****Self Examination**

Breast and self-breast examination are important for teenagers. By checking their breasts regularly, they can detect any changes early on. Perform the examination once a month, a few days after your period. If you notice any concerns, see a healthcare professional. Taking care of your breast health is essential for your well-being.

1

Can bleaching the skin cause breast cancer especially applying these creams to the breast?

Answer

There is no conclusive evidence that skin bleaching causes breast cancer. However, some bleaching agents have harmful chemicals that can be absorbed into the skin and could pose other health risks.



4

Can your cancer be treated when it gets to an advanced level?

Answer

Treatment options are limited for advanced cancer and are usually aimed at palliative or supportive care. Early detection and treatment are crucial for better outcomes. So, it is advisable to regularly examine your breast and if you find anything unusual including lumps, discharges from the nipple, rashes, etc. report to your healthcare provider

2

How can one prevent breast cancer?

Answer

While you cannot eliminate the risk completely, measures like regular exercise, maintaining a healthy weight, avoiding smoking, and limiting alcohol consumption can help reduce your risk. Regular screenings are also important for early detection

5

How does a breast lump feel like?

Answer

Breast lumps often feel like a hard, movable mass within the breast tissue. However, not all lumps are cancerous. If you find a lump in your breast it is advisable to consult a healthcare provider for an accurate diagnosis.

3

What causes breast cancer?

Answer

The exact cause is unknown, but risk factors include age, family history, hormonal factors, and lifestyle choices like smoking, alcohol and unhealthy diet.

6

What are the side effects of a boy suckling a lady's breast?

Answer

Generally, this activity is not harmful but could be if either party or partner has a transmissible infection or if the woman has certain breast conditions.

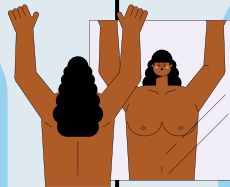


7

If a lady has breast cancer and is breastfeeding a baby, can the baby also get the cancer?

Answer

No, breast cancer itself cannot be transmitted from mother to baby through breastfeeding.



10

Is chest problem a symptom of breast cancer or cancer?

Answer

While chest pain is not a common symptom of breast cancer, any persistent chest discomfort should be evaluated by a healthcare provider to determine what the problem is.

8

Can breast cancer be transmitted directly from one person to another?

Answer

No, breast cancer is not contagious and cannot be transmitted from person to person.

11

Why do we have to do breast self-examinations?

Answer

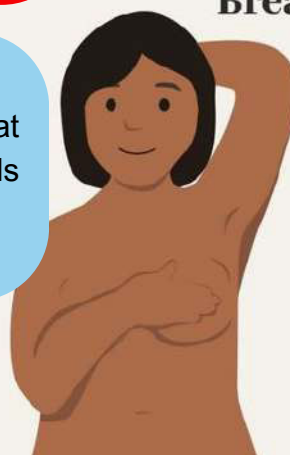
Breast self-examinations help in the early detection of any abnormalities like lumps, which could be indicative of breast cancer or other issues. Early detection often leads to better treatment outcomes.

9

Can wearing underwear such as brassier for prolonged periods of time (more than a week) cause one to develop breast cancer?

Answer

There is no evidence to suggest that wearing bras for extended periods leads to breast cancer.



EVERYDAY HEALTH
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.



1

What are the benefits of using contraceptives?

Contraceptives have many benefits, including preventing unwanted pregnancies, regulating menstrual cycles, reducing menstrual cramps, treating acne, and managing some conditions like polycystic ovary syndrome (PCOS). However, different methods have different benefits.

2

How long does an Intra Uterine Device (IUD) last?

The duration an IUD lasts depends on the type. Copper IUDs can last up to 10 years, while hormonal IUDs can last between 3 to 7 years, depending on the brand.

3

Can missing a contraceptive pill make one pregnant?

Yes, missing a contraceptive pill can increase the risk of pregnancy. If a pill is missed, it's important to take it as soon as remembered and to continue taking the rest of the pills on schedule. Sometimes you may miss a pill, you are advised to use a back up method such as a condom or seek medical advice.

4

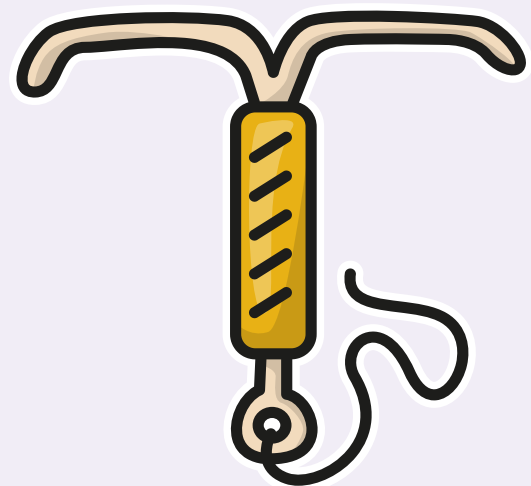
What is an Intra Uterine Device or IUD?

An intrauterine device or IUD is a small, T-shaped piece of plastic that is inserted into the uterus to prevent pregnancy. There are two types of IUDs: copper IUDs, which release copper to stop the egg from fertilizing, and hormonal IUDs, which release progestin to thicken cervical mucus and thin the uterine lining.

5

Can contraceptives cause cervical cancer?

Some research suggests a link between long-term use of oral contraceptives and an increased risk of cervical cancer. However, other factors like human papillomavirus (HPV) infection play a significant role. It's important to have regular cervical screenings (smear tests) to detect any changes early.



An Intra Uterine Device or IUD

6

What are the effects of emergency contraceptives on reproductive health?

Emergency contraceptives are safe and do not harm future fertility. However, they should not be used as a regular form of contraception. Regular use can lead to side effects such as menstrual irregularities. Emergency contraceptive as the name suggest should be used for emergency and not an every day or regular usage. According to the family planning guidelines of the Ministry of Health, it is not advisable to take emergency contraceptives more than 2 times in a year.

7

Is IFA a contraceptive?

No, IFA (Iron and Folic Acid) supplements are not contraceptives. They are used to prevent and treat iron-deficiency anemia, and to provide essential nutrients during pregnancy.

8

Why is it painful during insertion of contraceptive tube?

The insertion of an IUD can cause discomfort or pain because the device has to be passed through the cervix and into the uterus. Some people might experience cramping or pain during and after the procedure. If severe pain continues after insertion, it's important to consult a healthcare provider.

9

Would your virginity break if you lie down and insert a tube?

The concept of virginity is not medical but cultural, and is often associated with the breaking of the hymen. However, the hymen can be stretched or torn by many activities, including the insertion of a tampon, menstrual cup, or medical device like a speculum. It's also important to know that not all people are born with substantial hymenal tissue, and an intact hymen does not necessarily signify virginity.

10

Do contraceptives cause infertility?

No, contraceptives do not cause infertility. While it may take a few months for fertility to return to normal after stopping hormonal contraceptives, they do not have a long-term impact on fertility.

11

How do you use a female condom?

A female condom is inserted into the vagina before sex. Here are the steps: Check the expiry date and ensure that there is air. Open the package carefully, relax and find a comfortable position, hold the condom at the closed end and squeeze the sides of the inner ring together, insert it into the vagina like a tampon, push the inner ring into the vagina as far as it will go, make sure the condom is not twisted and that the outer ring is outside the vagina. The lady has to hold the condom in place. Also wash your hands before and after insertion.

12 Can one stop a contraceptive before its time (i.e. 5 years)?

Yes, you can stop using a contraceptive at any time. If you have an IUD or implant that is intended to be used for a number of years, you would need to have it removed by a healthcare provider.

13 Can contraceptives be used for abortion?

No, contraceptives are designed to prevent pregnancy, not to terminate an existing pregnancy. There are specific medications for medically induced abortion, but they should be taken under the guidance of a healthcare provider.

14 How does the female condom look like?

A female condom, also known as an internal condom, is a pouch made of soft plastic (nitrile or polyurethane) that fits inside the vagina. It has a flexible ring at each end: one ring is closed and goes inside the vagina to hold the condom in place, while the other ring stays outside the vagina and covers part of the external genitalia.



Condom

15 Are contraceptives reliable?

Yes, most forms of contraceptives are very reliable when used correctly. However, the effectiveness can vary depending on the type of contraception and how consistently and correctly it's used. For example, the birth control pill is over 99% effective with perfect use, but with typical use (taking into account that people can sometimes forget to take a pill) the effectiveness is about 91%. It's important to choose a form of contraception that fits with your lifestyle and to use it as directed to ensure it's as effective as possible.

17 Does Family Planning expire?

Yes. If by "expire" you mean "stop working," it depends on the method of family planning. Some methods, like condoms, have an expiration date after which they should not be used. Other methods, like birth control pills, need to be taken consistently to work effectively. Long-term methods like the IUD or implant remain effective for a number of years but must be replaced after their lifespan ends.

18 Why did my menses come early after taking contraceptives?

Hormonal contraceptives can sometimes alter your menstrual cycle, making your period come earlier or later than usual. If this becomes a concern, consult a healthcare provider.

19

If you do Family Planning will you still be menstruating?

Most forms of hormonal contraception, which are often used for family planning, can affect your menstrual cycle. Some may cause lighter and less painful periods, some may cause irregular bleeding, and some may stop your periods altogether while you're using them. The effects vary depending on the specific method of contraception and the individual.

20

What causes continuous bleeding after family planning?

Some forms of contraception, especially when first started, can cause irregular bleeding or spotting. This side effect is typically temporary and tends to improve after a few months. However, if you're experiencing persistent or heavy bleeding, it's a good idea to speak with your healthcare provider to ensure it's not a sign of a more serious problem.

21

How long after starting the pill can one be prevented from getting pregnant?

The effectiveness of contraceptive pills varies. Some types begin to work immediately if taken on the first day of your menstrual cycle. Others may require up to seven days to become effective. Consult a healthcare provider for personalized advice.

22

If you are bleeding when you have FP (family planning) can you get pregnant?

Bleeding during family planning, or while on birth control, does not necessarily mean that you can get pregnant. However, irregular bleeding can sometimes be a sign that your contraceptive method is not working as it should, especially if you are not using it correctly or consistently. If you're experiencing irregular bleeding while using birth control and are concerned about pregnancy, it's a good idea to consult a healthcare provider.

23

How often can you use postinor-2?

Postinor-2 is an emergency contraceptive pill (also known as a morning-after pill) that is intended for occasional use, not as a regular form of contraception. It can be taken within 72 hours (3 days) after unprotected sex or contraceptive failure to prevent pregnancy. However, it's most effective if taken as soon as possible after unprotected sex. Repeated use of emergency contraception can lead to side effects like menstrual irregularities. For regular contraception, it's better to use a more reliable method, such as birth control pills, an IUD, or a contraceptive implant. Always consult a healthcare provider for advice on contraception.

Introduction

Good hygiene is more than just looking and smelling nice—it plays a vital role in your social interactions and self-esteem. By practicing regular bathing, washing your face, and maintaining oral hygiene, you can feel fresh and confident throughout the day. Plus, taking care of your body helps prevent illness and promotes better health.



Below are some questions teenagers ask about their hygiene and answers provided by professionals.

01

What is the ideal way of disposing of sanitary pads?



The best way to dispose of sanitary pads is to wrap them in toilet paper or a sanitary pad wrapper and throw them in a trash can (dust bin). They should not be flushed down the water closets(WC) as they can cause blockages.

02

How long should I wear a pad?

It's recommended to change your pad every 4-8 hours, even if it's not full. This helps to prevent odor and infection.



03

Is it advisable to use ointments for vagina hygiene?

The vagina is self-cleaning and generally doesn't need special products like douches or washes. Using these products can disrupt the natural balance of bacteria and yeast in the vagina and may increase the risk of infections. If you're experiencing discomfort or unusual symptoms, it's best to consult a healthcare provider.

04

What is the best way to wash your private part?



It's important to keep the genital area clean to maintain good hygiene. For most people, washing with warm water and mild, unscented soap is sufficient. Avoid using strong soaps, douches, or other products that can disrupt the natural balance of bacteria in the vagina and lead to irritation or infection. Rinse thoroughly and pat dry with a clean towel. After using the toilet, the anus should be cleaned from front to back to prevent getting infections.

05

If you have been using hard water to wash your private parts, will you get an infection?

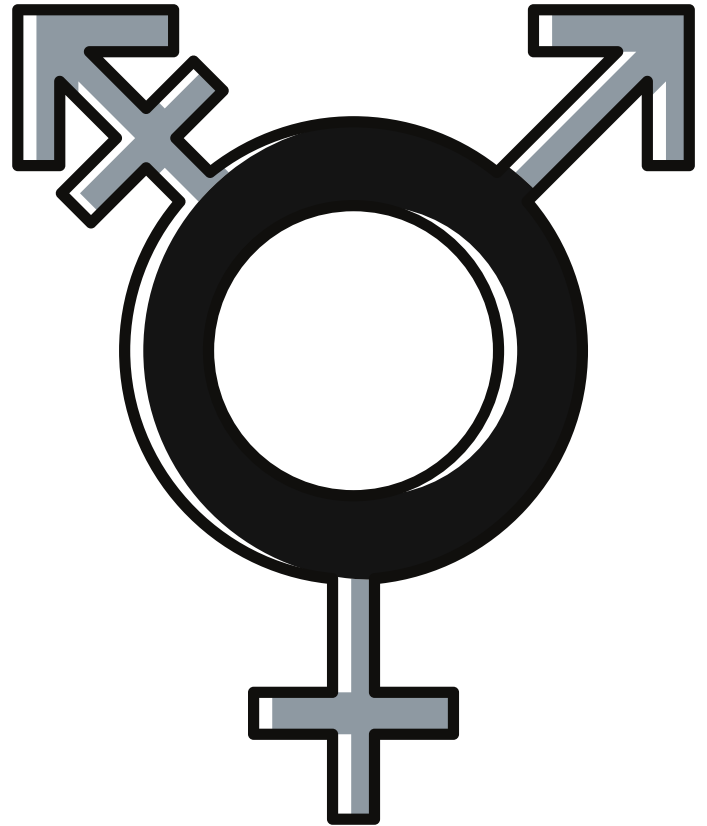
There is no concrete evidence to suggest that using hard water would directly lead to an infection. However, it can be irritating to sensitive skin.

06

Should I wash disposable sanitary pads before throwing them away?



No, you do not need to wash disposable sanitary pads before disposal. They should be wrapped in toilet paper or a sanitary pad wrapper and thrown in a trash can (dust bin).



Questions Teenagers ask about Masturbation

Is it normal to masturbate?



Yes, masturbation is a normal sexual activity that many people engage in. It is generally considered a safe way to explore your body, feel pleasure, and release built-up sexual tension. However, in most religions including Islam and Christianity it is considered a sin or an unacceptable practice. So, when in doubt consult your mentors or a counsellor.

Can a health service provider tell if you have been masturbating?



Generally, no. Masturbation is a private activity, and there are no specific physical signs that a healthcare provider can use to determine if you have been masturbating.

What are the potential side effects of masturbating?



Masturbation is generally considered safe and healthy. Excessive masturbation, however, may lead to soreness or chafing and could interfere with daily activities and responsibilities.

Does masturbating affect my sexual health?



Masturbation is generally considered a normal and healthy sexual activity. It can help you understand your own body and what feels sexually satisfying to you. While this is so scientifically, please note that most religions including Islam and Christianity don't consider this as a good practice.

Is masturbating a mental health issue?



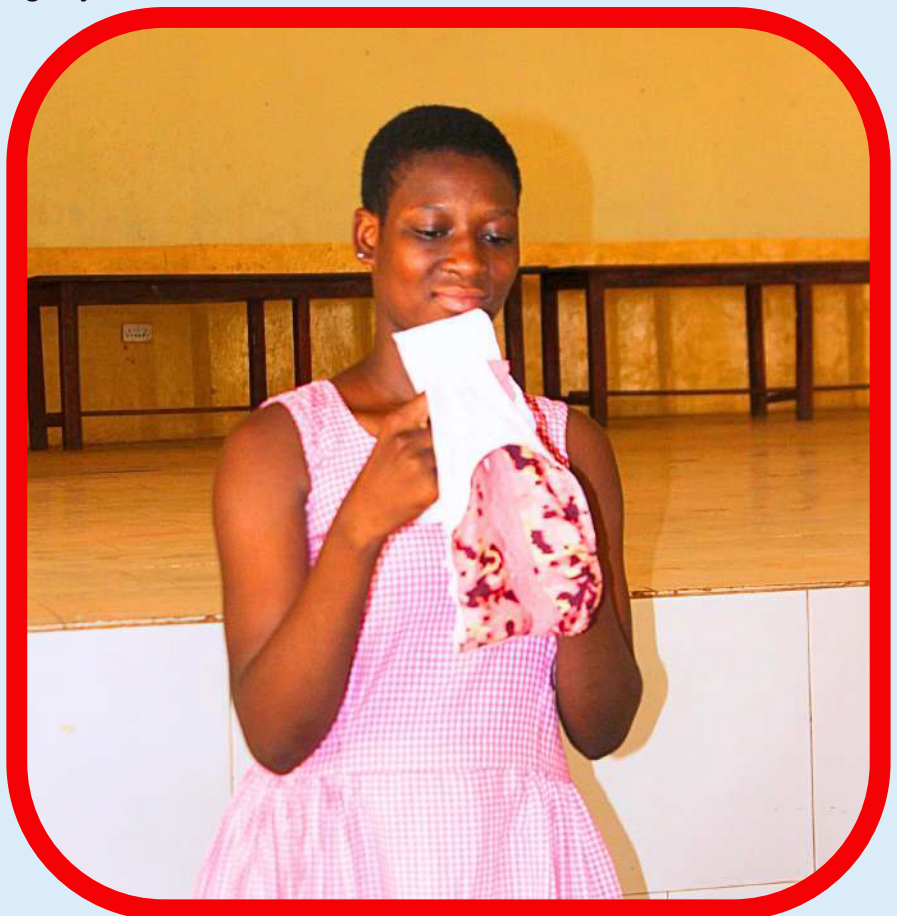
Masturbation is generally not considered a mental health issue unless it hampers daily functioning, such as work or school activities, or if it becomes a compulsive behavior that causes distress or if the person is not able to control herself or himself when the urge comes. Please note that most religions including Islam and Christianity doesn't consider this as a good practice.

Introduction

Menstruation, also known as a period, is a natural process that occurs in females of reproductive age. It involves the shedding of the uterine lining, resulting in the monthly release of blood and tissue from the body through the vagina. Menstruation typically lasts for a few days to a week and is a sign that a person's reproductive system is healthy and functioning properly.

While it is a normal part of life, menstruation can sometimes come with discomfort or symptoms like cramps, bloating, mood swings, or fatigue. It is important for individuals to have access to menstrual products and proper hygiene practices during this time. Open conversations and education about menstruation play a crucial role in reducing stigma and ensuring that everyone has the information and support they need to manage their periods with confidence and dignity.

A student showcasing how to use a sanitary pad at a girls' club meeting



Question and Answers about menstruation

01

What are the indicators of a girl reaching her menstrual age?



Some signs that a girl is reaching puberty and may soon start her period include breast development, growth of pubic and underarm hair, rapid height growth or "growth spurt", and increased body odor. The first period usually comes about two years after the breasts start to develop.

02

What are the indicators of a girl reaching her menstrual age?

Menstrual cramps, or dysmenorrhea, are caused by the contraction of the uterus to help expel its lining during your period. Prostaglandins, hormone-like substances involved in pain and inflammation, trigger the uterine muscle contractions. However, not all menstrual pains are normal. Conditions such as Fibroids,(Fibroids at the pubertal stage is uncommon) ovarian cyst can also cause pains during menses. These abnormalities would require medical treatment.

03

What are the normal durations of menstruation?

The average menstrual period lasts from 3 to 7 days. However, it can vary from person to person, and from month to month. Menstrual days outside this range may need medical consultation.



04

Is menstrual pain a normal occurrence?

Yes, menstrual pain or cramps are a normal part of the menstrual cycle for many women. However, severe or debilitating pain is not normal and should be evaluated by a healthcare provider.

05

Are pain relievers effective for easing menstrual pains?

Yes, over-the-counter pain relievers can often help relieve menstrual cramps. The use of these medications should be prescribed by a healthcare provider.



06

Is it normal for a woman to have two menstrual cycles in a month?

It's not typical to have two full menstrual cycles in a month, and it could be a sign of a shorter than average menstrual cycle, hormonal imbalance, or other medical conditions. If this happens regularly, it is advised to seek medical attention.

07

Can sexual activity alleviate menstrual pain?

Some people find that sexual activity, including orgasm, can help relieve menstrual cramps. This is because orgasms cause the release of endorphins, your body's natural painkillers.

08

Is it normal to experience itching of the vagina before menstruating?

Some women might experience minor changes, including slight itching, due to hormonal shifts before menstruation. However, if the itching is persistent, severe, or accompanied by other symptoms like discharge or odor, it could be a sign of an infection or other medical condition.



09

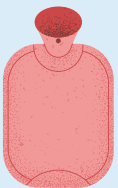
What is the cause of vaginal discomfort outside of menstruation?

Vaginal discomfort outside of menstruation can have many causes, including infections like yeast or bacterial vaginosis, sexually transmitted infections, allergies to soaps or detergents, menopause, and certain skin conditions.

10

What can a young girl do when she is having menstrual pains?

If you're dealing with menstrual cramps, you have several options to help manage the pain:



Heat Therapy: Putting a hot water bottle or heating pad on your lower belly can relax the muscles and help with the pain.



Pain Relievers: Medicines like ibuprofen can help, but it's good to talk to a healthcare provider to make sure you're taking the right amount.



Stay Hydrated: Drinking lots of water can help, and some foods like bananas or ginger might also ease cramps.



Light Exercise: It might sound tough, but a little bit of physical activity like walking or yoga can actually make you feel better.



Rest Up: Sometimes, the best thing to do is just take it easy. Lying down in a comfortable position can help your body relax.



See a Doctor: If the pain is really bad and doesn't go away, it's important to talk to a healthcare provider because it could be a sign of something more serious.

Remember, everyone's different, so you might need to try a few things to see what works best for you.

11

What is the link between premenstrual syndrome and acne(pimples)?



Hormonal changes during the menstrual cycle can lead to increased oil production in the skin, which can cause acne breakouts. This is why some people experience acne flare-ups in the days leading up to their period(menses).

12

Is it possible to miss a menstrual cycle in a given month?

Yes, it's possible to miss a menstrual cycle for a variety of reasons including stress, illness, changes in weight or exercise habits, or certain medical conditions. If you miss more than one period and are sexually active, it's a good idea to take a pregnancy test.

13

What is the ideal way of disposing sanitary pads?

The best way to dispose off sanitary pads is to wrap them in toilet paper or a sanitary pad wrapper and throw them in a trash can (dust bin). They should not be flushed down the water closets(WC) as they can cause blockages.

14

Why do females menstruate?

Females menstruate as part of the menstrual cycle, which prepares the body for potential pregnancy. If no pregnancy occurs, the lining of the uterus, which had thickened to support a possible pregnancy, sheds through the vagina. This shedding is menstruation.

15

Should I wash disposable sanitary pads before throwing them away?

No, you do not need to wash disposable sanitary pads before disposal. They should be wrapped in toilet paper or a sanitary pad wrapper and thrown in a trash can (dust bin).

16

Is it normal to see discharge of blood clots during menses?



Yes, it is normal to pass small blood clots during menstruation. These clots are simply blood that has coagulated, or clumped together. However, passing large clots or having a heavy flow can sometimes indicate a problem

17

Is it normal to see dark fluid after menstruation?

Yes, it can be normal. The color of menstrual blood can range from bright red to dark brown, especially towards the end of the period. Dark brown or black blood is usually older and slower to leave the uterus.

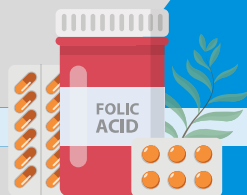
18

How long should I wear a pad?

It's recommended to change your pad every 4-8 hours, even if it's not full. This helps to prevent odor and infection.

19

Is it advisable to take folic acid or IFA during menstruation?



Yes, it's safe to take folic acid or Iron and Folic Acid (IFA) supplements during menstruation. In fact, it can help replenish iron lost through menstrual bleeding.

20

Is it normal to miss your menses?

Yes, it can be normal to occasionally miss a period due to stress, illness, changes in weight or exercise habits, or certain medical conditions. However, missing multiple periods in a row should be evaluated by a healthcare provider.

21

How often does one menstruate in a month?

Most people menstruate once a month. The average menstrual cycle is about 28 days, but it can range from 21 to 35 days.

22

At what age does menstruation start?

The average age for a girl to get her first period in the U.S. is 12, but the range of age is about 8 to 15 years.

18

Is it normal to feel pains after menses?

Mild discomfort or pelvic pain can continue for a day or two after menstruation or a period ends in some people. However, if the pain is severe, lasts longer, or comes with other symptoms, it may indicate a medical condition such as endometriosis or fibroids, and should be evaluated by a healthcare provider.

23

Are clots in menstrual blood normal?

Yes, small blood clots are normal during menstruation. These are just part of the uterine lining that has shed. If you're frequently having large clots or your menstrual flow is very heavy, it's a good idea to check in with your healthcare provider.

24

Does the food we take have influence on the blood flow during menstruation?

While diet doesn't directly affect menstrual flow, certain foods can influence the overall health of your menstrual cycle. For example, a diet high in salt can increase water retention and bloating, while caffeinated and sugary foods may worsen menstrual symptoms like mood swings.

25

Are there suggested diets to take during menstruation?

During menstruation, it's generally suggested to maintain a balanced diet with plenty of fruits, vegetables, lean proteins, and whole grains. Some people find that eating iron-rich foods helps to replace the iron lost through menstrual bleeding.

26

Can you take milk while menstruating?

Yes, it's perfectly safe to drink milk during your period. In fact, the calcium in milk can help with menstrual cramps and mood swings.

27

Can you donate blood while menstruating?

Yes, you can donate blood during your period. However, if you're feeling weak or light-headed, it might be better to wait until after your period is over.

28

Does sitting on the laps of guys or kissing ease menstrual cramps?

There's no scientific evidence to suggest that sitting on someone's lap or kissing would have any effect on menstrual cramps.

29

Can one menstruate through their hands?

No, menstruation is the shedding of the lining of the uterus, which exits the body through the vagina. It is not possible to menstruate through any other part of the body.

30

What is the safe period during menstruation?

The "safe period" refers to the time in a woman's menstrual cycle when pregnancy is least likely to occur if she has unprotected sex. It's typically the time immediately before and after menstruation. However, this is not a reliable method of contraception as menstrual cycles can vary and sperm can live in the body for several days.

31

Is it advisable to have sex during menstruation?

It's generally safe to have sex during menstruation if both partners are comfortable with it. However, it's still important to use protection to prevent sexually transmitted infections and pregnancy, as it's still possible to get pregnant during your period.

32

Is it normal to see blood after menstruating over a week?

Some women may experience spotting or light bleeding between periods, which could appear as blood after menstruation has ended. If it happens occasionally, it's usually not a cause for concern. However, if it happens frequently, it's best to consult with a healthcare provider.

33

Is it normal to menstruate for only two days?

Yes, it's normal for some people to have a short menstrual period that lasts only two or three days. Menstrual periods can vary in length from person to person. The generally accepted range is 3-7 days.

34

Does menstrual blood cure acne?

No, menstrual blood does not cure acne. Acne is caused by a combination of factors including excess oil production, clogged pores, inflammation, and bacteria. It's best treated with proper skincare and, in some cases, medication prescribed by a healthcare provider.

35

Should you be scared or afraid if your blood doesn't flow healthily?

If you notice a change in your menstrual flow, such as it becoming much heavier or lighter than usual, it's a good idea to consult with a healthcare provider. Changes in menstrual flow can sometimes be a sign of a health issue, but they can also be normal.

36

Is it advisable to carry a pad with you even when you are not in your menses?

Yes, it's a good idea to carry a pad or other menstrual product with you, just in case your period starts unexpectedly or someone else needs one.

37

What causes dark blood flow during menses?

Dark or brown menstrual blood is usually simply older blood that has taken longer to leave the uterus and has had time to oxidize, which changes its color. It's typically seen at the beginning or end of a period.

38

Do pregnant women menstruate?

No, menstruation does not occur during pregnancy. Some women may have spotting or light bleeding, especially in the early stages of pregnancy, but this is not the same as a menstrual period.

39

Is it normal for a lady to menstruate for 3 days even if the blood is scanty?

Yes, it can be normal. Menstrual cycles can vary greatly from person to person. Some women may have a period that lasts for 3 days, while others may have a period that lasts up to a week. The amount of blood can also vary. As long as your menstrual cycle is relatively consistent and you're not experiencing any other unusual symptoms (like severe pain or very heavy bleeding), it's likely normal. If you have concerns about your period, it's a good idea to consult with a healthcare provider.

40

If you have sex right after your period, can you become pregnant?

Yes, it's possible to get pregnant if you have sex right after your period. Sperm can live inside the female body for up to five days, so if you ovulate soon after your period, it's possible for a sperm to fertilize an egg. If you want to avoid pregnancy, it's important to use contraception consistently, regardless of where you are in your menstrual cycle.

41

Is it normal that during your menses you don't see the blood for some days?

It's normal for the flow of your period to vary from day to day. Some people may have a heavier flow at the beginning of their period and then it becomes lighter. However, if you're noticing that your period stops completely and then starts again, or if your periods are consistently irregular, it's a good idea to talk to a healthcare provider.

42

What happens when you are menstruating and you use cloth?

If by "cloth" you mean a piece of cloth used for menstrual hygiene, it's important to keep it clean to prevent infection. The cloth should be washed with soap and clean water and dried in the sun if possible. If you don't have access to sanitary pads or tampons, a clean cloth can be a temporary solution, but it may not be as absorbent and may need to be changed more frequently to prevent leaks and maintain hygiene.

43

If you do Family Planning will you still be menstruating?

Most forms of hormonal contraception, which are often used for family planning, can affect your menstrual cycle. Some may cause lighter and less painful periods, some may cause irregular bleeding, and some may stop your periods altogether while you're using them. The effects vary depending on the specific method of contraception and the individual.

44

Is it normal not to menstruate for two months and menses come the following month?

Menstrual cycles can vary from person to person, but most people have a period every 24 to 38 days. If you regularly have cycles longer than this, or if your cycles are unpredictable, it's a good idea to talk to a healthcare provider. There can be many causes of irregular periods, including stress, weight changes, certain medical conditions, and pregnancy. In the early stages of adolescence' menstruation may be irregular because the young girl is not ovulating.

47

How do you calculate your menstrual cycle? And why are the days changing or why do they differ?

The menstrual cycle is typically calculated from the first day of one period to the first day of the next period. The average menstrual cycle is 28 days, but it can vary from 21 to 35 days in adults. Various factors can affect the length of your cycle, including stress, changes in weight or exercise habits, certain medical conditions, and aging. It's perfectly normal for the length of your cycle to vary slightly from month to month.

45

Is it normal not to menstruate for six months?

Going six months without a menstrual period, unless due to pregnancy, breastfeeding, or menopause, is not typically considered normal and could be a sign of a medical condition called amenorrhea. Various factors can cause amenorrhea, including stress, significant weight loss or gain, certain medications, and underlying health problems like polycystic ovary syndrome (PCOS) or issues with the pituitary or thyroid glands. If you've missed your period for six months, it's important to consult a healthcare provider.



48

Is there a specific day/date for every individual to menstruate?

The timing of menstruation varies from person to person and can also vary for each individual from cycle to cycle. It's determined by the menstrual cycle, which is regulated by a complex interplay of hormones. On average, a menstrual cycle is around 28 days, but it can range from 21 to 35 days in adults and from 21 to 45 days in young teens or adolescents.

46

Is it normal for a girl to vomit during her period?

While nausea and vomiting are not common menstrual symptoms, some girls do experience them due to hormonal changes. However, if your symptoms are severe, it is advisable to consult a healthcare provider for care.

49

It is said that when you don't have specific days/date for your periods you are likely to have a miscarriage in the future. So we are advised to use drugs like "Araba Bazin Tablet"

It's not accurate to say that having irregular periods means you're likely to have a miscarriage in the future. While irregular periods can sometimes indicate hormonal imbalances or other medical conditions that could potentially affect fertility, they don't directly cause miscarriage. If you're having irregular periods and are concerned about it, it's a good idea to consult a healthcare provider rather than self-medicating.

50

How do you manage your menstrual cycle?

Managing your menstrual cycle often involves tracking your periods, managing symptoms like pain or heavy bleeding, and practicing good hygiene during your period. Over-the-counter pain relievers can help with cramps, and using sanitary pads, tampons, or menstrual cups can help manage bleeding. Regular exercise and a healthy diet can also help manage menstrual symptoms. If you're having issues with your menstrual cycle, it's a good idea to talk to a healthcare provider.

51

Is it normal to have irregular menses?

Irregular periods can be normal, especially during puberty and perimenopause. However, if you're of reproductive age and your periods are consistently irregular, it could be a sign of a medical condition like polycystic ovary syndrome (PCOS) or a thyroid disorder. If you're concerned about irregular periods, it's a good idea to consult a healthcare provider.

52

Why does our breast become painful during menses?

Breast tenderness during your menstrual cycle is often caused by hormonal fluctuations. The hormones estrogen and progesterone can cause the breast ducts and milk glands to swell, leading to discomfort or pain. This usually occurs in the days leading up to your period and should resolve once the period starts.



53

What are some of the myths around menstrual hygiene?

You Can't Exercise During Your Period: Totally false; exercise can actually help alleviate cramps.

Menstruating Women Are 'Dirty': This is an old myth that has no basis in fact. Menstruation is a normal biological process.

You Can't Swim While on Your Period: With proper sanitary protection, you absolutely can.

PMS is Made Up: Nope, PMS (Pre-Menstrual Syndrome) is real and can have various physical and emotional symptoms.

54



54

When your libido gets high during your menstrual period, what should a young girl do at that critical moment?

Hormonal changes during menstruation can affect libido. It is natural, but if it causes distress, consider talking to a healthcare provider for advice tailored to your needs.



55

Is it true that a girl can menstruate through her teeth/hand?

No, it is not true. Menstruation is the process of the body shedding the lining of the uterus (womb) through the vagina. It does not occur through other parts of the body like the teeth or hand.

56

Can eating milo or milk stop menstruation?

No, consuming milk or milo will not stop menstruation. Menstruation is regulated by hormones, not by specific foods. However, if you observe that taking any of these foods interfere with your menses, you should avoid it.

57

How do you determine your last menstrual period (LMP)?

Your Last Menstrual Period (LMP) is the first day of your most recent menstrual period. It is important for calculating the due date if you become pregnant and is often used as a reference point in medical evaluations. It could also be used to determine safe periods.

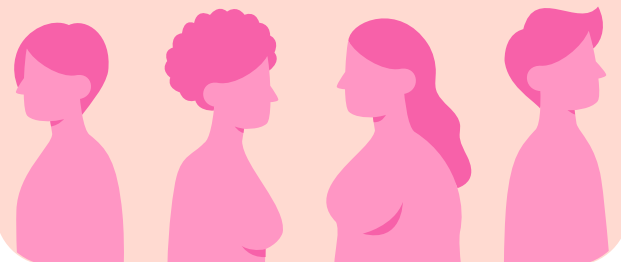
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What do you do when you don't get your period?

If you miss a period and you have been sexually active, there is a chance you could be pregnant, take a pregnancy test. If you are not pregnant and miss more than one period, or if you have other symptoms, consult a healthcare provider.

54

MENSTRUAL HYGIENE IS A HUMAN RIGHT



59

After menstruation, how do I keep myself?

Maintain good hygiene by regularly cleaning the genital area (but not inside) with mild soap and water. Also, continue to monitor your body for any changes or symptoms that may require medical attention.

Introduction

Mental health is a crucial aspect of teenagers' overall well-being. Adolescence can be a time of significant emotional and psychological changes, making it important to pay attention to their mental health needs.

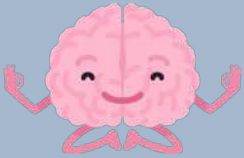
Teenagers may face various challenges that can impact their mental well-being, such as academic stress, peer pressure, body image concerns, social media influence, and hormonal changes. It is important for parents, caregivers, and educators to create a safe and supportive environment where teenagers feel comfortable discussing their feelings and seeking help when needed.

Promoting positive mental health in teenagers involves encouraging open communication, teaching healthy coping mechanisms, and providing access to mental health resources.



Some Questions Young People Asked about Mental Health

01 Is masturbating a mental health issue?



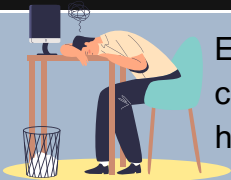
Masturbation is generally not considered a mental health issue unless it hampers daily functioning, such as work or school activities, or if it becomes a compulsive behaviour that causes distress or if the person is not able to control herself or himself when the urge comes. Please note that most religions including Islam and Christianity don't consider this as a good practice.

02 How can I manage depression?

Management of depression often involves a combination of medication, psychotherapy, lifestyle changes, and support from loved ones. If you suspect you have depression, consult a healthcare provider for a proper diagnosis and treatment plan.



03 How can I manage stress?



Exercise, relaxation techniques like deep breathing, and talking to friends or counselors can help manage stress. If stress becomes overwhelming, consult a healthcare provider for more targeted treatment.

04 How do I deal with low self-esteem?

Strategies may include practicing positive self-talk and engaging in activities that boost your confidence. Support from loved ones can also help. One may also talk to a therapist. Kindly note that there are no medications that boost self-confidence.



Introduction

Knowledge about pregnancy is vital for teenagers as it empowers them to make informed decisions regarding their sexual health. Understanding how pregnancy occurs and the various methods of contraception enables teenagers to take proactive steps in preventing unintended pregnancies. Additionally, having knowledge about pregnancy allows teenagers to prioritize their reproductive health, make informed choices, access proper care when needed, and ultimately take control of their own bodies and futures.



Sensitisation on reproductive health at GHANASCO

It's completely normal to have questions about pregnancy as a teenager. Understanding the ins and outs of this topic is important for making informed decisions and ensuring your well-being. That's why we're here to help! We've compiled a list of common questions that teenagers have about pregnancy, and we've got the answers you need. Let's dive in and explore this important subject together.

Some Questions Young People Asked about Pregnancy

Is it compulsory for a pregnant woman to have sex? 01

No, it is not compulsory for a pregnant woman to have sex. Sexual activity during pregnancy should be based on a woman's comfort, desire, and any health considerations for her and the baby. It's important to communicate openly with your partner about your feelings and any discomfort you may experience.

If you have sex right after your period, can you become pregnant? 02

Yes, it's possible to get pregnant if you have sex right after your period. Sperm can live inside the female body for up to five days, so if you ovulate soon after your period, it's possible for a sperm to fertilise an egg. If you want to avoid pregnancy, it's important to use contraception consistently, regardless of where you are in your menstrual cycle.

Can an unborn baby girl become pregnant if the pregnant mother has sex? 03

No, an unborn baby girl cannot become pregnant. Pregnancy occurs when a mature egg from a woman is fertilised by a man's sperm, and this process can only happen after puberty when menstrual cycles begin.

What are the side effects of using abortion pills? 04

Common side effects include bleeding, cramping, nausea, and vomiting. Serious side effects could include severe bleeding or infection. Always consult a healthcare provider for medical advice and supervision.

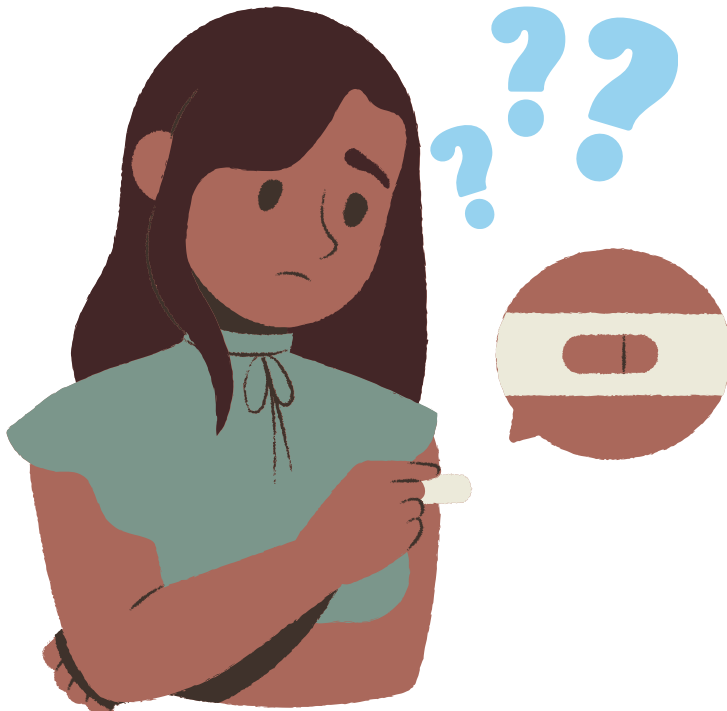
Is it true you can only get pregnant during menstruation? 05

No, you can get pregnant at any time during your menstrual cycle, but the chances are higher around the time of ovulation.

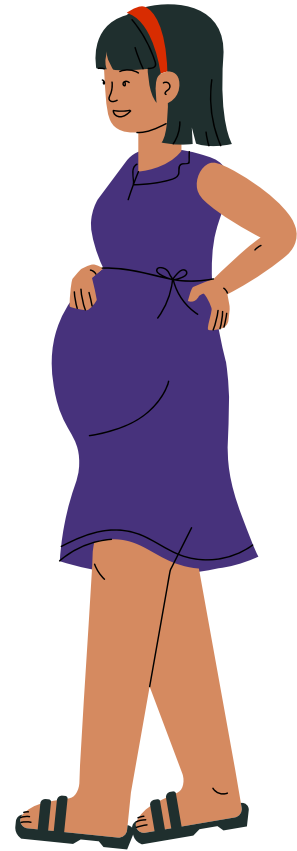
Is it normal to get pregnant after having sex 2 days before menstruation even though you still had your menses? 06

While it is less likely, it is still possible to get pregnant if you have sex shortly before your period, especially if you have an irregular menstrual cycle.

Some Questions Young People Asked about Pregnancy Cont...



She is worried that she may be pregnant



A pregnant Lady

Can taking in water immediately after sex prevent me from getting pregnant?

07

No, drinking water after sex will not prevent pregnancy. Effective methods of contraception should be used to prevent unwanted pregnancy. Examples include using condoms, IUD, Implants etc.

Why can't we stop the chain of teenage pregnancy?

08

Teenage pregnancy is a complex issue influenced by various factors like lack of education, limited access to contraception, and socio-economic conditions, etc. While progress has been made, it is challenging to fully eliminate the issue.

Introduction

Puberty is a natural and transformative stage in life when a person's body undergoes significant changes, marking the transition from childhood to adulthood. It is typically characterised by the development of secondary sexual characteristics, such as the growth of breasts or facial hair, along with hormonal shifts that bring about emotional and psychological changes. While puberty can be an exciting and empowering time, it can also come with challenges as individuals navigate these physical and emotional changes. Understanding and embracing the journey of puberty, along with seeking support from trusted adults and resources, helps ensure a healthy and positive experience during this transformative phase of life.



Two teenage girls

A teenage boy checking out his body

Some Questions Young People Asked About Puberty.

01 What is puberty?

Puberty is the period in which adolescents reach sexual maturity and become capable of reproduction. It involves physical and hormonal changes like growth spurts, hair development, and menstruation in girls.

02 Does menstrual blood cure acne?

No, menstrual blood does not cure acne. Acne is caused by a combination of factors including excess oil production, clogged pores, inflammation, and bacteria. It's best treated with proper skin care and, in some cases, medication prescribed by a healthcare provider.

03 Does sperm cure acne?

No, there is no scientific evidence to suggest that sperm can cure acne.



04 At what age can an adolescent be educated on puberty?

Education about puberty can start as early as pre-adolescence (around ages 8-9) to prepare children for the changes they will go through

05 As a girl, how can you take care of yourself?

05 Good hygiene, regular exercise, a balanced diet, and regular check-ups with a healthcare provider are all key aspects of taking care of yourself.

06 How can I treat body odor?

06 Good hygiene, using antiperspirants, wearing breathable fabrics, and regular bathing can help manage body odor. If it persists, consult a healthcare provider for diagnosis and treatment.

SEXUAL AND GENDER BASED
VIOLENCE



Some Questions Young People Asked About Sexual and Gender-Based Violence

01 Does rape break one's virginity?

Virginity is a cultural or personal concept and it means different things to different people. From a medical perspective, rape can result in the tearing of the hymen, which some people associate with the loss of virginity. However, the status of the hymen is not a reliable indicator of virginity as it can be stretched or torn due to many other reasons besides sexual intercourse. Rape is a violent act and a crime. It's important to seek support and help if you've been a victim.



02 What is the psychological effect of one losing their virginity?

The psychological effects of losing virginity can vary greatly from person to person and are influenced by a variety of factors, including personal beliefs, cultural norms, the nature of the sexual experience, and the context in which it occurs. Some people may feel anxiety, guilt, or regret, especially if the experience was not consensual or they were not ready. Others may feel a sense of maturity, relief, or increased intimacy. It's important to have consensual, safe, and emotionally ready sexual experiences.



SEXUAL HEALTH AND ADOLESCENT
REPRODUCTIVE SYSTEMRandom Questions about Sexual Health
and Adolescent Reproductive System
01 Is it advisable to use ointments for vagina hygiene?

The vagina is self-cleaning and generally doesn't need special products like douches or washes. Using these products can disrupt the natural balance of bacteria and yeast in the vagina and may increase the risk of infections. If you're experiencing discomfort or unusual symptoms, it's best to consult a healthcare provider.

02 What is the safe period during menstruation?

The "safe period" refers to the time in a woman's menstrual cycle when pregnancy is least likely to occur if she has unprotected sex. It's typically the time immediately before and after menstruation. However, this is not a reliable method of contraception as menstrual cycles can vary and sperm can live in the body for several days.

03 Can your natural flora in your vagina be replaced?

The vagina has a delicate balance of bacteria known as the vaginal flora. Certain factors, such as antibiotics, douching, or hormonal changes, can disrupt this balance. In many cases, the balance can be restored with time or probiotics, but in some cases medical treatment may be necessary.

04 How do you use a female condom?

A female condom is inserted into the vagina before sex. Here are the steps: Check the expiry date and ensure that there is air. Open the package carefully, relax, and find a comfortable position, hold the condom at the closed end and squeeze the sides of the inner ring together, insert it into the vagina like a tampon, and push the inner ring into the vagina as far as it will go, make sure the condom is not twisted and that the outer ring is outside the vagina. The lady has to hold the condom in place. Also, wash your hands before and after insertion.

Random Questions about Sexual Health and Adolescent Reproductive System Cont...



05 Is it advisable to use ointments for vagina hygiene?

Sperm can live inside the female body for up to five days after sexual intercourse, depending on the conditions.

06 Does blood flow after a hymen break?

It's possible, but not guaranteed, to have a small amount of bleeding when the hymen stretches or tears. However, many people won't experience any noticeable bleeding.

07 What is the efficient rate of condom?

When used correctly every time you have sex, male condoms are 98% effective at preventing pregnancy. This means 2 out of 100 people will become pregnant in one year when male condoms are used as contraception. If not used perfectly, their effectiveness drops to about 85%.

08 Are there safe periods for ladies to have sex and not get pregnant?

The "safe period" is the time in a woman's menstrual cycle when pregnancy is least likely to occur if she has unprotected sex. However, this is not a reliable method of contraception because menstrual cycles can vary, and sperm can live in the body for several days.

09 Can a girl's virginity be broken without sex?

The concept of virginity is cultural, not medical, and is often associated with the hymen. The hymen can be stretched or torn due to many activities other than sexual intercourse, including tampon use, athletic activities, or medical examinations.

10 If you shave the vagina area and see rashes, is that also vaginal warts?

No. Rashes after shaving are often due to irritation or ingrown hairs. However, If You are concerned about any symptoms, consult a healthcare provider for diagnosis.



Random Questions about Sexual Health and Adolescent Reproductive System Cont...



11 Will your husband know whether you are a virgin or not?

Physical signs of virginity, like an intact hymen, are not reliable indicators of sexual history. The hymen can be stretched or torn for many reasons, not just sexual intercourse. Communication and trust are essential in a relationship. If this is a concern, it would be beneficial to have an open conversation with your partner.

12 Is it possible for a person to have both male and female organs?

Yes, some people are born intersex, meaning they may have ambiguous or both male and female genitalia. This is a complex medical condition that requires specialized medical care.

13 When your libido gets high during your menstrual period, what should a young girl do at that critical moment?

Hormonal changes during menstruation can affect libido. It is natural, but if it causes distress, consider talking to a healthcare provider for advice tailored to your needs.

14 It is said that it is not a good idea to shave the vagina very close to the skin, is it true? If so why?

Not necessarily. While some people may not experience any problems shaving close to the skin, others may experience irritation, ingrown hairs, and an increased risk of infection. It is advisable to be gentle and use proper techniques.

15 What are the side effects of a boy suckling a lady's breast?

Generally, this activity is not harmful but could be if either party or partner has a transmissible infection or if the woman has certain breast conditions.

16 What are aphrodisiacs and is it advisable to use them?

Aphrodisiacs are substances that are believed to increase sexual desire. There is limited scientific evidence to support their effectiveness, and some can have side effects. Consult a healthcare provider for personalized advice.

Random Questions about Sexual Health and Adolescent Reproductive System Cont...



17 Do we have medications that tighten the vagina?

Some products claim to tighten the vagina, but their effectiveness is not well-supported by scientific evidence. A common advice from experts is to do Kegel's exercise (Pelvic floor exercise). To get the best results make the Kegels exercise a permanent practice. If this is a major concern to you, please consult a healthcare provider for personalized advice.

19 What happens if you drink semen?

Consuming semen itself is generally considered safe unless the person has a sexually transmitted infection. However, you should be aware that some STIs can be transmitted through oral sex.

18 Is it normal to feel pains or even bleed a little during sexual intercourse?

Pain or bleeding during intercourse is usually not normal and should be investigated to ensure there are no serious medical conditions responsible. Possible causes could include infections, trauma, or other medical conditions. Consult a healthcare provider for diagnosis and treatment.



Random Questions about Vaginal Infections and STIs

Is it possible to get STI's through using a public toilet?

No, sexually transmitted infections (STIs) are generally spread through sexual contact. The organisms that cause STIs typically cannot survive outside the human body for long periods of time, so it's unlikely to contract an STI from a public toilet seat.

Can the use of Dettol for intimate hygiene protect one against STI's?

No, using Dettol or any other antiseptic, including Savlon, Camel, Madar, etc. does not protect against STIs and should not be used for intimate hygiene. The best ways to prevent STIs are to abstain, or use condoms during sexual intercourse, get vaccinated for preventable STIs, such as HPV and hepatitis B, and to get regular STI screenings.

Does family planning prevent the contraction of STI's?

Most family planning methods do not protect against STIs. Condoms are the only contraceptive method that can help prevent both pregnancy and the spread of STIs.

Is it possible to acquire STI through kissing?

It's very unlikely, but possible. Some STIs, like herpes simplex type 2, can be spread through skin-to-skin contact, including kissing. However, most STIs are spread through sexual intercourse.

Is it normal to experience vaginal discharge?

Yes, vaginal discharge is a normal part of the menstrual cycle. The color, consistency, and volume can change throughout the cycle. However, if the discharge is associated with other symptoms like itching, burning, discomfort, or foul odor, it could indicate an infection.

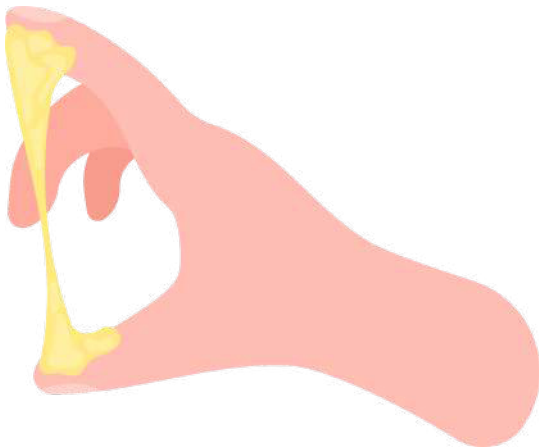
Can consuming sweets cause candida or yeast infections?

While diet can influence the balance of yeast in the body, there's no definitive evidence that eating sweets directly causes yeast infections. However, a diet high in sugar may potentially contribute to a greater risk of developing a yeast infection.

Random Questions about Vaginal Infections and STIs cont...

What treatments are available for candidiasis?

Candidiasis (yeast infection) is usually treated with antifungal medications, prescribed by trained healthcare provider. These can be applied as a cream, ointment, or pessary, or taken orally as a pill. Do contact a health care provider if you suspect that you may have candidiasis.



What are the symptoms of STI's?

Symptoms of STIs can vary widely, but may include unusual discharge from the penis or vagina, burning during urination, sores or blisters in the genital area, itching and irritation in the genital area, and pain during sex. However, many STIs can also be asymptomatic, meaning they show no symptoms.

What are pelvic inflammatory diseases?

Pelvic inflammatory disease (PID) is an infection of a woman's reproductive organs, usually caused by sexually transmitted bacteria that ascend from the vagina and cervix to the uterus and upper genital tract. Symptoms may include lower abdominal pain, fever, unusual Vaginal discharge, pain during sex or urination, and irregular menstrual bleeding.

When you treat candidiasis and it does not go, what does it mean?

If you've been treated for a yeast infection and the symptoms persist, it could mean that the infection is resistant to the medication you've been using, or it could be a sign that you have a different kind of infection. In such cases, it's important to consult with a healthcare provider for further evaluation and treatment.



Random Questions about Vaginal Infections and STIs cont...

Does sharing of pants and towels spread candidiasis?

Yeast infections aren't considered a sexually transmitted infection, but there's a small chance you could pass one to your partner during sex. While it's less likely you'll get a yeast infection from sharing towels or clothing, it's still possible.

What is the difference between whites and gonorrhea?

"Whites" is an old-fashioned term often used to refer to vaginal discharge, which can be normal or a sign of a yeast infection, bacterial vaginosis, or other conditions. Gonorrhea is a sexually transmitted infection caused by a specific bacterium. It can cause discharge, but also other symptoms like burning during urination and pelvic pain.

Are discharges normal after treating candidiasis?

After treating a yeast infection, it is normal to continue to have some discharge as the body clears the infection. However, if the discharge continues for a prolonged period, returns to a cottage-cheese-like consistency, or is accompanied by other symptoms such as itching or burning, it's a good idea to consult a healthcare provider.

Does eating coconut and tiger nut cause candidiasis?

No, eating coconut or tiger nuts does not cause yeast infections. Candidiasis is caused by an overgrowth of a type of yeast called Candida, which can occur due to factors like a weakened immune system, hormonal changes, or antibiotic use.

Can your natural flora in your vagina be replaced?

The vagina has a delicate balance of bacteria known as the vaginal flora. Certain factors, such as antibiotics, douching, or hormonal changes, can disrupt this balance. In many cases, the balance can be restored with time or probiotics, but in some cases medical treatment may be necessary.

If you don't have whites, can you give birth?

Yes, whether or not a woman experiences vaginal discharge (also known as "whites") has no direct impact on her ability to conceive or give birth.

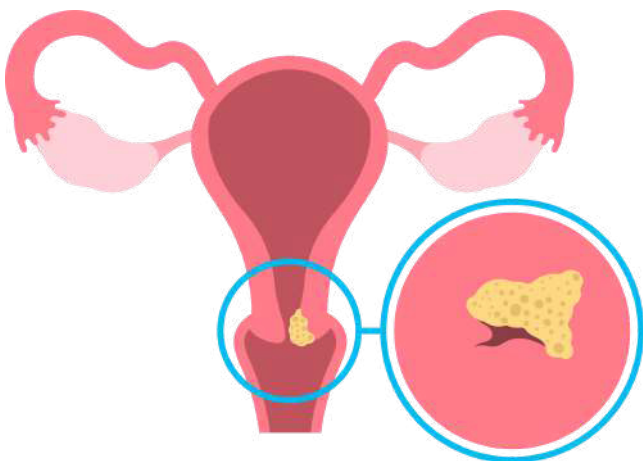
Random Questions about Vaginal Infections and STIs cont...

What constitutes unusual vaginal discharge?

Unusual vaginal discharge could be characterized by a change in colour, consistency, or odour compared to what you usually experience. This could be a sign of an infection or another medical issue. If you notice anything unusual, it's important to consult a healthcare provider for diagnosis and treatment.

Are the use of herbal medicines for treating candidiasis a good idea?

Herbal remedies are often promoted for treating candidiasis, but their effectiveness isn't always supported by scientific evidence. If you think you have candidiasis, the best course of action is to consult a healthcare provider for diagnosis and treatment options.



Are all vaginal discharges candidiasis?

No, vaginal discharge can occur for various reasons and is not always due to candidiasis (yeast infection). Normal discharge can be clear or milky white and changes throughout the menstrual cycle. If you are concerned about changes in your discharge, consult a healthcare provider.

Are all vaginal discharges candidiasis?

No, vaginal discharge can be normal and varies throughout the menstrual cycle. It's not always a sign of an infection like candidiasis. Different colors and textures can mean different things. If you're concerned, it's best to consult a healthcare provider.

Why do I have this bad smell in my vagina when I don't bathe, is it normal?

Lack of proper hygiene can lead to an unpleasant odor. Bathing regularly helps maintain a healthy pH balance and microbial environment in the genital area.

Random Questions about Vaginal Infections and STIs cont...

What brings about lower abdominal pains when you have candidiasis?

Candidiasis itself usually doesn't cause abdominal pain. If you are experiencing such pain along with a yeast infection, consult a healthcare provider for a proper diagnosis as the real cause could be other medical conditions.

Is candidiasis an STI?

Candidiasis, also known as a yeast infection, is not considered a sexually transmitted infection (STI). It's caused by an overgrowth of a type of fungus called *Candida*, which is normally found in small amounts in the vagina. However, certain factors can disrupt the normal balance of bacteria and yeast in the vagina and lead to an overgrowth. While it's possible to get a yeast infection from sexual activity, it's not classified as an STI because it can also occur in people who are not sexually active.

Is HIV real? If so, can sleeping with someone with HIV give you HIV/AIDS?

Yes, HIV is real. It is a virus that attacks the immune system and can lead to AIDS. Sexual contact without protection or sex without using condoms is a common way it spreads.

Can a person get syphilis without sex?

Syphilis is primarily transmitted through sexual contact, but it can also be passed from an infected mother to her baby during pregnancy or childbirth. It is not generally spread through casual, non-sexual contact.

What are the effects of vaginal warts?

Vaginal warts can cause discomfort, itching, and sometimes pain. They are caused by certain types of human papillomavirus (HPV) and can increase the risk of certain cancers, example cervical cancer.

Can anal sex give a girl HIV/AIDS?

Yes, anal sex can be a high-risk activity for the transmission of HIV/AIDS if one of the partners is infected and proper protection such as condom is not used.

Are vaginal infections only caused by having sex with an infected person?

No, vaginal infections can also be caused by imbalances in vaginal pH, poor hygiene, or the use of irritating products.

Random Questions about Vaginal Infections and STIs cont...

What is the difference between Gonorrhoea and HIV/AIDS?

Gonorrhoea is a bacterial infection that affects the genital tract, while HIV/AIDS is a viral infection that attacks the immune system. Both are sexually transmitted, but they are caused by different organisms and have different treatments.

If you shave the vagina area and see rashes, is that also vaginal warts?

No. Rashes after shaving are often due to irritation or ingrown hairs. However, if you are concerned about any symptoms, consult a healthcare provider for diagnosis.

How can one prevent Gonorrhoea?

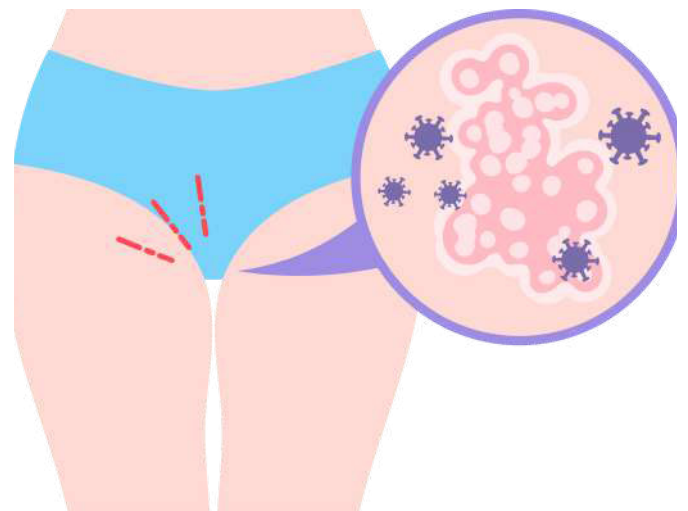
Using condoms and having regular screenings if sexually active can help prevent Gonorrhoea. Abstaining from sex is the only 100% effective method.

Can a 12-year-old get cervical cancer?

It is extremely rare for a 12-year-old to get cervical cancer. The risk increases with age and exposure to Human Papilloma Virus (HPV).

What are the signs and symptoms that a girl has vaginal warts?

Vaginal warts often appear as flesh-colored bumps and may cause itching or discomfort. Some may not show any symptoms.



Apart from treating warts with warticon, what other ways are available for preventing vaginal warts?

Using condoms can offer some protection. Vaccines against HPV, the virus that causes warts, are also available.

Random Questions about Vaginal Infections and STIs cont...

Can someone have HIV without having sex?

Yes, HIV can also be transmitted through sharing needles, from mother to child during childbirth or breastfeeding, and through blood transfusions if safety protocols are not followed.



Can a lady get gonorrhoea without having sex?

It is highly unlikely. Gonorrhoea is primarily transmitted through sexual contact. However, a newborn can get gonorrhoea from an infected mother during childbirth.

Are vaginal infections only caused by having sex with an infected person?

No, vaginal infections can also be caused by factors like imbalances in vaginal pH, poor hygiene, or the use of irritating products. While some infections are sexually transmitted, not all are.

If you have sex and get gonorrhoea, does that also mean you have HIV or AIDS?

No, having gonorrhoea does not mean you have HIV or AIDS. However, having any sexually transmitted infection like gonorrhoea can increase your risk of contracting HIV.

Can a lady get gonorrhoea without having sex?

It is highly unlikely but possible if you come into direct contact with an infected site. For example, a newborn can get gonorrhoea from an infected mother during childbirth.

CHAPTER 13 Other Questions

1

What are piles?

Piles, also known as haemorrhoids, can be prevented by avoiding constipation and straining during bowel movements (going to toilet). This can be achieved by eating a diet high in fibre, drinking plenty of water, exercising regularly, and not delaying going to the bathroom (Toilet) when you have the urge to have a bowel movement.

2

What is sepsis?

Sepsis is a life-threatening condition that arises when the body's response to infection causes injury to its own tissues and organs. It can lead to shock, multiple organ failure, and death if not recognized early and treated promptly. Any infection that can get into the blood stream can cause sepsis.

3

What are the effects of taking folic acid?

Folic acid, also known as folate, is important for the production of red blood cells and for healthy growth and development. It's particularly important during the early stages of pregnancy to prevent neural tube defects. Side effects are rare, but can include stomach upset, sleep problems, skin reactions, and seizures in people with epilepsy.

4

Are there drugs that induces fertility?

Yes, there are several types of fertility drugs that can help stimulate ovulation. These are usually used under the guidance of a fertility specialist.

5

Can a 12-year-old get cervical cancer?

It is extremely rare for a 12-year-old to get cervical cancer. The risk increases with age and exposure to Human Papilloma Virus (HPV).

Other Questions cont...

6

I don't know why but I sleep too much, please is it normal?

Excessive sleep could be a sign of an underlying health issue, including mental health conditions like depression. Consult a healthcare provider for an accurate diagnosis.

7 **If you feel dizzy, do you have to learn?**

If you feel dizzy, it is essential to understand why it is happening. Dizziness could be a symptom of various issues, such as low blood sugar or hunger, dehydration, or more serious medical conditions. Consult a healthcare provider for diagnosis and treatment.

3

Is it good to take pills and lose weight?

Weight loss pills may have side effects and should only be used under the supervision of a healthcare provider. Lifestyle changes like a balanced diet and exercise are generally safer and more effective.

4

What are the common causes of sepsis?

Sepsis is a severe response to infection that can lead to organ failure and death if not treated promptly. Common causes include bacterial infections, such as pneumonia, urinary tract infections, and skin infections.

5

How can piles be prevented?

Piles, also known as haemorrhoids, can often be prevented by maintaining a high-fibre diet, drinking plenty of water, and avoiding straining during bowel movements. Exercise can also help improve circulation and prevent constipation, which can contribute to piles.



Meeting of students at GHANASCO to come out with questions about Reproductive Health



Presentation by students of Ambariya SHS on ways to promote SRHR

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