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## REPRODUCTIVE HEALTH.

Reproductive health is connected with healthy and safe sexual practices. Unhealthy practices can lead to the transmission of diseases.

These diseases are called sexually transmitted diseases.

### Sexually Transmitted Diseases / (S.T.Ds)

These diseases are caused by a variety of microorganisms. Some are viruses and some are bacteria, which cause S.T.Ds. Microorganisms live in moist and humid environment of female/male reproductive parts.

\* Bacterial S.T.Ds → These diseases are: -

① Gonorrhoea

② Syphilis

- These are caused by bacteria which infect the ureter in men and the cervix in women.
- These are curable by treatment.
- Painful urination, appearance of red sores, irritation are the sign and symptoms of these diseases.

\* Viral S.T.Ds → viruses cause S.T.Ds such as Herpes, genital warts and AIDS.

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AIDS is caused by HIV (Human Immuno-deficiency virus), which attacks the immune system.

The primary route of transmission of HIV is sexual, but it is also spread by the use of infected needles, by blood transfusion and from infected mother to developing baby.

- Viral S.T.Ds are not curable.

Prevention: — To prevent sexually transmitted diseases, the following precautions can be taken.

1. Using a protective cover over male reproductive part which releases male gametes.
2. Using disposable needles and syringe.
3. Not sharing shaving blades / razor.
4. Not having multiple sex partners.
5. Testing and screening the blood for HIV before transfusing it.