

## CHAPTER-4 REPRODUCTIVE HEALTH

1. Define reproductive health  
Healthy reproductive organs with normal functions.  
OR  
"A total well-being in all aspects of reproduction, i.e., physical, emotional, behavioral and social.
2. Expand the abbreviation WHO.  
World health organization
3. Expand the abbreviation RCH.  
Reproductive and Child Health Care programmes
4. Expand the abbreviation STD.  
Sexually Transmitted Disease
5. What is amniocentesis?  
Amniocentesis is a foetal sex determination test based on the chromosomal pattern in the amniotic fluid surrounding the developing embryo.
6. Expand the abbreviation CDRI.  
Central Drug Research Institute
7. Name the new oral contraceptive of female developed by CDRI.  
Saheli
8. Expand the abbreviation MMR.  
Maternal mortality rate
9. Expand the abbreviation IMR.  
Infant mortality rate
10. What is family planning?  
It is method to limit the number children's by using various contraceptives.
11. Mention the principle involved in natural method of contraception.  
Avoiding chances of ovum and sperms meeting
12. What is the reason to avoid coitus from day of 14<sup>th</sup> to 17<sup>th</sup> of menstrual cycle in natural method of contraception?  
Because chances of fertilization are very high during this period
13. What is lactational amenorrhea?  
Absence menstruation during the period of intense lactation following parturition
14. What are diaphragms/cervical caps/vaults?  
They are female contraceptive barriers inserted into female reproductive tract to cover the cervix during coitus.
15. Expand the abbreviation IUDs.  
Intra uterine devices
16. Where are IUDs inserted in woman?  
Uterus
17. Give an example for non-medicated IUDs.  
Lippes loop
18. Give an example for copper releasing IUDs.  
CuT, Cu7, Multiload 375.
19. Give an example for hormone releasing IUDs.  
Progestasert, LNG-20
20. How do copper releasing IUDs prevent conception?  
Suppress the sperm motility and the fertilizing capacity of sperms.

21. How do hormone releasing IUDs prevent conception?  
Make the uterus unsuitable for implantation and cervix hostile to the sperms.
22. Name "once a week" new oral contraceptive pill.  
Saheli, Mala - D
23. What is sterilization?  
Terminal method to prevent pregnancies
24. What is vasectomy?  
Sterilization procedure in the male
25. What is tubectomy?  
Sterilization procedure in the female.
26. Expand the abbreviation MTP.  
Medical Termination of Pregnancy.
27. What is medical termination of pregnancy?  
Intentional or voluntary termination of pregnancy before full term is called medical termination of pregnancy (MTP) or induced abortion.
28. Expand the abbreviation RTI.  
Reproductive Tract Infections.
29. Expand the abbreviation VD.  
Venereal Diseases
30. Expand the abbreviation PID.  
Pelvic Inflammatory Diseases.
31. What is infertility?  
Couples are unable to produce children inspite of unprotected sexual co-habitation
32. Expand the abbreviation ART.  
Assisted Reproductive Technologies.
33. Expand the abbreviation IVF-ET.  
Invitrofertilization-Embryo Transfer
34. What is invitro fertilization?  
Fertilization outside the body in almost similar conditions as that in the body.
35. Expand the abbreviation ZIFT.  
Zygote intra fallopian transfer
36. Expand the abbreviation GIFT.  
Gamete Intra Fallopian Transfer
37. What is artificial insemination?  
Semen collected either from the husband or healthy donor is artificially introduced either into the vagina or into the uterus.
38. Expand the abbreviation AI.  
Artificial insemination
39. Expand the abbreviation IUT.  
Intra uterine transfer
40. Expand the abbreviation ICSI.  
Intra cytoplasmic sperm injection
41. Name the method of obtaining embryo in the laboratory by direct injection of sperm into ovum.  
ICSI
42. Expand the abbreviation IUI.  
Intra Uterine Insemination

### TWO MARKS QUESTIONS:

43. What are the problems of reproductive health?
- Myths and misconceptions about sex related aspects
  - Improper information about reproductive organs, adolescent and the related body changes
  - Unsafe and unhygienic sexual practices and STDs etc.,
  - population growth
  - sex abuse
  - sex related crimes
44. Briefly describe the principle of working of IUDs.
- Increase phagocytosis of sperm within the uterus.
  - Cu ion released suppresses sperm motility and fertilizing capacity of sperm.
  - Hormone releasing IUDs make the uterus unsuitable for implantation and the cervix hostile to the sperm.
45. Mention the reasons for infertility.
- Reasons for infertility
- physical
  - congenital
  - diseases
  - drugs
  - immunological
  - psychological
46. List special techniques to control infertility /Types of Assisted reproductive technologies.
- GIFT, ZIFT, IVF-ET, IUI, ICSI, IUT
47. List any four sexually transmitted diseases-2m
- Gonorrhoea
  - Syphilis, Genital herpes
  - Chlamydia
  - Genital warts
  - Trichomoniasis
  - Hepatitis-B
  - HIV
48. Mention any two symptoms of STDs.
- Itching, fluid discharge, slight pain, swelling in the genital region.
  - STDs remain asymptomatic in female and remain undetected for long.
  - In the later stage it may lead to Pelvic inflammatory diseases (PID), abortion, still births, ectopic pregnancy, infertility or even cancer in reproductive tract.
49. List any two preventive measures of STD.
- Avoid sex with unknown partners/ multiple partners.
  - Always use condoms during coitus.
  - In case of doubt, consult with a qualified doctor for early detection.
  - Get complete treatment if diagnosed with disease

### THREE MARKS QUESTIONS

50. What are contraceptives? Mention any four characteristics of ideal contraceptives.
- Contraceptives are the devices or methods or pills to prevent conception
- Characteristics of ideal contraceptive:
- User friendly.
  - Easily available.
  - Effective
  - Reversible with no or least side – effects.
  - No way interferes with sexual drive.

51. Mention the strategies of reproductive health.
- Wide publicity to create awareness among people about reproduction related aspects;
  - Take help of audio-visual and print media
  - Introduction of sex education in schools to give right information about reproductive organs
  - Avoid misconceptions and myths regarding sex related aspects.
  - Proper information regarding sex organs, adolescent stage and hormonal changes in the body
  - Giving knowledge about safe and hygienic sexual practices
  - Knowledge about unsafe sex and sexually transmitted diseases.
52. How educating couples or those in marriageable age group to maintain the healthy family of desired size?
- Available birth control options
  - Care of pregnant woman
  - Postnatal care of the mother and child
  - Importance of breast feeding
  - Equal opportunities for the female and male child
  - Statutory ban on amniocentesis.
53. Write a note on intra uterine devices and mention the types.
- The devices are only used by female.
  - Inserted by doctor or by expert nurses in the uterus through vagina.
  - Non-medicated IUDs e.g. Lippies loop.
  - Copper releasing IUDs (CuT, Cu7, Multiload 375)
  - Hormone releasing IUDs (Progestasert, LNG-20)

#### FIVE MARKS QUESTIONS

54. Explain any five birth control/contraceptive methods.

[REFER TEXT BOOK FOR DETAILED ANSWER]

Natural methods:

- Periodic abstinence: avoid fertile period
- Withdrawal or coitus interruption
- Lactational amenorrhea

Barrier methods:

- condoms-male and female
- Diaphragm-female contraceptive
- Cervical caps and vaults

Intra uterine devices

Oral contraceptives

Injections or implants

Emergency contraceptives

Surgical methods

Oral contraceptives:

This method is used by female only.

- Used in the form of tablets hence popularly called pills.
- Pills contain progestogens or progesteron-estrogen combination.
- Pills have to be taken daily for a period of 21 days.
- Started within first five days of menstruation.
- Pills are very effective with lesser side effect.
- Saheli- a non steroidal preparation used as oral contraceptive pills.

Principle of working of oral pills:

- Inhibit ovulation.
- Inhibit implantation.
- Alter the quality of cervical mucus to prevent/retard entry of sperms.

Injections or implants

- Progestogens alone or in combination with estrogen are used as injections or implants under the skin by female.
- Mode of action is similar as in pills
- It is very effective for long periods.

#### SURGICAL METHODS-

- Tubectomy
- vasectomy
- MTP

55. Explain briefly any five assisted reproductive technologies to overcome from infertility problems.

The most recent line of treatment for infertility involves the use of several progressive techniques, which are collectively known as assisted conception or [assisted reproductive technologies](#) (ART).

The couples could be assisted to have children through some special techniques like IVF and ET, GIFT, ZIFT, IUT, ICSI.

- IVF and ET – Invitro fertilization and Embryo transfer: Popularly called test tube baby programme.
- Fertilization taken place outside the female body means in the lab i.e., in the test tube called invitro fertilization.
- GIFT- Gamete intra-fallopian transfer technique: the healthy ova and potent sperms are introduced into the upper part of the fallopian tube, where fertilization takes place.
- ZIFT-Zygote intra-fallopian transfer technique: In this method, after invitro fertilization, the zygotes are transferred into the fallopian tube.
- IUT( intra uterine transfer): Embryos with more than 8 blastomeres, into the uterus, to complete its further development.
- ICSI (Intra cytoplasmic sperm injection): It is another specialized procedure to form an embryo in the laboratory in which a sperm is directly injected into the ovum.
- AI (Artificial insemination): Infertility cases either due to inability of the male partner to inseminate the female or due to very low sperm counts (oligospermia) in the ejaculates, could be corrected by artificial insemination technique
- IUI (Intra-uterine insemination): In this technique, the semen collected either from the husband or a healthy donor is artificially introduced either into the vagina or into the uterus of the female.