

PREGNANCY



14 WEEKS

22 WEEKS

26 WEEKS

32 WEEKS

36 WEEKS

38 WEEKS

MEANING OF PREGNANCY

- WHEN THE SPERM CELL PENETRATES THE WALL OF THE OVUM ,THE NUCLEI FROM THE TWO CELLS APPROACH EACH OTHER .THERE IS A BREAKDOWN IN THE MEMBRANE SURROUNDING EACH AND THE TWO NUCLEI MERGE. THE NEWLY FORMED CELL IS CALLED A ZYGOTE .THIS UNION OF THE SPERM CELL WITH THE OVUM IS CALLED FERTILIZATION..

PREGNANCY ---- SIGNS & DISCOMFORT

- ❑ SIGNS OF PREGNANCY
- ❖ MISSED PERIODS
- ❖ MORNING SICKNESS
- ❖ FEELING OF WEAKNESS &
- ❖ FREQUENT URINATION



❖ CHANGE IN BREAST

❖ ENLARGEMENT OF THE ABDOMEN

❖ FOETAL MOVEMENT



DISCOMFORT DURING PREGNANCY

- MORNING SICKNESS
- FREQUENT URINATION
- CONSTIPATION
- HEART BURNS
- VAGINAL DISCHARGE



- HAEMORRHOIDS OR PILES
- VARICOSE VEINS
- LEG CRAMPS
- BACKACHE



- PELVIC PAINS
- SHORTNESS OF BREATH
- SLEEPLESSNESS
- SKIN SPOTS & BRITTLE HAIR



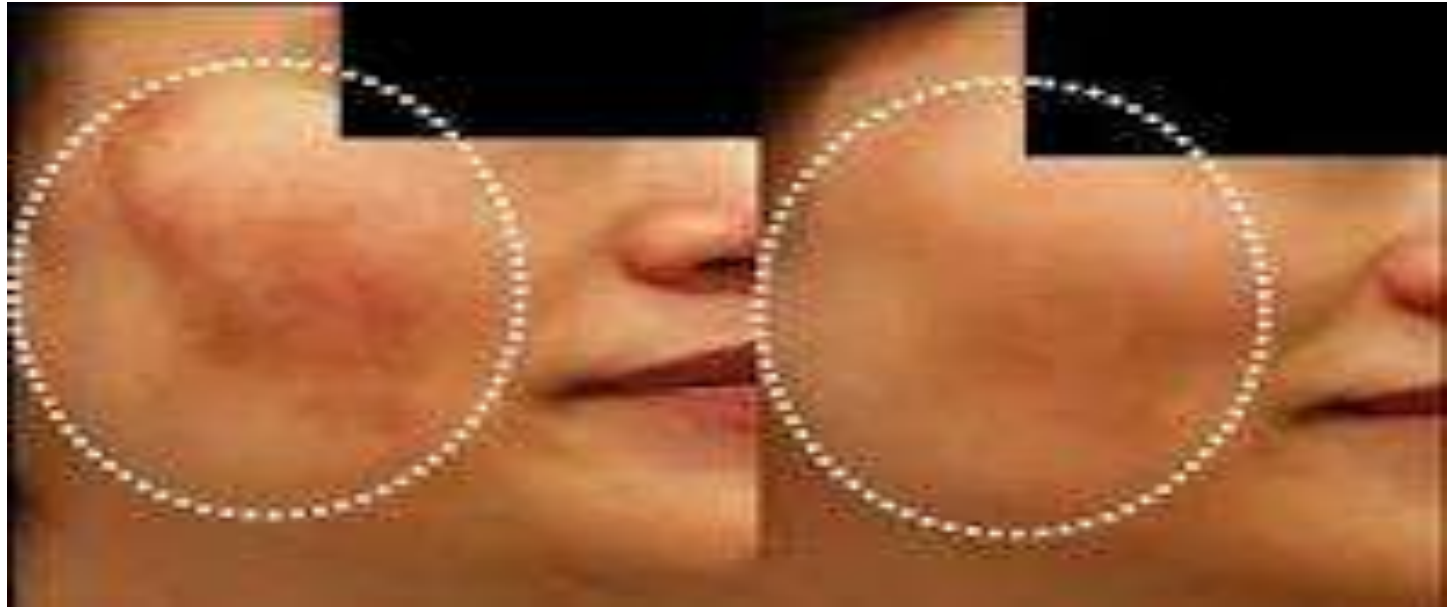
COMPLICATIONS DURING PREGNANCY



- SPOTTING OR BLEEDING
- EXCESSIVE VOMITING
- ACUTE CONSTIPATION
- OEDEMA



- PYELITIS OR URINARY INFECTION
- TOXEMIA
- SUDDEN GUSH OF FLUID FROM VAGINA
- GERMAN MEASLES



- FAILURE TO FEEL THE MOVEMENT OF FOETUS
- Rh FACTOR



CARE DURING PREGNANCY



- ✓ MEDICAL CARE DURING PREGNANCY
- ✓ PHYSICAL CARE DURING PREGNANCY
- ✓ PERSONAL HYGIENE
- ✓ CARE OF BREAST
- ✓ CARE OF TEETH

- ✓ CLOTHING
- ✓ MARITAL RELATION
- ✓ WORK AND EXERCISE
- ✓ REST
- ✓ SLEEP
- ✓ PSYCHOLOGICAL CARE DURING PREGNANCY

METHODS OF FAMILY PLANNING

1. MALE CONTRACEPTIVE METHODS
2. FEMALE CONTRACEPTIVE METHODS

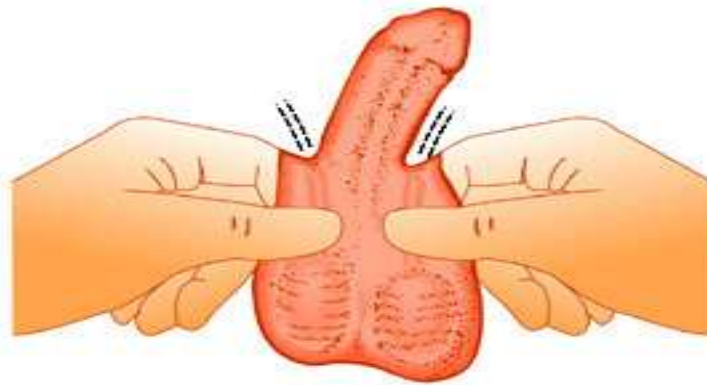


MALE CONTRACEPTIVE METHODS

- VASECTOMY

Hyde/DeLamater *Understanding Human Sexuality*, 6e. Copyright © 1997. The McGraw-Hill Companies, Inc. All Rights Reserved.

The Vasectomy Procedure



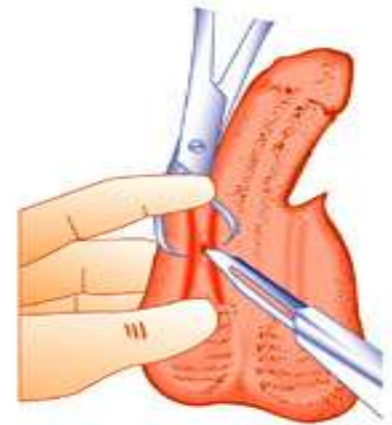
**Simultaneous identification
of each vas deferens**

(a)



**Vas injected with
anesthetic**

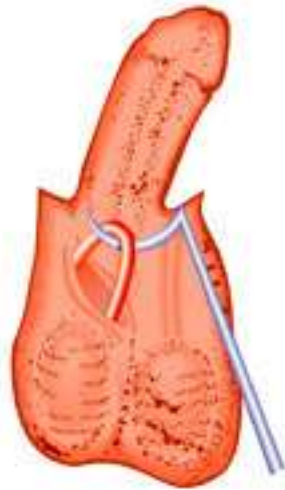
(b)



**Small incision
made over
vas**

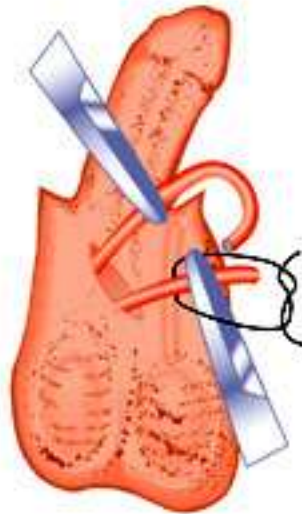
(c)

The Vasectomy Procedure



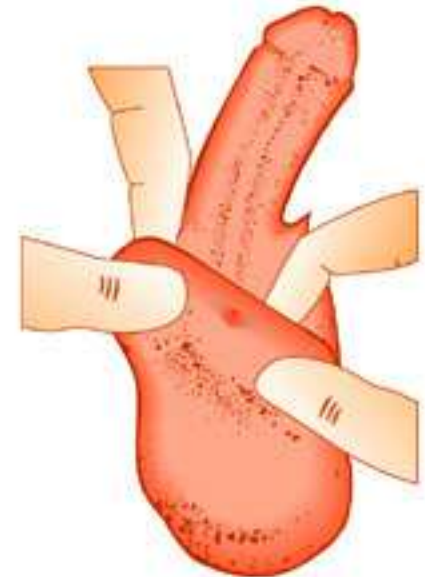
Needle positioned
to isolate vas
from surrounding
tissue

(d)



Vas clamped,
segment removed,
and remaining
ends tied

(e)



Scrotum elevated
to permit tied ends
of vas to retract
into original
position

(f)

- CONDOMS



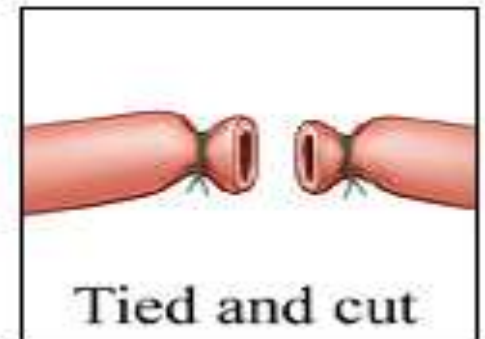
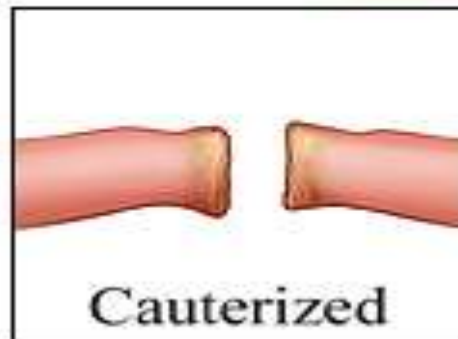
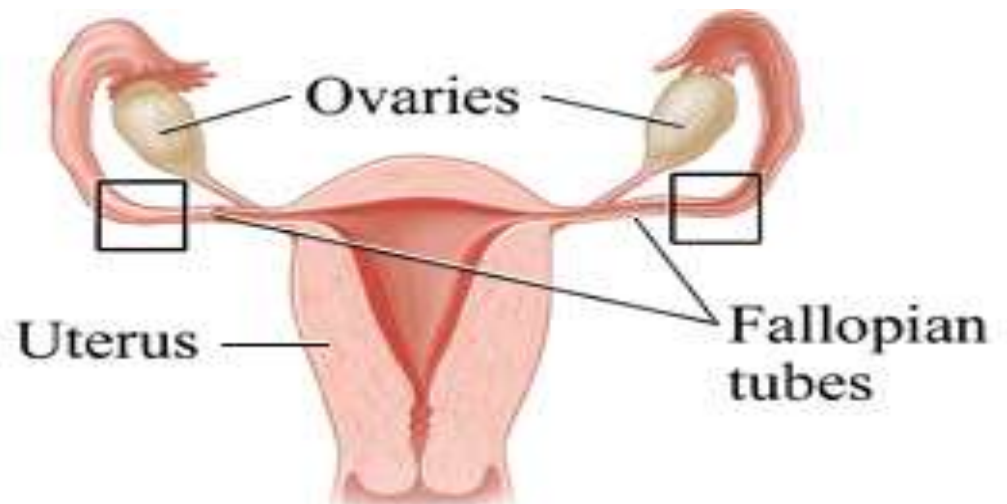
- WITHDRAWAL METHOD

Withdrawal



FEMALE CONTRACEPTIVE METHOD

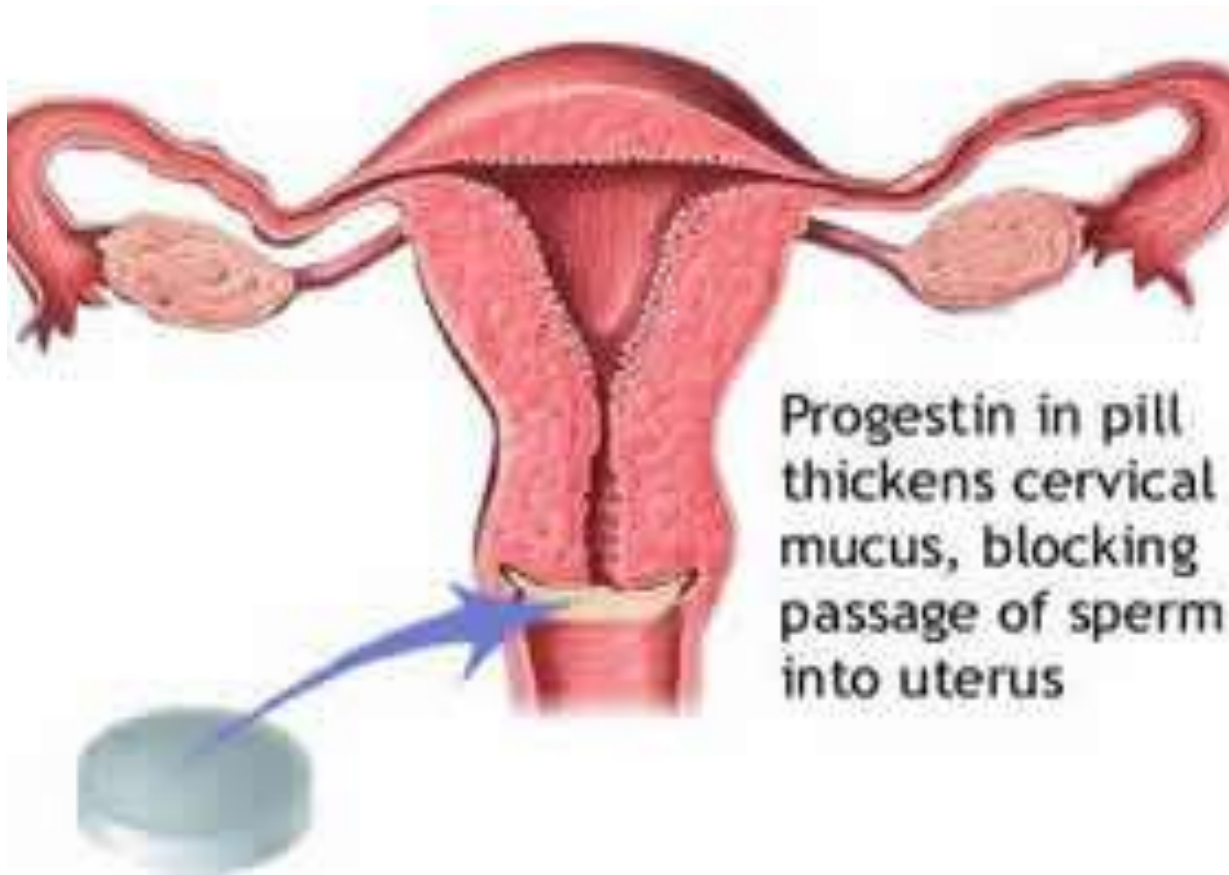
- Female sterilization



- Birth control pills or combined oral contraceptives



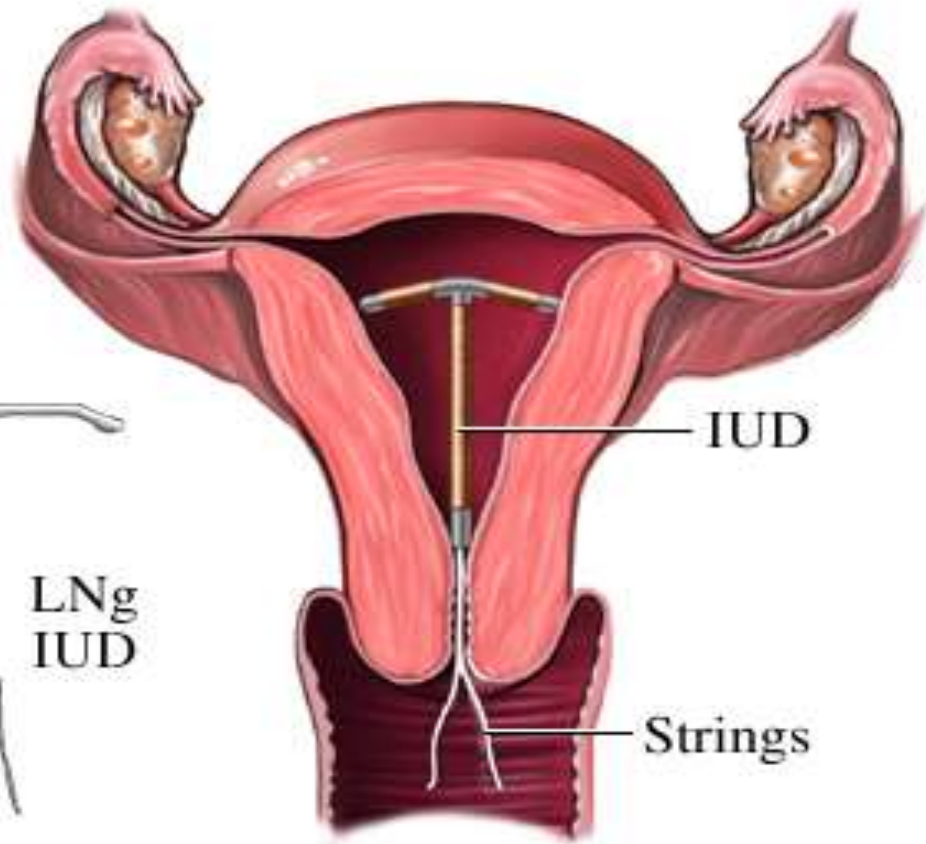
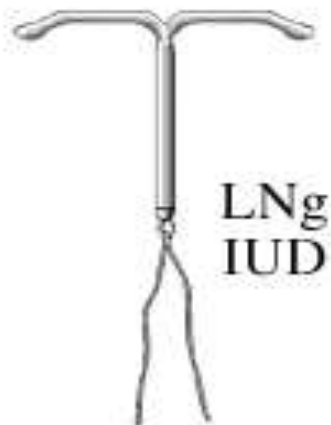
- Progesterone – only oral contraceptives



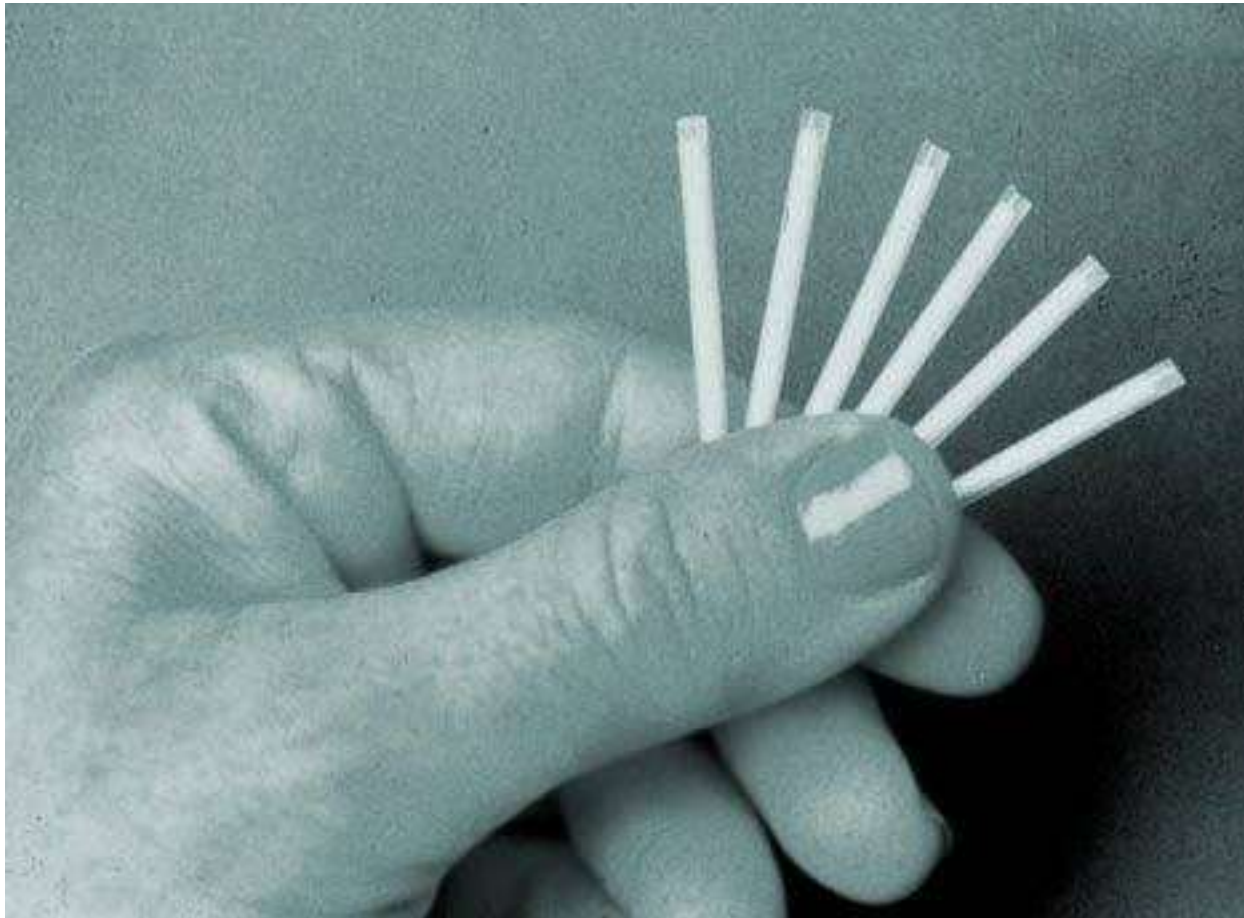
- DMPA injectable contraceptives



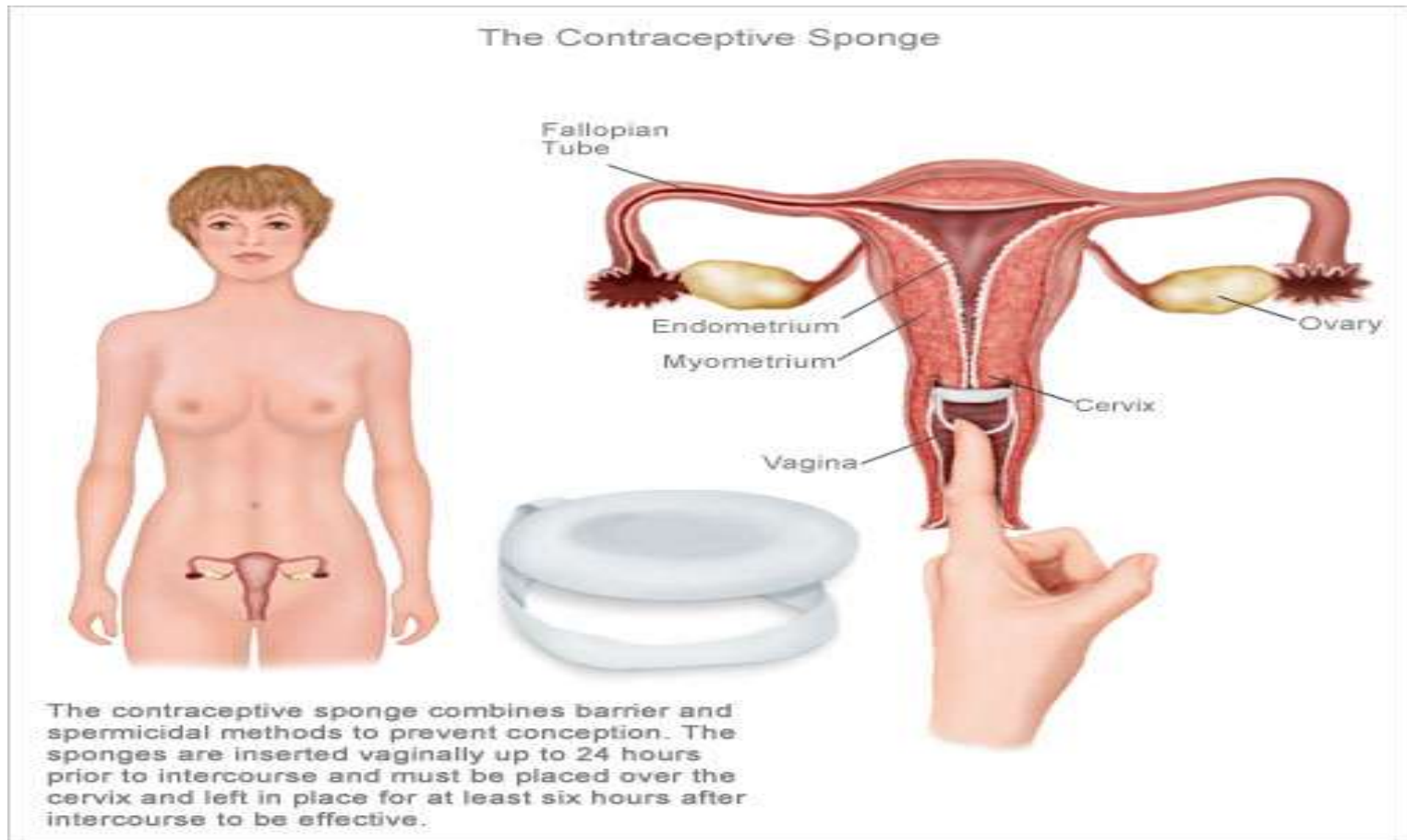
- INTRAUTERINE DEVICES (IUDs)



- NORPLANT IMPLANTS



- VAGINAL METHODS



Family Planning



is for Everyone!