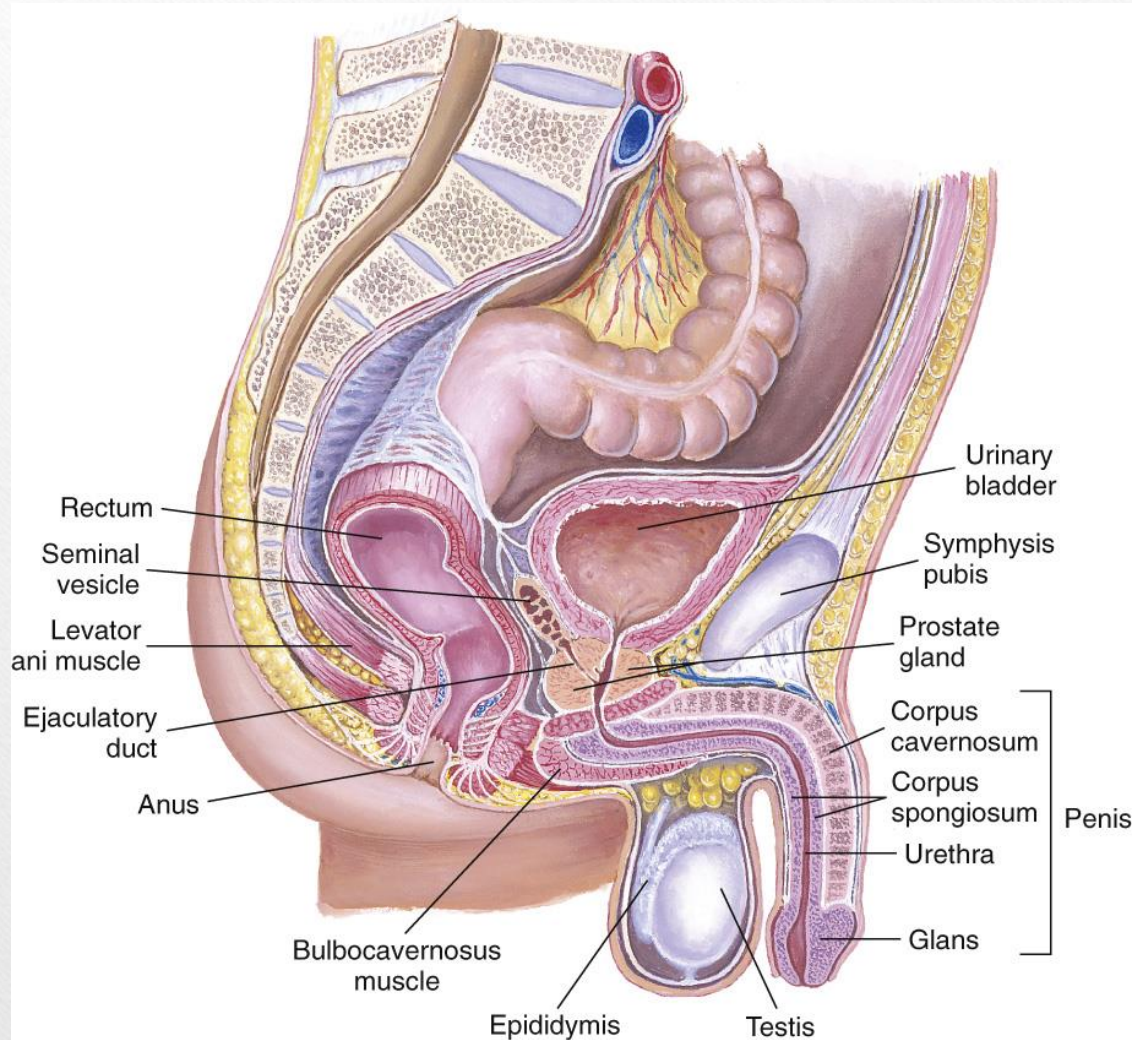


Reproductive System

Male Reproductive System



Main components of the male reproductive system

The testicles,

epididymis

vas deferens

ejaculatory duct

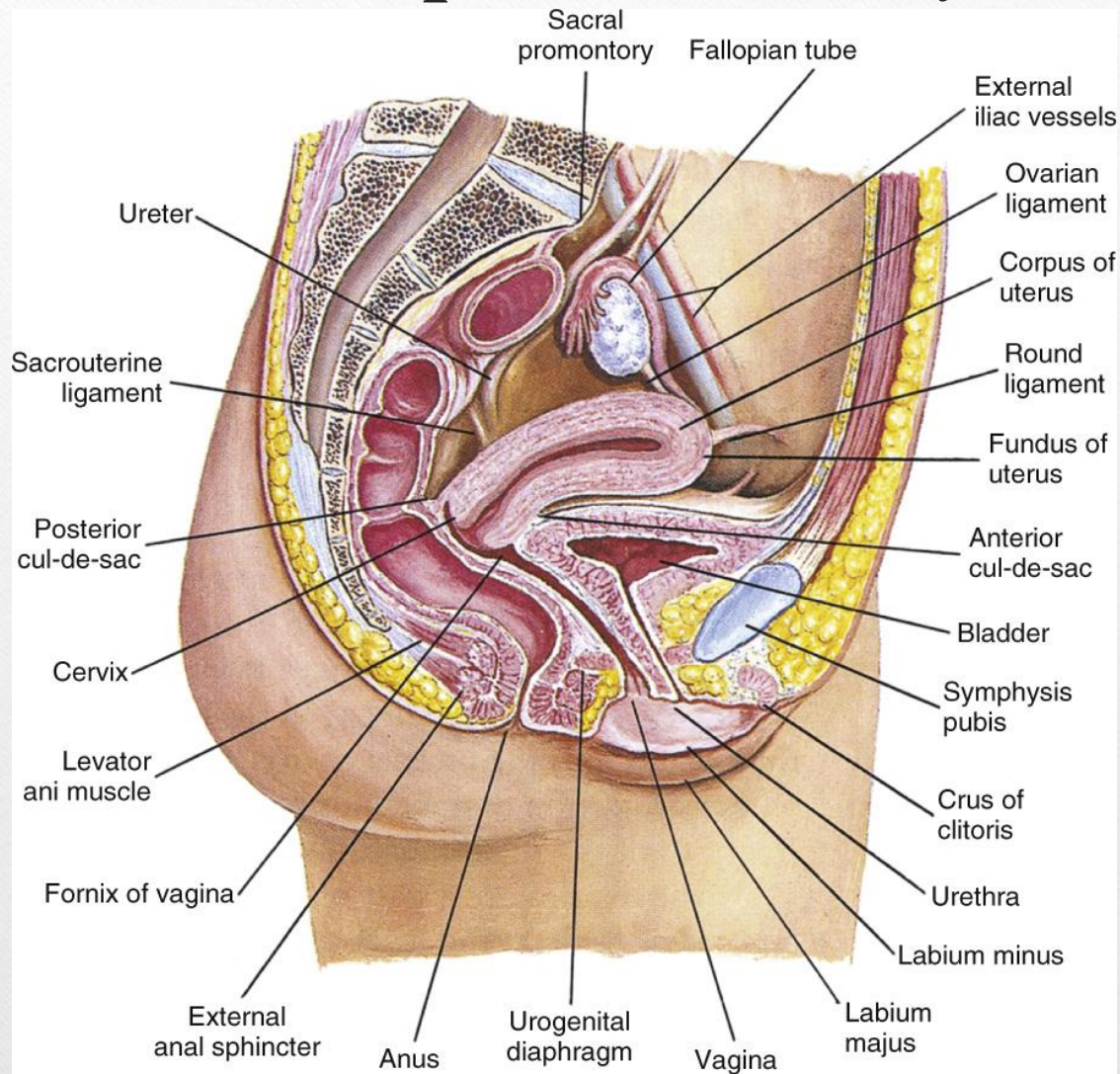
urethra

penis

scrotum

Several contraceptive methods are available for men: abstinence, the condom, the condom with spermicidal jelly or foam, withdrawal, and vasectomy. The condom alone and the withdrawal method are not reliable. A vasectomy is a permanent method of sterilization.

Female Reproductive System



Main components of the female reproductive system

The ovaries

fallopian tubes

uterus

vagina

external genitalia

mammary glands.

Some female contraceptive methods?

Currently used methods of birth control are the birth control pill, injections of hormones, implanted hormone-releasing devices, the intrauterine device, the diaphragm, spermicidal agents, abstinence, and the rhythm method. The most reliable methods are the pill, injections and implants, the condom plus a spermicidal agent, the intrauterine device, and the diaphragm with a spermicidal agent, in decreasing order of effectiveness. A tubal ligation is a permanent sterilization option.

Pregnancy by Trimester

First: menstruation stops, constipation occurs, changes in breasts, nausea, vomiting

Second: increased blood in vaginal area, progesterone depresses central nervous system

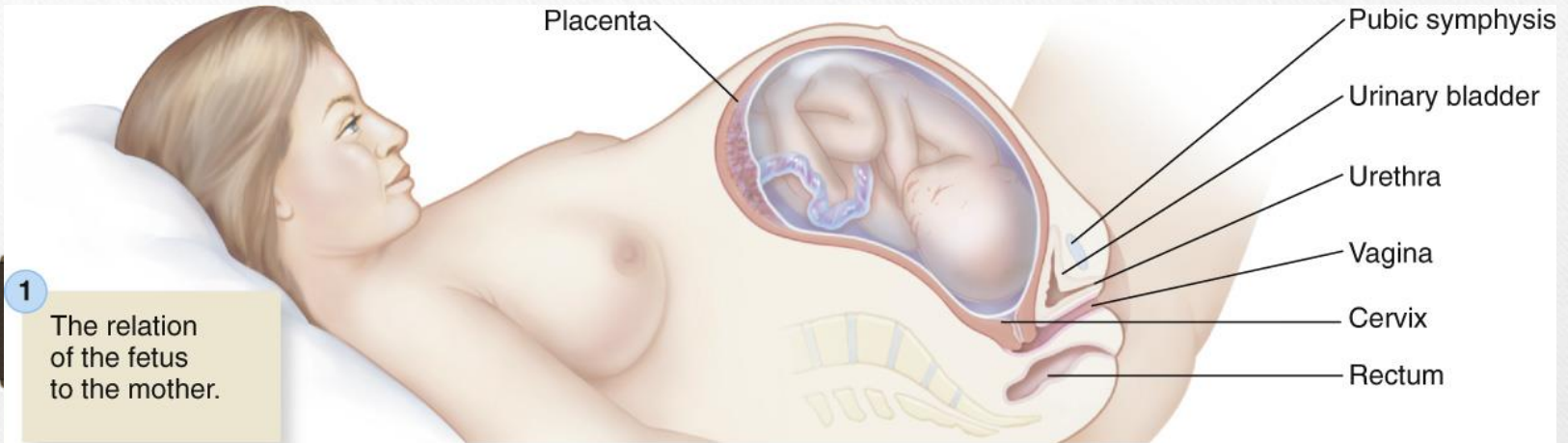
Third: postural changes, lower abdominal pain, discomfort

Fertilization occurs when a sperm penetrates the egg, resulting in the restoration of the number of chromosomes to 46.

What stimulates birth?

We don't know for sure, but increased fetal activity seems to play a role.

Pregnancy



This illustration shows the impressive degree to which the pregnant uterus displaces other abdominopelvic structures and puts pressure on important regions, such as the pelvic diaphragm and the respiratory diaphragm.

Venous return from pelvic and lower limb structures is made more difficult by pressure on the inferior vena cava, and women commonly develop hemorrhoids and varicose veins in the lower limbs.

Breathing may be difficult because of pressure on the diaphragm and the inability to depress it fully to permit filling of the lungs.

Back and lower limb pain is common because of pressure on exiting nerves of the lumbar and sacral plexuses.

Birth

Prelabor

Early labor

Active labor

Transition phase

Delivery: bearing down

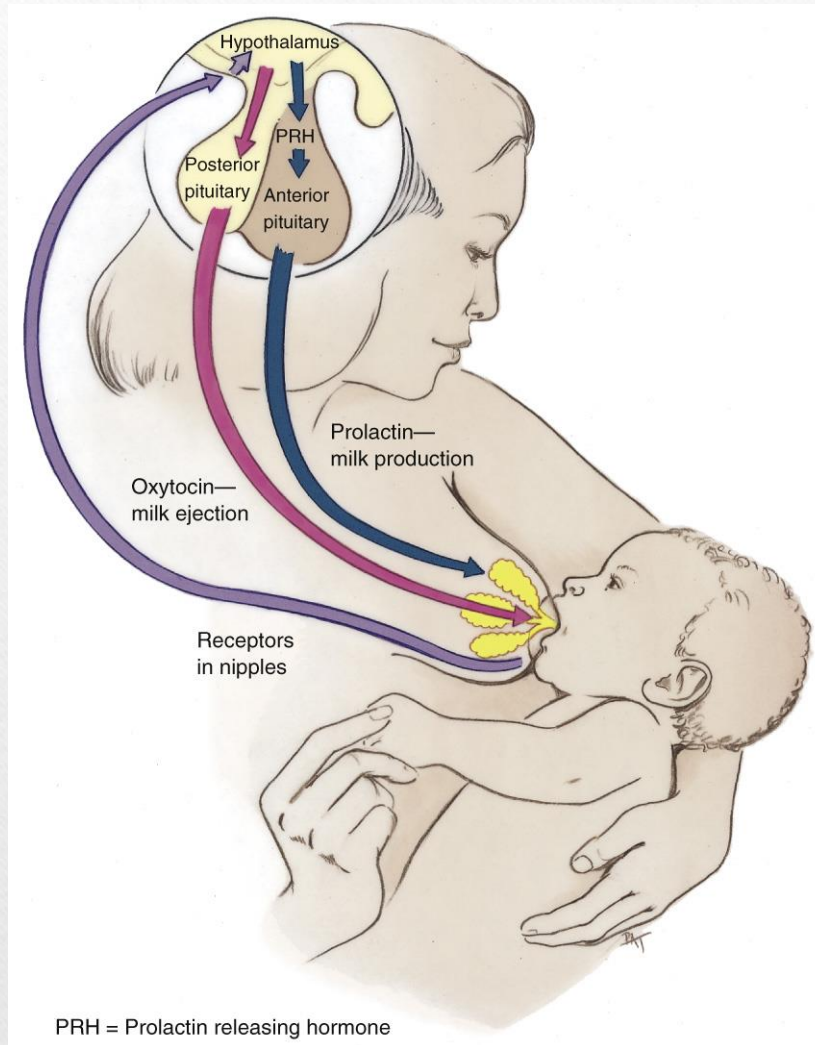
Episiotomy

Cesarean birth

Placenta (afterbirth)

An episiotomy is a minor surgical procedure in which the physician makes an incision in the perineum, the area between the rectum and vagina. The episiotomy enlarges the opening for vaginal births, making it easier for the baby's head to come out

Lactation



The main physiologic function of the mammary glands is to provide proper nutrition for the baby, as well as to protect the infant from infections during the first few months of life by transferring antibodies from mother to baby.

The cry of the infant, and in some cases emotional responses, may cause oxytocin release and lactation.

Pathologic Conditions

Abnormal pregnancy

Bleeding

Miscarriage

Ectopic pregnancy

Preeclampsia

Hyperemesis gravidarum

Bartholin's Cyst

Breast Lumps

Cervical cancer

Cervicitis

Endometriosis

Infertility

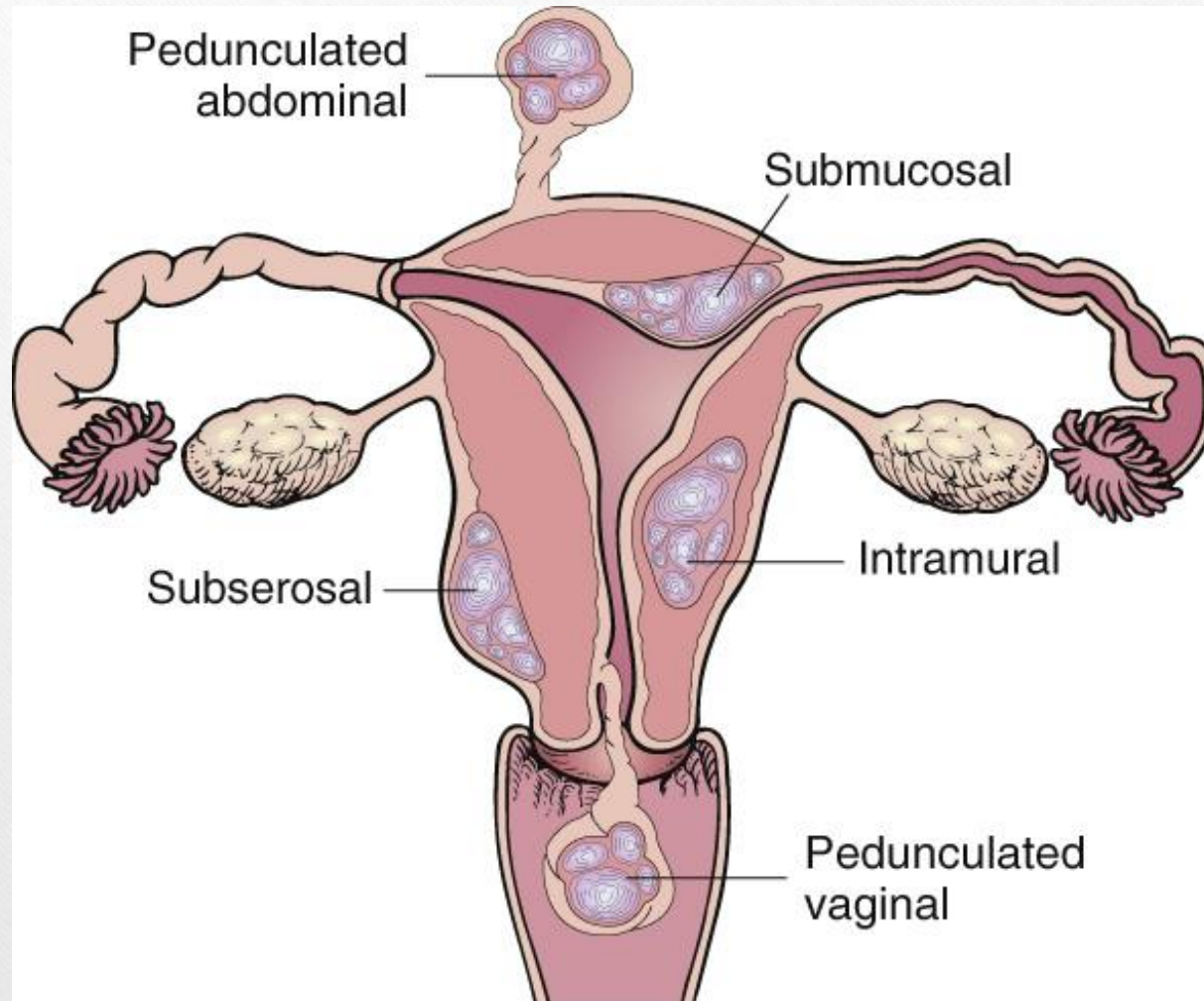
Uterine disorders

Vaginitis

Prostate disorders

Although some bleeding early in pregnancy is relatively common, it is not normal.

Uterine Fibroids



Sexually Transmitted Infections

Vaginal infections

Hepatitis B infection

Nongonococcal urethritis or chlamydia

Genital warts

Herpes genitalis

Acquired immunodeficiency syndrome

Gonorrhea

Syphilis

Body lice (crabs)

Syphilis appears in three stages.

Indications/Contraindications for Therapeutic Massage

Contraindications

Any infectious diseases of the reproductive system
(until they have run their course)

Clients with malignancies unless the appropriate health
care professional provides approval and supervision

Regional for reproductive system conditions

Prenatal massage as part of wellness program

Should obtain physician approval first

As with most chronic illness and pain, therapeutic massage offers generalized support for homeostasis and can offer palliative or comfort care for the maintenance of any pathologic conditions.

To Test

Access Code: **DENC**

Please write down code. You will be asked for it

Once you have successfully passed the test (70% correct), please email Kim Jackson at kim_hotschool@yahoo.com. We will email you your CE certificate within 7 business days.