

## Sexual and Reproductive Health

### The importance of reproductive health for women

## Sexual and Reproductive Health problems in Turkey and North Cyprus

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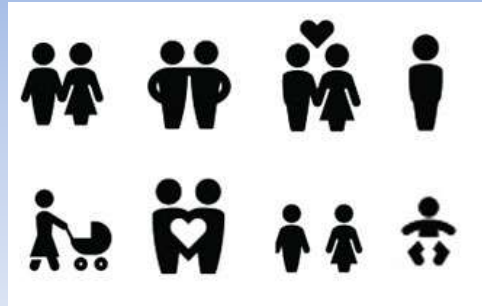
## Sexual and Reproductive Health



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The World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence

## Sexual rights



## Sexual rights

- The rights to equality and non-discrimination
- The right to be free from torture or to cruel, inhumane or degrading treatment or punishment
- The right to privacy
- The rights to the highest attainable standard of health (including sexual health) and social security
- The right to marry and to found a family and enter into marriage with the free and full consent of the intending spouses, and to equality in and at the dissolution of marriage
- The right to decide the number and spacing of one's children
- The rights to information, as well as education
- The rights to freedom of opinion and expression, and
- The right to an effective remedy for violations of fundamental rights

## Sexual rights

The application of existing human rights to sexuality and sexual health constitute sexual rights. Sexual rights protect all people's rights to fulfill and express their sexuality and enjoy sexual health, with due regard for the rights of others and within a framework of protection against discrimination

## Sexual health concerns



## Sexual Health Concerns

### Sexual health concerns related to body integrity and to sexual safety

- Need for health-promoting behaviors for early identification of sexual problems (e.g. regular check-ups and health screening, breast and testicular self-scans)
- Need for freedom from all forms of sexual violence (including rape, sexual abuse and harassment)
- Need for freedom from body mutilations (e.g. female genital mutilation)
- Need for freedom from contracting or transmitting STIs (including HIV)
- Need for reduction of sexual consequences of physical or mental disabilities
- Need for reduction of impact on sexual life of medical and surgical conditions or treatments

## Sexual Health Concerns

### Sexual health concerns related to eroticism

- Need for knowledge about the body, as related to sexual response and pleasure
- Need for recognition of the value of sexual pleasure enjoyed throughout life in safe and responsible manners within a values framework that is respectful of the rights of others
- Need for promotion of sexual relationships practiced in safe and responsible manners
- Need to foster the practice and enjoyment of consensual, non-exploitative, honest, mutually pleasurable relationships



## Sexual Health Concerns

### Sexual health concerns related to gender

- Need for gender equality
- Need for freedom from all forms of discrimination based on gender
- Need for respect and acceptance of gender differences

## Sexual Health Concerns

### Sexual health concerns related to sexual orientation

- Need for freedom from discrimination based on sexual orientation
- Need for freedom to express sexual orientation in safe and responsible manners within a values framework that is respectful of the rights of others

## Sexual Health Concerns

### Sexual health concerns related to emotional attachment

- Need for freedom from exploitative, coercive, violent or manipulative relationships.
- Need for information regarding choices or family options and lifestyles.
- Need for skills, such as decision-making, communication, assertiveness and negotiation, that enhance personal relationships.
- Need for respectful and responsible expression of love and divorce

## Sexual Health Concerns

### Sexual health concerns related to reproduction

- Need to make informed and responsible choices about reproduction.
- Need to make responsible decisions and practices regarding reproductive behavior regardless of age, sex and marital status.
- Access to reproductive health care.
- Access to safe motherhood.
- Prevention of and care for infertility



## Sexual health problems



## Sexual health problems

- Sexual health problems are the result of conditions, either in an individual, a relationship or a society, that require specific action for their identification, prevention and treatment.
- The expert working group of PAHO/WHO proposed a syndromic approach to classification that makes problems easier to identify by both health workers and the general public, and easier to report for epidemiological considerations.
- All of these sexual health problems can be identified by primary health workers. Some can be addressed by trained health workers at a primary level, but for others referral to a specialist is necessary

## Sexual health problems

- Clinical syndromes that impair sexual functioning (sexual dysfunction) such as sexual aversion, dysfunctional sexual arousal and vaginismus in females, and erectile dysfunction and premature ejaculation in males
- Clinical syndromes related to impairment of emotional attachment or love (paraphilias) such as exhibitionism, pedophilia, sadism and voyeurism
- Clinical syndromes related to compulsive sexual behavior such as compulsive sexual behavior in a relationship
- Clinical syndromes involving gender identity conflict such as adolescent gender dysphasia

## Sexual health problems

- Clinical syndromes related to violence and victimization such as clinical syndromes after being sexually abused as a child (including post-traumatic stress disorder); clinical syndromes after being sexually harassed; clinical syndromes after being violated or raped; clinical phobia focused on sexuality; patterns of unsafe sexual behavior placing self and/or others at risk for HIV infection or/and other STIs.
- Clinical syndromes related to reproduction such as sterility, infertility, unwanted pregnancy, abortion complications.
- Clinical syndromes related to sexually transmitted infections such as genital ulcers, urethral, vaginal or rectal discharge, lower abdominal pain in women, asymptomatic STIs.
- Clinical syndromes related to other conditions such as clinical syndromes secondary to disability or infirmity, secondary to mental or physical illness, secondary to medication.

## Reproductive Health



## Reproductive Health

You can begin protecting your fertility well before you are ready to start a family. Nutrition, a healthy lifestyle and decisions about sexual behavior influence a person's ability to conceive a child and a woman's ability have a safe delivery. In the ideal situation... You will be able to:

- Choose if and when you want to conceive a child
- Biologically conceive a child
- (For women) Deliver a healthy infant

## What women need to know...



## Reproductive Health

**Chlamydia and gonorrhea:** Fifteen percent of all American women who are infertile can attribute it to tubal damage caused by pelvic inflammatory disease (PID). PID is an infection of the uterus, fallopian tubes and other reproductive organs. It often results from untreated STD/STIs, such as chlamydia and gonorrhea. PID can lead to serious consequences that affect a woman's ability to have a baby

## Reproductive Health

**Genital herpes:** Herpes is not uncommon among women. It's can be thought of as a skin infection of the mouth and/or genitals, and doesn't usually have severe health consequences. The herpes virus stays in your body forever but doesn't usually interfere with a woman's ability to become pregnant. In rare circumstances, however, herpes infections can affect the well being of the newborn infant

## Reproductive Health

**HIV:** It is recommended that all pregnant women get tested before their baby is born. While routine testing for all populations is important to prevent the spread of HIV, it is especially important for expectant mothers. HIV can be passed between a mother and child during labor, and later through breastfeeding. By testing in advance, women and their doctors can create plans to protect the well being of their unborn children. Through medical treatments during delivery and feeding practices thereafter, HIV positive pregnant women can have HIV negative children

## What you can do to protect yourself and your fertility?



## What you can do to protect yourself and your fertility?

- Use condoms correctly and consistently every time you have sex
- Limit the number of sexual partners you have
- Get an annual physical where you request annual chlamydia and gonorrhea screenings (strongly recommended for women 25 and under)
- Get tested and ask your sexual partners to get tested (before you start having sex!)
- Recognize when you are in an abusive relationship and know who to call

## What men need to know...



## Reproductive Health

**Chlamydia:** For every 100,000 men, 190 will have chlamydia. While rare, infection sometimes spreads to the epididymis (the tube that carries sperm from the testis), causing pain, fever and rarely sterility

## Reproductive Health

**Gonorrhea:** For every 100,000 men, 114 will have gonorrhea. Gonorrhea can cause sterility if left untreated

## Reproductive Health

**HPV:** HPV infection resulting in penile or anal cancers are rare, although gay and bisexual men are 17 times more likely to develop anal cancer than heterosexual men

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## Sexual and Reproductive problem in the World



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- More than half of all people will have an STD/STI at some point in their lifetime
- Recent estimates from the Centers for Disease Control and Infection show that there are 19.7 million new STIs every year in the U.S
- In 2008, there were an estimated 110 million prevalent STIs among women and men in the U.S.. Of these, more than 20% (22.1 million) were among women and men aged 15 to 24 years
- Each year, one in four teens contacts an STD/STI
- One in two sexually active persons will contract an STD/STI by age 25

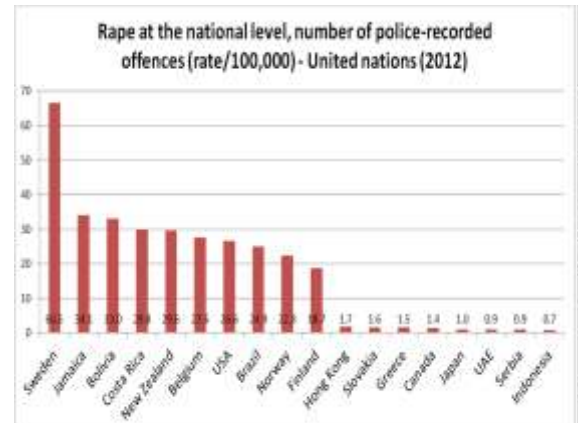
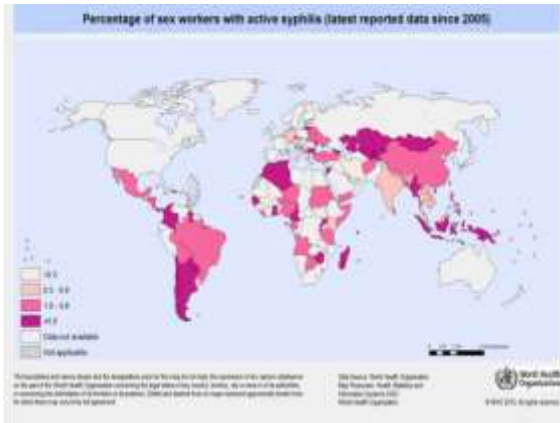
## Sexual and Reproductive problem in the World

- One out of 20 people in the United States will get infected with hepatitis B (HBV) some time during their lives. Hepatitis B is 100 times more infectious than HIV
- Approximately half of HBV infections are transmitted sexually. HBV is linked to chronic liver disease, including cirrhosis and liver cancer
- It is estimated that as many as one in five Americans have genital herpes, a lifelong (but manageable) infection, yet up to 90 percent of those with herpes are unaware they have it
- With more than 50 million adults in the US with genital herpes and up to 776,000 new infections each year, some estimates suggest that by 2025 up to 40% of all men and half of all women could be infected



## Sexual and Reproductive problem in the World

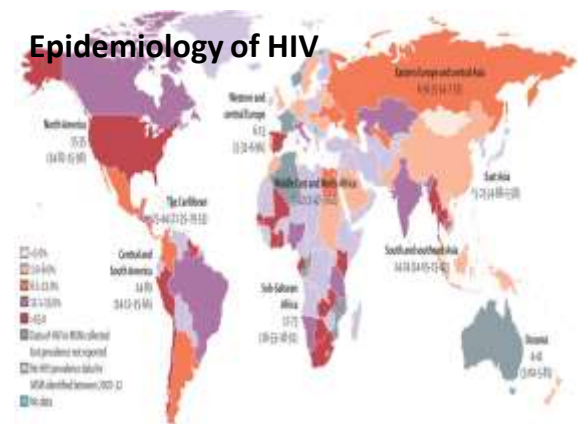
- Over 14 million people acquire HPV each year and by age 50, at least 80 percent of women will have acquired genital HPV infection. Most people with HPV do not develop symptoms
- Each year, there are almost 3 million new cases of chlamydia, many of which are in adolescents and young adults
- Consistent condom use reduces the risk of recurrent PID and related complications: significantly, women who reported regular use of condoms in one study were 60 percent less likely to become infertile
- Consistent condom use provides substantial protection against the acquisition of many STDs, including statistically significant reduction of risk against HIV, chlamydia, gonorrhea, herpes and syphilis



**ABOUT 1 IN 4 NEW HIV INFECTIONS IS AMONG YOUTH AGES 13-24**



**MOST OF THEM DO NOT KNOW THEY ARE INFECTED, ARE NOT GETTING TREATED, AND CAN UNKNOWINGLY PASS THE VIRUS ON TO OTHERS**



Every day in the world more than  
100 000 000 couple have a sex



From that 100 million couples 910 000  
became a pregnant



Also from them 356 000 people  
infected with STD



### STD\STI in Turkey

		West	South	Middle	North	East
Level of maternal mortality		11	18	16	20	34
Unwanted pregnancies		11	19	15	20	35
STD\STI , AIDS		20.2	19.9	18.7	21.4	19.7
Level of sexual and reproductive health in teens	Teens pregnancy	18	22	20	16	24
	Safe sex	31	16	23	7	24

What is the situation in North Cyprus?



### What is the situation in North Cyprus?

- The most part of couples in North Cyprus have a sex before marriage
- Still need to receive the blessing of their parents to marry
- For the abortion teens till 18 years old still needs permission from the parents, which some times makes prolongation of preparing process, which can causes some health complications



### Sexual and Reproductive health problems in North Cyprus



### Sexual and Reproductive health problems in North Cyprus

- The lack of maternal-child health services
- High risk of STD\STI
- High level of Cesarean section
- Low level information of young people about STD\STI
- No rule about sex-business

### How to solve sexual health problems?



### How to solve sexual and reproductive health problems?

- Increase the level of public education about sexual and reproductive health
- Start to give sexual education from the school
- Increase the level of family education

### How to solve reproductive health problems?



### How to solve reproductive health problems?

To maintain one's sexual and reproductive health, people need access to accurate information and the safe, effective, affordable and acceptable contraception method of their choice. They must be informed and empowered to protect themselves from sexually transmitted infections. And when they decide to have children, women must have access to services that can help them have a fit pregnancy, safe delivery and healthy baby



Every individual has the right to make their own choices about their sexual and reproductive health

