Pregnancy
Contraception
STIs & Prevention
The Zygote

- A **normal cell** has **46 chromosomes**
- **Male gamete** sperm has **23**
- **Female gamete** ovum also has **23**
- **2 gametes unite** $\rightarrow$ **ZYGOTE** is formed!

$1^{st}$ **CELL**
The Menstrual Cycle

• 28 days.

1. Start with **MENSTRUATION** \(\rightarrow\) 5 days
2. Body acts like you are pregnant lining of uterus thickens until day 28
3. **(OVULATION)** day 14. – EGG RELEASED
   – time to get pregnant is here + or – 5 days.
Risks during pregnancy

• **Highest risks are in the first 2 months...**

• Cigarette smoke, alcohol, drugs go from mom’s blood to baby’s via the placenta and umbilical cord.

• Cigarettes $\to$ not enough $O_2$ $\to$ growth prob and nicotine withdrawal
Contraception

- **Condom**: only way of preventing STIs !!!

- **Diaphragm**: Re-usable... covers the cervix.

- **IUDs**: stops the zygote from implanting in the uterus

- **Oral contraceptive**: prevent ovulation – must be taken every day. Don’t miss a day!
More permanent

- **Tubal ligation**: tying off the fallopian tubes
  - Usually irreversible.

- **Vasectomy**: cutting the vas deferens.
  - Sperm but no spermatozoa
STIs

- Bacterial infections: treated with **antibiotics**:
  - Syphilis:
  - Gonorrhea
  - Chlamydia
STIs

• Viral: stays with you forever... symptoms may come and go.

• Hepatitis
• AIDS
• Condyloma
• Genital herpes
• HPV