**FINAL EXAM STUDY GUIDE**

RAPPP: Responsible attitudes towards pregnancy prevention and parenting

Female reproductive organs:

* Fallopian tube: transport egg
* Ovaries: store eggs
* Cervix: mouth of the womb
* Vagina: sexual intercourse and birth canal
* Ovum (egg): female reproductive cell
* Uterus: womb
* Mons: fatty tissue where pubic hair grows
* Labia minora and majora: protect inner organs
* Clitoris: stimulation

Menstrual cycle:

* 28 days
* Days 13-15 (DAY 14) egg is released
* A woman can become pregnant on any day of the month

Male reproductive organs:

* Seminal vesicle: stores semen
* Bladder: stores urine
* Prostate: provides nutrients
* Vas deferens: carries sperm
* Urethra: urine and sperm passageway
* Penis: urine and sexual intercourse
* Scrotum: regulates temperature
* Testicle: manufactures sperm
* Epididymis: sperm learns to swim
* Cowper’s gland: neutralizes acid
* Sperm: male reproductive cell

Pre-ejaculation: a small amount of seminal fluid, containing sperm, meant to neutralize the urethras acid. It is released before the actual ejaculation.

Contraception: any method used to prevent pregnancy. May also be called birth control

* Abstinence: The choice to not have sex at all.
* Barrier methods: place a physical wall between a woman’s cervix and the males sperm
  + Male condoms: ABC (Always, Before, Correctly)
  + Female condoms
  + Diaphragm
  + Cervical cap
  + Contraceptive sponge
  + Spermicides
* Hormonal methods: combine hormones estrogen and progesterone into the body to prevent pregnancy
  + Birth control pills: most effective form of hormonal method
  + Implanon
  + Depo-provera (shot)
  + Contraceptive patch
  + Vaginal ring
  + IUD
  + Sterilization (tubal occulsion and vasectomy)
  + Adiana
  + Emergency contraception (plan B)

STI (sexually transmitted infection)

* Bacterial STIs: STIs that can be cured
  + Chlamydia: most common among teenagers
  + Gonorrhea: causes many infections
  + Syphilis: 3 stages, causes blindess
* Viral STIs: STIs that cannot be cured
  + HPV: human papilloma virus, causes genital warts and cervical cancer
  + Genital herpes: blister like sores
  + HIV: human immunodeficiency virus, leads to AIDS
  + AIDS: acquired immune deficiency virus, low white blood cells
  + Hepatitis: inflammation of the liver

Pregnancy:

* 40 weeks
* 3 trimesters
  + 1st: All major organs are functioning. Heart beats and becomes a fetus
  + 2nd: Hair begins to grow, baby can swallow and hiccup
  + 3rd: Organs mature, baby gains weight
* Teratogens: things in the environment or substances that a pregnant woman takes that may be harmful to her unborn baby
  + Alcohol
  + Smoking
  + Drugs
  + X-Rays
  + Medications
  + Foods
* Symptoms:
  + Tired
  + Nausea/ vomiting
  + Missed period

Stages of Labor: (Dilation and effacement of the cervix)

* First: Contractions
  + Early
  + Active
  + Transition
* Second: Baby is born
* Third: Placenta is born, any stitching is given

Placenta: Organ that provides nourishment and oxygen to the fetus

Cesarean Section (C-Section): birth by surgery

Newborns:

* Head: odd shape, molds
* Eyes: dark blue at birth
* Soft spot: where bones have not fused together yet
* Body: barrel shaped, small narrow hips, bowed legs
* Skin:
  + Vernix (white cheesy substance)
  + Mongolian spots: dark spots on lower back
* Hair: some are bald, some have lots
  + Lanugo: soft body hair that protects skin
* Six things they can do at birth:
  + Suck (eat)
  + Hear
  + See
  + Smell
  + Touch
  + Cry