**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