

Do Now

Fertility, menstrual and gynaecological health



Gurj and Fiz are trying for a baby. Fiz is 42 and Gurj is 39. They've been trying for two years, but Fiz has polycystic ovary syndrome and Gurj has a low sperm count. They both blame themselves, although they shouldn't, and the situation is getting stressful for the couple and Gurj has started smoking again.

Discuss: Why are the couple finding it hard to conceive a child?



Define the terms fertility, and menstrual and gynaecological health.

I would define fertility as.....

I would define menstrual health as...

Fertility, menstrual and gynaecological health



Learning outcomes:

Explain and correctly identify issues that cause reduced fertility in both males and females and how we can all look after our reproductive health.

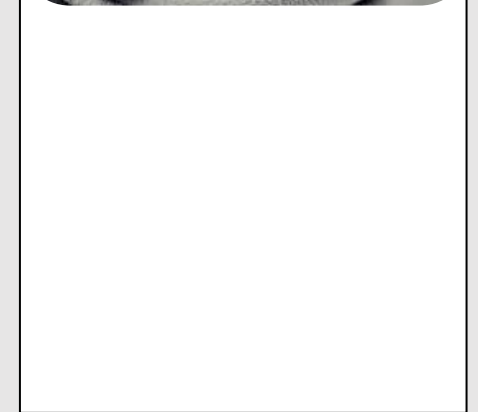
Fertility – the ability to conceive children.

Menstrual health - physical, mental, and social wellbeing in relation to the menstrual cycle.

Gynaecological health - a healthcare focus on the development, diagnosis, prevention, and therapy of disorders and diseases distinct to the female reproductive system.



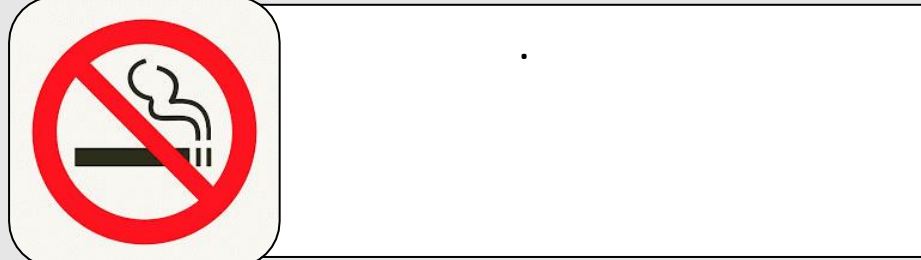
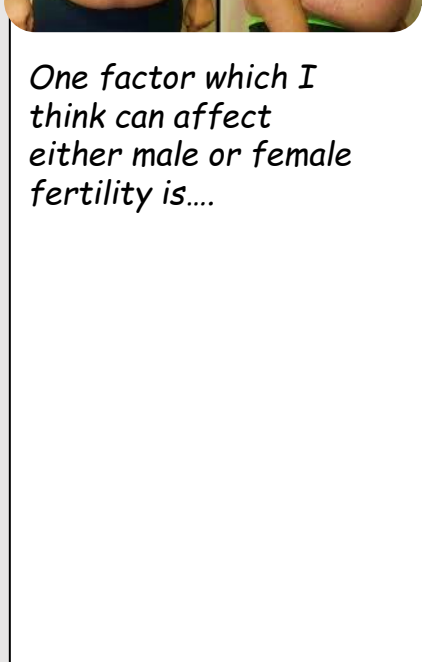
BELONG CARE ASPIRE SUCCEED



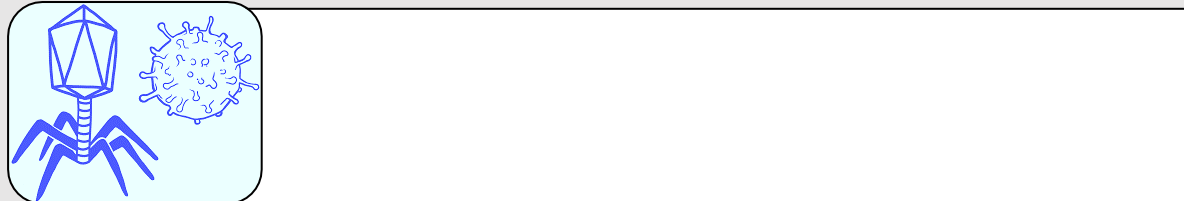
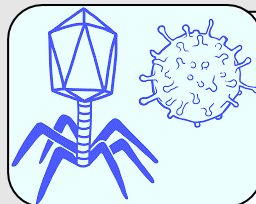
There are many factors which can affect our levels of fertility – in both males and females. Complete the mind map and use the image clues if you wish to. We'll go through our answers together as a class shortly.



One factor which I think can affect either male or female fertility is....



What factors can affect male and female fertility?

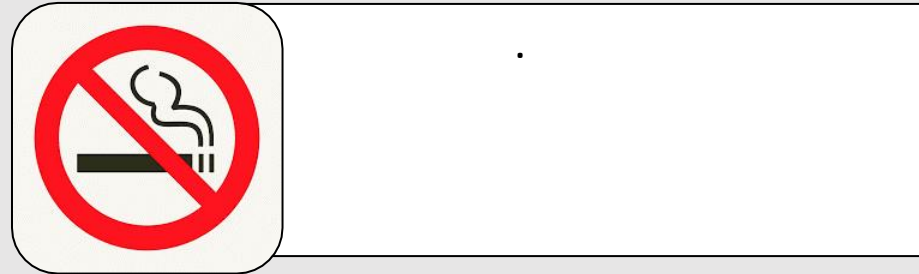


What did we think? Let's collate our ideas before we reveal the answers and see if there is anything we've missed.

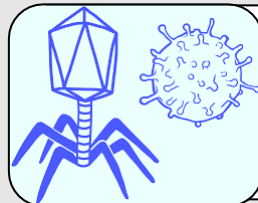
ANSWERS BEHIND THIS BOX



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What factors can affect male and female fertility?



BELONG CARE ASPIRE SUCCEED



Fertility, menstrual and gynaecological health



We have a lot of new terminology to get our heads around today. A few terms you will have heard of before, but many you won't – so before we delve in to the science behind fertility, let's just ensure we're familiar with the key terms.

You have been given a terminology match-up task. Complete your table, and don't forget the final column. You can work in pairs to complete this task.

Key Term	Match Up	Definition	Use in a sentence
Reproductive system		Infections acquired by sexual contact, which may pass from person to person in blood, semen, or vaginal and other bodily fluids.	
Sexually transmitted infections (STIs)		The inability to conceive children.	
Chlamydia		A condition affecting the red blood cells stemming from a lack of iron.	
Oestrogen		The system of organs and parts which function in reproduction, consisting in the male especially of the testes, penis, seminal vesicles, prostate, and urethra and in the female especially of the ovaries, fallopian tubes, uterus, vagina, and vulva.	
Infertility		A measure of the number of spermatozoa per ejaculation or per measured amount of semen, used as an indication of a man's fertility.	
Menstruation		One of the hormones which helps to regulate and maintain a healthy reproductive system in women.	
Anaemia		A common STI which can lead to inflammation and fertility issues in men and women if left untreated.	
Sperm count		The process in a woman of discharging blood and other material from the lining of the uterus, normally once a month.	
Menopause		A period of three months, used as a division of the duration of pregnancy.	
Trimester		The period in a woman's life (typically between the ages of 45 and 50) when menstruation ceases.	

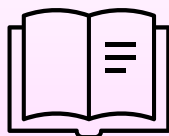


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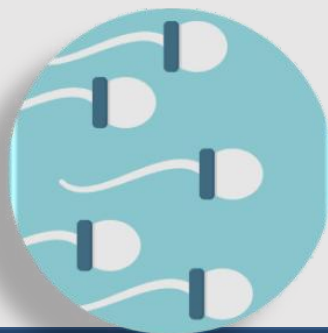


How can our lifestyles and general health levels affect both male and female fertility?



THORNDEN THREE GUIDED READING!

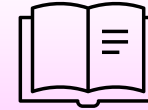
Follow the text closely in your booklets and be ready to answer the questions



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Good reproductive and sexual health is a state of mental, physical and social well-being in all matters related to the reproductive system. This means having a full understanding of what it means to have a satisfying and safe sex life, along with the importance of contraception in preventing unwanted pregnancies and sexually transmitted infections, often referred to as STIs or STDs. One of the most essential things to realise is that when it comes to making decisions about sexual and reproductive health, everyone is different, and everyone will make different decisions. Some people become sexually active earlier than others, and some people prefer to wait until they're married or are in a relationship. As long as sex is safe, legal and consensual, there's no right or wrong. People's reproductive and sexual health choices will also differ depending upon whether they're in a straight or gay relationship. What we all have in common, however, is the duty to take good care of our reproductive health, in order to live happy and healthy lives and enjoy fulfilling relationships.

A lot of people don't realise that the reproductive health system is the most fragile system in the body. This means it's easily affected by the things we do and the choices we make. There are numerous factors that can affect reproductive health and fertility, and one of the most significant is our sexual health choices. Having unprotected sex with different partners leaves both men and women at great risk for contracting STIs, which can have significant long-term health consequences, including infertility. One of the most common of these infections is chlamydia. This is passed on

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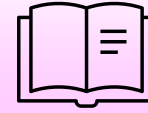


through sex without a condom and is particularly common in teenagers and young adults. The NHS recommends that you get tested for chlamydia every year if you're sexually active. One of the reasons the infection is so dangerous to our reproductive health is that most people who contract the disease won't have any symptoms, and so will not know that they have it. The infection can be easily treated with antibiotics if it's caught, but if it's left untreated it can spread to other parts of the body and damage the entire reproductive system. In both men and women, signs of chlamydia can include unusual discharge, painful urination, and burning and itching of the genital area. Left untreated, in women chlamydia can cause Pelvic Inflammatory Disease, which makes getting pregnant difficult or impossible, as well as increasing the risk of ectopic pregnancy. In men, it can cause inflammation of the testicles and epididymis, the tubes that carry sperm, which can also lead to infertility. Although the most common, chlamydia is by not the only STI that can affect reproductive health and fertility - another common culprit is gonorrhoea, another common condition that can go unnoticed, and untreated. The most common sexually transmitted infection, HPV, is now preventable with the use of the HPV vaccine, which has been shown to lower the risk of reproductive cancers in men and women. When you're offered this vaccine, it's a good idea to get it. To prevent any other unwanted consequences for reproductive health, the two most important lifestyle choices you can make are ensuring that you always use condoms with any sexual partner and getting checked for STIs every year. That way, any issues will be caught early, and complications are far less likely.

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Another factor that can have a big impact on our reproductive health is weight. Being overweight or obese can affect the production of hormones in our body, which are essential for regulating and maintaining our reproductive health. Women who have a healthy body weight are likely to be producing the correct amount of oestrogen - one of the most important hormones used in the reproductive cycle. Women who are overweight or obese are more likely to produce excess oestrogen, which can prevent regular ovulation. If ovulation is not happening regularly, it can be much harder to conceive. Being underweight can also have a negative impact on fertility, because this can cause the body to produce too little oestrogen, which can also prevent ovulation. Being severely underweight can also stop periods altogether, and in serious cases can lead to permanent infertility. Men's reproductive health can also be affected by excess weight. Studies have shown that overweight and obese men often have poorer sperm quality than their healthy counterparts, and the same is also true for men who are significantly underweight. For both men and women, the advice is clear - making sure your weight stays within a healthy range is very important in protecting your future reproductive health and ensuring that you will be able to start a family should you wish to.

Although staying at a healthy weight is important to maintain reproductive health, it's equally important to ensure that you're getting the right nutrition. For both men and women, consuming a diet rich in carbohydrates, fibre, fruits and vegetables has been shown to have a positive impact on fertility and reproductive health. However, women and men do

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demonstrated to boost reproductive health. Men who exercise at least three times a week tend to have healthier and better-quality sperm, a healthy sperm count and the same amount of exercise has also been shown to have a protective effect on female fertility. Our reproductive health can also be drastically affected by poor lifestyle choices, such as smoking. The British Medical Association has warned that smoking is directly linked to around 1200 cases of cervical cancer per year, as well as 5000 miscarriages. Women who smoke are known to take longer to conceive, with the chances of conception at each cycle reduced by up to 40%. Male smokers also have a lower sperm count and a much poorer response to fertility treatment. Even passive smoking has been demonstrated to have a negative effect on reproductive health.

However, many conditions can arise which are not necessarily linked to your lifestyle too: endometriosis is a condition where the tissue similar to the lining inside the uterus grows outside it, often causing severe pain and inflammation, which can lead to the formation of scar tissue and adhesions that may obstruct the fallopian tubes, making it difficult for the egg and sperm to meet. PCOS is characterized by hormonal imbalance, irregular menstrual cycles, and the presence of multiple small cysts on the ovaries. This condition can disrupt ovulation, making it unpredictable or absent, thus reducing the chances of conception. Heavy menstrual bleeding, often due to hormonal imbalances or conditions like fibroids, can result in significant blood loss and anaemia, leading to general health deterioration and reduced fertility. Additionally, the

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underlying causes of heavy menstrual bleeding can interfere with the normal function of the reproductive organs, further complicating efforts to conceive. Addressing these conditions through medical intervention, lifestyle changes, and ongoing health management is crucial for improving fertility outcomes.

Of course, it's also vital to take care of our mental health, as this can also have a direct affect on all aspects of our physical health. Ensuring that you feel happy, confident and free from anxiety can help ensure that your relationships are healthy and respectful. Our mental health can also affect our reproductive health in more obvious ways. For instance, women who suffer from anxiety disorders are more likely to have irregular menstrual cycles, and are more likely to suffer from Premenstrual Syndrome, or PMS. Being mindful of our mental health at all times as well as asking for help when we need it can help to regulate or prevent such issues.

Now complete the questions on the final sheet in your booklets:

1. What constitutes good reproductive and sexual health?
2. Why is it important to understand the significance of contraception in sexual health?
3. How can sexual health choices impact reproductive health and fertility?
4. What is chlamydia, and why is it considered dangerous for reproductive health?
5. How can being overweight or underweight affect female fertility?
6. What dietary factors are important for maintaining reproductive health in both men and women?
7. How does smoking affect reproductive health in both men and women?
8. Why is mental health important for overall reproductive health?
9. What are the recommendations for STI testing, especially regarding chlamydia?
10. How does regular exercise benefit reproductive health in both sexes?



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Questions: Answer in your books

- 1. **What** constitutes good reproductive and sexual health?
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- 3. **How** can sexual health choices impact reproductive health and fertility?
- 4. **What** is chlamydia, and why is it considered dangerous for reproductive health?
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- 7. **How** does smoking affect reproductive health in both men and women?
- 8. **Why** is mental health important for overall reproductive health?
- 9. **What** are the recommendations for STI testing, especially regarding chlamydia?
- 10. **How** does regular exercise benefit reproductive health in both sexes?





DISCUSS!

All hope is not lost – in fact in the UK now more women have babies in their 40s than 20s - and the trend is global too, even though the chances of a successful pregnancy is far more difficult. **Why do you think this is?**

<https://www.youtube.com/watch?v=tHo4X3fyUGg>

So, what about Fiz and Gurj?

Well, every case is different, but we now know that Fiz's reproductive health may be affected by both her age and a genealogical condition – polycystic ovary syndrome. Gurj's fertility levels may be affected slightly by his age (this is less of a factor in men) but certainly by the fact he is smoking. Smoking can directly contribute to a lower sperm count and less healthy sperm too.

However, there are options open for the couple...

What options are there for couples struggling to conceive?

<https://www.youtube.com/watch?v=1d9ebNubPDM>

<https://www.youtube.com/watch?v=khXjHloulB4>

You have been given a bingo card. Whilst listening carefully, you need to **cross out all the statements that you hear**. The first person to cross out all the statements will shout 'bingo'.



Vasectomy reversals or sperm retrieval surgery can also help men.	Men can try hormonal therapy or receive certain medications to improve fertility.	Single people and lesbians may try manual insemination first, through medical means.
The first course of action for anyone is stop smoking.	Success rates in the UK are improving in fertility treatment.	Obese people must lose weight in order to conceive.
IVF (in vitro fertilisation) procedures are increasing overall, and more are successful.	Eating oysters before bed is highly recommended.	Most couples wait two years before pursuing fertility treatment.

What options are there for couples struggling to conceive?

Let's check our answers together now. A few of the answers weren't in the clips – two of these touch on good advice, but one is just a myth. **Which one is the myth, do you think?**



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Literacy through PD task:

Read your task sheet carefully and then consider the statement;

'Young people need to start thinking about their reproductive health and fertility early on – not ignoring this issue until their forties.'

To what extent do you agree or disagree with this statement? Pick a task and complete this in your books. **Be ready to feedback in 10 minutes.**

Literacy in PSHE – mini plenary

Young people need to start thinking about their reproductive health and fertility early on – not ignoring this issue until their thirties.

To what extent do you agree or disagree with this statement?

Option one:

Answer the question using the sentence starters.

I agree / disagree with the statement.

My main reason for this is that...

...leave thinking about their reproductive health until their thirties...

...be good / bad because...

Option two:

Answer the above question. As part of your answer to the question, use a counter argument. This is when you address the opposite point of view and say why it is wrong.

For example:

Someone who disagrees with me would say...

They might believe this because...

However, I think this is wrong because...

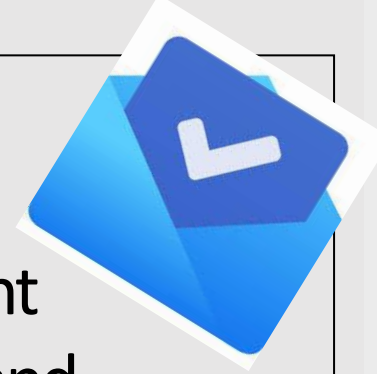
Option three:

In your answer to the question, include **two** counter arguments and use the following features in your writing:

Rhetorical question	Emotive language	Abstract noun	Imperative verb	Semi colon
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Inbox Full!

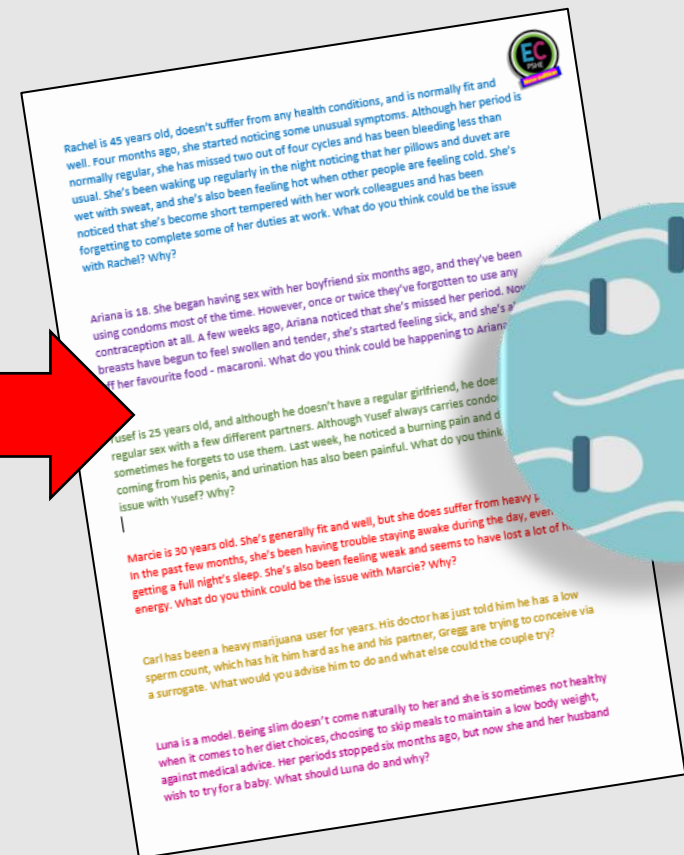
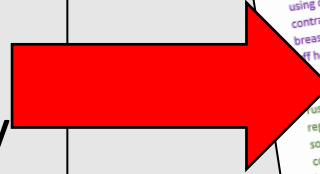
You are a Fertility Advice Counsellor.
You run a support page for people who want to ask about issues relating to their fertility and reproductive health.



Read your clients' case studies carefully.

Create clear and helpful replies what you have learnt from today.

Explain what might be the issue with each person, why you think this and any advice that could help improve their situation.



Need Support? You're Not Alone

If anything in today's lesson has affected you, or you want to talk to someone, there is help available.



Mental Health & Low Mood

YoungMinds – <https://www.youngminds.org.uk>
Kooth – <https://www.kooth.com>
Mind – <https://www.mind.org.uk>

Talk to Someone

Your Tutor or Head of Year – We're here to help.
Wellbeing Team and School Nurse
Report a Concern on Satchel
Safeguarding Team with the Purple lanyards

Healthy Lifestyle

NHS Every Mind Matters – <https://www.nhs.uk/every-mind-matters>
Change4Life – <https://www.nhs.uk/change4life>

Apps That Can Help

Calm – For mindfulness and sleep.
Headspace – Meditation and stress relief.
Clear Fear – Manage anxiety (designed for young people).
MeeTwo – Anonymously talk to other teens, moderated by experts.

Eating Concerns

Beat Eating Disorders –
<https://www.beateatingdisorders.org.uk>
NHS Live Well – Eating Disorders –
<https://www.nhs.uk/mental-health/conditions/eating-disorders/>



Belong - Care - Aspire - Succeed