
Postgraduate Certificate in Spinal Cord Injury Rehabilitation

Sexual Health And Fertility

Abortion refers to the termination of a pregnancy, which can be either spontaneous, also known as a miscarriage, or induced, which is a deliberate termination of the pregnancy. Related terms include miscarriage and termination. In the context of sexual health and fertility, abortion is a significant aspect as it affects fertility and overall reproductive health.

Absenteeism is a term used to describe the habit of regularly staying away from work or school without a valid reason. In the context of spinal cord injury rehabilitation, absenteeism can be a challenge as patients may struggle to attend rehabilitation sessions due to various reasons such as transportation issues or emotional struggles.

Accessory reproductive organs refer to the organs that support the reproductive system but are not directly involved in the production of gametes. In males, these include the epididymis, vas deferens, seminal vesicles, and prostate gland. In females, these include the fallopian tubes, uterus, cervix, and vagina.

Acrosome is the cap-like structure over the anterior half of the head of a spermatozoon. It contains enzymes that help the sperm penetrate the outer layer of the egg during fertilization.

Adhesions refer to the formation of scar tissue between organs or between an organ and the wall of the abdomen. Adhesions can cause infertility in females by blocking the fallopian tubes or preventing the release of the egg from the ovary.

Adrenal glands are small endocrine glands located on top of the kidneys. They produce hormones such as aldosterone and cortisol that help regulate various bodily functions including metabolism and the immune system.

Amenorrhea is the absence of menstruation in a woman of reproductive age. It can be primary, where the woman has never menstruated, or secondary, where the woman has had regular periods but they have stopped. Amenorrhea can be a sign of an underlying endocrine disorder or other medical condition.

Anatomy refers to the study of the structure and organization of living things. In the context of sexual health and fertility, anatomy plays a crucial role in understanding the reproductive system and how it functions.

Androgen refers to any of the male sex hormones, such as testosterone and dihydrotestosterone. Androgens are produced by the testes in males and by the adrenal glands in both males and females.

Anorgasmia is a type of sexual dysfunction characterized by the inability to achieve orgasm. It can be

primary, where the person has never experienced an orgasm, or secondary, where the person has had orgasms in the past but is now unable to achieve them.

Anti-sperm antibodies are antibodies that are produced by the immune system in response to sperm. They can cause infertility by preventing the sperm from fertilizing the egg.

Artificial insemination is a fertility treatment where sperm is inserted into the cervix or uterus using a catheter. It can be used to treat male factor infertility or unexplained infertility.

Assisted reproduction refers to the use of medical technology to help people conceive. This can include in vitro fertilization, intracytoplasmic sperm injection, and donor sperm or egg donation.

Azoospermia is a condition where a man has no sperm in his semen. It can be caused by a variety of factors, including hormonal imbalances, infections, and genetic disorders.

Bacterial vaginosis is a type of vaginal infection caused by an imbalance of the natural bacteria in the vagina. It can cause symptoms such as discharge and odor, and can increase the risk of sexually transmitted infections.

Basal body temperature refers to the temperature of the body at rest. It can be used to track ovulation and fertility in women.

Birth control refers to the use of methods or devices to prevent pregnancy. This can include hormonal contraceptives, barrier methods, and sterilization.

Cervical mucus is the fluid produced by the cervix that helps to lubricate the vagina and facilitate sperm transport.

Cervical stenosis is a condition where the cervix is narrowed or blocked. It can cause infertility in women by preventing the sperm from reaching the egg.

Cervicitis is an inflammation of the cervix. It can be caused by infections or irritation, and can cause symptoms such as discharge and pain.

Chlamydia is a type of sexually transmitted infection caused by the bacteria *Chlamydia trachomatis*. It can cause symptoms such as discharge and pain, and can increase the risk of infertility if left untreated.

Circumcision is a surgical procedure where the foreskin is removed from the penis. It can help to prevent infections and sexually transmitted infections.

Clitoris is a small organ located at the top of the vulva that is sensitive to stimulation and plays a role in female orgasm.

Condoms are a type of barrier method used to prevent pregnancy and sexually transmitted infections. They

are available in various sizes and materials, including latex and polyurethane.

Contraception refers to the use of methods or devices to prevent pregnancy. This can include hormonal contraceptives, barrier methods, and sterilization.

Cryptorchidism is a condition where one or both testes fail to descend into the scrotum. It can increase the risk of infertility and testicular cancer.

Delayed ejaculation is a type of sexual dysfunction where a man is unable to ejaculate or experiences a significant delay in ejaculation.

Diabetes is a medical condition where the body is unable to regulate blood sugar levels. It can increase the risk of infertility and sexual dysfunction.

Dysmenorrhea is a type of painful menstruation that can cause cramping, bloating, and nausea. It can be treated with medications and alternative therapies.

Dyspareunia is a type of painful intercourse that can cause discomfort or pain during or after sex. It can be caused by a variety of factors, including vaginal infections, hormonal imbalances, and anatomical issues.

Ectopic pregnancy is a pregnancy that develops outside of the uterus, usually in the fallopian tube. It can cause symptoms such as abdominal pain and vaginal bleeding, and can be life-threatening if left untreated.

Ejaculation is the process by which semen is released from the penis during orgasm.

Ejaculatory ducts are the tubes that carry semen from the seminal vesicles and prostate gland to the urethra.

Embryo is a stage of development that occurs after fertilization and before the formation of a fetus.

Endocrine system is the system of glands that produce hormones that help to regulate various bodily functions, including growth, metabolism, and reproduction.

Endometriosis is a medical condition where tissue similar to the lining of the uterus grows outside of the uterus, causing pain and infertility.

Endometrium is the lining of the uterus that is shed during menstruation and regrows during the menstrual cycle.

Epididymitis is an inflammation of the epididymis, which can cause pain and swelling in the scrotum.

Epididymis is a long, coiled tube that stores and transports sperm from the testes to the vas deferens.

Erectile dysfunction is a type of sexual dysfunction where a man is unable to achieve or maintain an erection. It can be caused by a variety of factors, including hormonal imbalances, vascular disease, and

psychological issues.

Estrogen is a type of female sex hormone that plays a role in the regulation of the menstrual cycle and the development of female characteristics.

Fallopian tubes are the tubes that connect the ovaries to the uterus and provide a pathway for the egg to travel from the ovary to the uterus.

Fecundity is the ability to produce offspring.

Fertilization is the process by which a sperm fertilizes an egg, resulting in the formation of a zygote.

Fibroids are growths that develop in the uterus and can cause symptoms such as heavy bleeding and pelvic pain.

Follicle is a small fluid-filled sac in the ovary that contains an egg and produces hormones that help to regulate the menstrual cycle.

Follicle-stimulating hormone is a produced by the pituitary gland that helps to stimulate the growth and development of follicles in the ovary.

Gamete is a cell that is capable of fusing with another cell to form a zygote. In humans, the gametes are the sperm and the egg.

Genital warts are a type of sexually transmitted infection caused by the human papillomavirus. They can cause symptoms such as itching and discharge, and can increase the risk of cancer if left untreated.

Genitalia refers to the organs of the reproductive system, including the penis, scrotum, testes, ovaries, fallopian tubes, uterus, and vagina.

Gonadotropin is a that helps to regulate the reproductive system. In males, it stimulates the production of testosterone, while in females, it stimulates the production of estrogen.

Gonadotropin-releasing hormone is a produced by the hypothalamus that helps to regulate the production of gonadotropins.

Gonorrhea is a type of sexually transmitted infection caused by the bacteria *Neisseria gonorrhoeae*. It can cause symptoms such as discharge and pain, and can increase the risk of infertility if left untreated.

Hirsutism is a medical condition where a woman experiences excessive hair growth on the face and body. It can be caused by hormonal imbalances or genetic disorders.

Hormone is a chemical messenger that helps to regulate various bodily functions, including growth, metabolism, and reproduction.

Human immunodeficiency virus is a type of viruses that can cause AIDS and increase the risk of opportunistic infections and cancer.

Human papillomavirus is a type of viruses that can cause genital warts and increase the risk of cancer.

Hymen is a thin membrane that covers the opening of the vagina. It can be broken during first-time intercourse or other activities.

Hysterectomy is a surgical procedure where the uterus is removed. It can be used to treat conditions such as uterine cancer or fibroids.

Hysterosalpingography is a medical imaging procedure that uses X-rays to visualize the uterus and fallopian tubes.

Impotence is a type of sexual dysfunction where a man is unable to achieve or maintain an erection.

Infertility is the inability to conceive after one year of unprotected intercourse. It can be caused by a variety of factors, including hormonal imbalances, anatomical issues, and medical conditions.

Insemination is the process of inserting sperm into the cervix or uterus using a catheter.

Intrauterine device is a type of contraceptive that is inserted into the uterus to prevent pregnancy.

Intracytoplasmic sperm injection is a type of fertility treatment where a single sperm is injected into an egg using a microscope.

In vitro fertilization is a type of fertility treatment where an egg is fertilized with sperm outside of the body and then transferred to the uterus.

Labia are the folds of skin that surround the vagina and urethra.

Laparoscopy is a surgical procedure that uses a laparoscope to visualize the abdominal cavity and perform procedures such as tubal ligation or ovarian cyst removal.

Libido is a person's sex drive or desire for sex.

Male factor infertility refers to infertility that is caused by a problem with the male reproductive system, such as low sperm count or poor sperm quality.

Masturbation is the act of stimulating one's own genitalia to achieve orgasm.

Menopause is the period of life when a woman's menstrual cycles come to an end and she is no longer able to conceive.

Menstrual cycle is the monthly cycle of hormonal changes that prepare the body for pregnancy.

Menstruation is the shedding of the lining of the uterus that occurs when a woman is not pregnant.

Microsurgery is a type of surgery that uses a microscope to perform procedures such as vasectomy reversal or tubal ligation reversal.

Miscarriage is the loss of a pregnancy before the 20th week of gestation.

Müllerian ducts are the embryonic structures that develop into the fallopian tubes, uterus, and vagina in females.

Neonatology is the branch of medicine that deals with the care of newborn babies.

Obstetrics is the branch of medicine that deals with pregnancy, childbirth, and the postpartum period.

Oligospermia is a condition where a man has a low sperm count. It can be caused by a variety of factors, including hormonal imbalances, infections, and genetic disorders.

Oophorectomy is a surgical procedure where one or both ovaries are removed.

Orchiectomy is a surgical procedure where one or both testes are removed.

Ovarian cyst is a fluid-filled sac that develops on the ovary. It can cause symptoms such as pelvic pain and heavy bleeding.

Ovarian reserve refers to the number of eggs that a woman has in her ovaries.

Ovulation is the release of an egg from the ovary into the fallopian tube.

Pap smear is a medical test that uses a sample of cells from the cervix to detect cancer or abnormal cell growth.

Pelvic inflammatory disease is a medical condition where the female reproductive organs become infected and inflamed.

Penis is the male reproductive organ that is used for urination and intercourse.

Perimenopause is the period of life when a woman's hormonal levels begin to change in preparation for menopause.

Polycystic ovary syndrome is a hormonal disorder that can cause infertility, acne, and excessive hair growth.

Postcoital test is a medical test that uses a sample of cervical mucus to evaluate the interaction between sperm and cervical mucus.

Postpartum period is the period of time after childbirth when the body returns to its pre-pregnant state.

Premature ejaculation is a type of sexual dysfunction where a man ejaculates too quickly during intercourse.

Prenatal care is the medical care that a woman receives during pregnancy to ensure the health and well-being of both the mother and the fetus.

Progesterone is a type of female sex hormone that helps to prepare the uterus for pregnancy and support the growth of the fetus.

Prostate gland is a gland that produces fluids that make up semen and help to nourish the sperm.

Prostatitis is an inflammation of the prostate gland that can cause symptoms such as pain and urinary problems.

Puberty is the period of life when a person's body begins to develop and mature into an adult.

Radiology is the branch of medicine that uses medical imaging to diagnose and treat medical conditions.

Reproductive endocrinology is the branch of medicine that deals with the hormonal aspects of reproduction.

Reproductive system is the system of organs that produce gametes and support the development of a fetus during pregnancy.

Retrograde ejaculation is a condition where semen flows backwards into the bladder instead of out of the penis during ejaculation.

Salpingectomy is a surgical procedure where one or both fallopian tubes are removed.

Scrotum is the sac of skin that contains the testes and helps to regulate their temperature.

Selective estrogen receptor modulator is a type of medication that is used to treat conditions such as infertility and osteoporosis.

Semen is the fluid that is produced by the male reproductive system and contains sperm.

Semen analysis is a medical test that evaluates the quality and quantity of sperm in a man's semen.

Sexual dysfunction refers to any problem that interferes with a person's ability to enjoy or participate in sex.

Sexual health is a person's overall well-being in terms of their sexual function, relationships, and reproductive health.

Sexually transmitted infection is a type of infection that is spread through sexual contact.

Sperm is the male reproductive cell that is capable of fertilizing an egg.

Sperm washing is a medical procedure that is used to separate sperm from semen and prepare it for use in assisted reproduction.

Sterilization is a surgical procedure that is used to permanently prevent pregnancy.

Testes are the male reproductive organs that produce sperm and testosterone.

Testicular cancer is a type of cancer that affects the testes.

Testosterone is a type of male sex hormone that helps to regulate the development of male characteristics and reproductive function.

Thyroid gland is a gland that produces hormones that help to regulate metabolism and energy production.

Tubal ligation is a surgical procedure where the fallopian tubes are cut or blocked to prevent pregnancy.

Tubal reversal is a surgical procedure where the fallopian tubes are reconnected to restore fertility.

Ultrasound is a medical imaging procedure that uses high-frequency sound waves to produce images of the body.

Urethra is the tube that carries urine from the bladder to the outside of the body.

Uterus is the female reproductive organ that supports the growth of a fetus during pregnancy.

Vagina is the female reproductive organ that connects the cervix to the outside of the body.

Vaginitis is an inflammation of the vagina that can cause symptoms such as discharge and itching.

Vas deferens is the tube that carries sperm from the epididymis to the prostate gland.

Vasectomy is a surgical procedure where the vas deferens is cut or blocked to prevent pregnancy.

Vasectomy reversal is a surgical procedure where the vas deferens is reconnected to restore fertility.

Vulva is the external female genital area that includes the labia, clitoris, and opening of the vagina.

X-ray is a medical imaging procedure that uses ionizing radiation to produce images of the body.

Yeast infection is a type of infection that is caused by an overgrowth of yeast in the vagina.

Zygote is the cell that is formed when a sperm fertilizes an egg. It is the earliest stage of development in a human embryo.