FSH is produced by the pituitary gland and stimulates the growth of follicles in the ovary.

A follicle is a small sac of fluid in the ovaries that contains a developing egg.

Oestrogen is a hormone released by the developing egg in the follicle of the ovary.

The hormone oestrogen is responsible for the growth and repair of the uterine lining. Oestrogen also inhibits FSH.

Once oestrogen rises to a high enough level it causes a surge in LH from the pituitary gland which stimulates ovulation.

The follicle ultimately develops into the corpus luteum, which produces oestrogen and progesterone, which inhibits the pituitary from producing FSH and LH.

The uterus wall thickness/lining is maintained by progesterone.

The corpus luteum dies if the egg is not fertilised, and progesterone levels decrease.

Menstruation occurs as the uterine lining breaks down, and this is referred to as having a period.

This is an example of a negative feedback loop!
STI's can affect males and females equally. In 2019, there were 468,342 new STI diagnoses made.

**What is an STI?**
A sexually transmitted infection (STI) is an infection passed from person to person via sexually contact. Some can be treated and other cannot but there are drugs available to manage its symptoms.

**Types of STI’s**
Common types include chlamydia, gonorrhoea, trichomoniasis, genital warts, genital herpes, pubic lice, scabies and syphilis.

**Symptoms**
Sometimes you can experience no symptoms or you can get:
- unusual discharge from the vagina, penis or anus
- pain when peeing
- lump or skin growths around the genitals or anus
- a rash
- unusual vaginal bleeding
- itchy genitals or anus
- blisters and sores around the genitals or anus

**Where to seek advice**
If you or your sexual partner has symptoms of an STI or you worried after having sex without a condom you can go to a sexual health clinic where they are able to test and treat you.
You can even attend without an appointment!
Any information about your consultation will not be without your consent.

**How to prevent STIs**
- The best way to avoid getting an STI is to use a condom when you have sex.
- You and your partner can also get tested regularly.
- Limiting the number of sexually partners.
- There are also vaccines available to protect against human papilloma virus and hepatitis B.

**Safe Sex**

!!!
# What Contraceptive Suits You?

<table>
<thead>
<tr>
<th>BARRIER METHODS</th>
<th>HORMONAL METHODS</th>
<th>INTRAUTERINE DEVICES</th>
<th>STERILIZATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Condom" /></td>
<td><img src="image" alt="Oral Contraceptives" /></td>
<td><img src="image" alt="IUD" /></td>
<td><img src="image" alt="vasectomy" /></td>
</tr>
<tr>
<td><strong>About</strong></td>
<td>These are common contraceptive methods that involve creating a physical barrier to prevent the sperm from entering the woman's uterus.</td>
<td>An effective method where hormones are taken into the body and prevent the ovaries from releasing eggs.</td>
<td>It is a T-shaped device made of flexible plastic and works by making the uterus inhospitable to sperm. It may contain hormones.</td>
</tr>
<tr>
<td><strong>Types</strong></td>
<td><strong>CONDOM</strong> (MALE &amp; FEMALE), SPERMICIDES, DIAPHRAGM, CERVICAL CAP, CONTRACEPTIVE SPONGE</td>
<td><strong>ORAL PILL, IMPLANTS, INJECTIONS, SKIN PATCHES, VAGINAL RINGS</strong></td>
<td><strong>IUD - WITH AND WITHOUT HORMONES</strong></td>
</tr>
<tr>
<td><strong>Method</strong></td>
<td>Barrier methods can contain chemicals that can add increased protection.</td>
<td>Synthetic and natural hormones thicken mucus around the cervix and thin the lining of the womb.</td>
<td>This method works by thickening the mucus around the cervix and making the womb's lining thin so sperm cannot survive, or difficult to accept a fertilised egg.</td>
</tr>
<tr>
<td><strong>Affordability</strong></td>
<td>High</td>
<td>Medium</td>
<td>Low</td>
</tr>
<tr>
<td><strong>Usage</strong></td>
<td>Must use every time</td>
<td>Daily or regularly</td>
<td>No maintenance required</td>
</tr>
<tr>
<td><strong>Effectiveness</strong></td>
<td>Moderate, effectiveness is increased if condoms are used with spermicide or in conjunction with withdrawal.</td>
<td>Up to 99.7%</td>
<td>99%</td>
</tr>
<tr>
<td><strong>Reversible</strong></td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>Benefits</strong></td>
<td>No prescription required. Some methods protect against HIV and many other STIs. Non-hormonal. Can be used with other birth control methods to increase effectiveness. Can be used while breastfeeding.</td>
<td>Periods may become lighter and cramping may lessen. May improve hormonal acne. May reduce the risk of ovarian cancer and endometrial cancer. Fertility returns soon after discontinuing use.</td>
<td>Longest-lasting reversible birth control method available. Once removed, you can become pregnant right away. Does not have to include hormones. Safe to use while breastfeeding. Fertility returns soon after discontinuing use, low infection rate.</td>
</tr>
<tr>
<td><strong>Disadvantages</strong></td>
<td>May break or slip off, requiring the need for emergency contraception (although female condoms can be inserted prior to sex play). May reduce sensation for both partners.</td>
<td>Can have side effects. Does not protect against HIV or other STIs.</td>
<td>Insertion and removal requires a visit to doctor. Insertion is quick — 5 to 10 minute — but it's common to experience strong cramping during the insertion. Can be expelled or dislodged, which does not usually pose a health risk but can lead to pregnancy. Does not protect against HIV or other STIs.</td>
</tr>
<tr>
<td><strong>Possible Side Effects</strong></td>
<td>Irritation, allergic reactions, UTI</td>
<td>Menstrual Changes, Mood Swings Or Depressed Mood, Weight Gain, Headache, Acne, Loss Of Bone Density, irregular Bleeding, Bleeding Between Periods, Nervousness, Dizziness, Abdominal Discomfort.</td>
<td>Irregular Bleeding, Abdominal/pelvic Pain</td>
</tr>
</tbody>
</table>