

# Science and Health

## TAKING CARE OF THE REPRODUCTIVE SYSTEM



Australian Government  
AusAID



## To the Learner

Good health comes from proper hygiene and care for the different body parts. “Cleanliness is next to Godliness”, so the popular saying goes. Since our body is a gift from God, it is but proper that we exercise great care for it.



## Let's Learn This

When you finish this module, you will be able to **identify health habits to keep our reproductive organs healthy. Take precautionary measures to keep the reproductive organs healthy.**



## Let's Try This

Check (✓) the practices that show care for the reproductive organs.

- \_\_\_\_\_ 1. Wear only clean underwear.
- \_\_\_\_\_ 2. Engage in rough and dangerous games such as jumping over high fences.
- \_\_\_\_\_ 3. Use the underwear of your brother or sister.
- \_\_\_\_\_ 4. Wash the sex organs with soap and water daily.
- \_\_\_\_\_ 5. Eat plenty of fruits and vegetables.



## Let's Study This



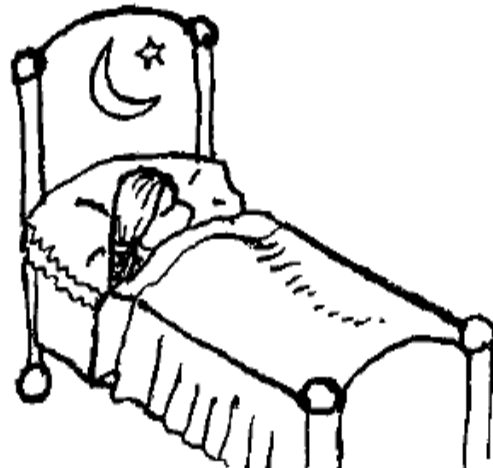
**Bathing**



**Exercising**



**Eating nutritious food**



**Sleeping**

Here are some ways you could take care of your reproductive system.

- Take a bath everyday and wash your external reproductive organs with soap and water.
- Wear clean underwear and change them as often as necessary.
- Eat a balanced diet. The right kind and amount of food is of vital importance to one's health.
- Exercise regularly.
- Keep your comfort room clean. See to it that the toilet bowls are clean before using them.
- Be extra careful in the use of public toilets.

- Girls may take a quick shower but should not go swimming during their period. It is unsanitary to do so.
- Use sanitary pads during your period. Change sanitary pads as often as necessary.
- Dispose of your used sanitary napkins properly. Do not flush them in the toilet bowl.
- Do not get involved in premarital sex. It may lead to unwanted pregnancy or sexually transmitted disease.
- Don't hesitate to visit or consult a physician when problems arise. **"An ounce of prevention is better than a pound of cure"**, as the saying goes.
- Boys should undergo circumcision.



## Let's Do This

Draw a star (☆) on the practices that show care for the reproductive organs.

- \_\_\_\_\_ 1. Avoid being involved in premarital sex.
- \_\_\_\_\_ 2. Have enough rest and sleep.
- \_\_\_\_\_ 3. Flush the sanitary napkin in the toilet.
- \_\_\_\_\_ 4. Wrap your used sanitary napkin before disposing it.
- \_\_\_\_\_ 5. Avoid taking shower during menstruation period.
- \_\_\_\_\_ 6. Wash dirty underwear every after change.
- \_\_\_\_\_ 7. Ignore any abnormality of your reproductive organ.
- \_\_\_\_\_ 8. Eat plenty of fruits and vegetables.
- \_\_\_\_\_ 9. Just wipe your external organ with clean cloth when you change your underwear.
- \_\_\_\_\_ 10. Boys should undergo circumcision.



## Let's Do More

Put an **X** on the practices that do not show proper care of the reproductive organs.

- \_\_\_\_\_ 1. Wash dirty underwear once a week.
- \_\_\_\_\_ 2. Use clean underwear all the time.
- \_\_\_\_\_ 3. Keep your underwear in a moist cabinet.
- \_\_\_\_\_ 4. Use your brother's or sister's underwear.
- \_\_\_\_\_ 5. Girls should avoid swimming during their period.



## Let's Remember This

**Personal hygiene** should be observed at all times to keep the reproductive organs healthy.

**Exercise and balanced diet** are necessary to keep the reproductive system fit.

**A medical check-up** is advisable, if the reproductive organs do not function properly.



## Let's Test Ourselves

Encircle the letter of the correct answer.

1. Which of the following practices should be **AVOIDED**?
  - a. eating nutritious food
  - b. breathing clean and fresh air
  - c. using public toilet with extra care
  - d. engaging in premarital sex
2. Alice likes salty snacks. What would you advise her if you were her friend? Advise her to -----.
  - a. eat fruits instead
  - b. consult a physician
  - c. exercise often
  - d. take a bath everyday.
3. Which of the following is the proper way to prevent a disease in the reproductive system?
  - a. eat delicious and expensive meals everyday
  - b. enroll in an aerobics class to keep oneself fit
  - c. practice personal hygiene all the time
  - d. consult a family doctor every week
4. Which is a good personal hygiene practice?
  - a. change underwear as often as necessary
  - b. use your own underwear
  - c. wash your reproductive organs with soap and water
  - d. all of the above
5. You notice that your older sister appears pale and weak. She has an excessive menstrual. What would you tell her to do?
  - a. tell her its normal
  - b. tell her to take medicines
  - c. tell her to consult a doctor
  - d. tell her to exercise at once

## Science Fact File

Carcinogens, mutagens, teratogens and reproductive toxins are regarded as especially hazardous because they can **cause very serious health problems** (e.g. cancer, birth defects, sterility and genetic mutations) in workers and/or their children, and because there may be **no early warning signs** of the harmful, and possibly irreversible, effects that may occur long after exposure.

### **Carcinogens**

Carcinogens are identified by their ability to cause cancer in exposed workers, other human populations, or in test animals. Many occupational cancers have a long latency period, meaning that cancer may develop 10 -20 years or longer after exposure to the carcinogen.

**Examples:** asbestos, benzene, vinyl chloride and carbon tetrachloride

### **Mutagens**

Mutagens can cause changes (mutations) in the genetic material (DNA) of cells from people or test animals, which may result in disease or abnormalities in future generations. In WHMIS, mutagens are classified as VERY TOXIC if they are shown to affect cells of the reproductive system (sperm and egg cells - the cells from which children develop). Mutagens are classified as TOXIC if studies show genetic changes only in cells (e.g. skin or lung cells) that are not part of the reproductive system.

**Examples - Very Toxic:** chloroform, ethylene oxide

**Examples - Toxic:** benzene, lead, and vinyl chloride

### **Teratogens and Embryotoxins**

Teratogens and embryotoxins can cause birth defects, abnormalities, developmental delays, or death in animal offspring in the absence of significant harmful effect on the mother. These materials are usually identified using test animals and may cause similar effects in humans.

**Examples:** carbon monoxide, lead and xylene

## Reproductive Toxins

Reproductive toxins can cause sterility, reduced fertility, or other adverse reproductive effects (e.g. a mother's ability to produce milk) in animal studies or in people exposed in the workplace.

**Examples:** ethylene oxide, lead, some glycol ethers (e.g. 2-ethoxyethanol)

## Working Safely with Very Toxic and Toxic Materials

CONSULT the Material Safety Data Sheet (MSDS) for information about the hazards and necessary precautions for the material you are using.

UNDERSTAND **all of the hazards** associated with the material, including additional health concerns (e.g. serious short-term health effects or irritation), reactivity and flammability.

KNOW how to use them safely to protect yourself and co-workers.

ENSURE engineering controls (e.g. ventilation) are operating. Closed handling systems may be necessary to prevent the release of the material (dust, mist, vapour, gas) into the workplace.

USE the smallest quantity possible.

FOLLOW safe work practices specified by your employer.

WEAR the appropriate personal protective equipment specified for the job. This may include respiratory protection and chemical protective clothing, such as an apron and gloves, made from materials that protect against the chemicals being handled.

REPORT ventilation failures, leaks, or spills to your supervisor immediately.

UNDERSTAND and PRACTICE emergency procedures so that you know what to do in case of a spill or other emergency.





## Answer Key

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### Let's Try This:

1. ✓
- 2.
- 3.
4. ✓
5. ✓

### Let's Do More

1. x
- 2.
3. x
4. x
- 5.

### Let's Do This

1. ☆
2. ☆
- 3.
4. ☆
- 5.
6. ☆
- 7.
8. ☆
- 9.
- 10 ☆

### Let's Test Ourselves

1. d
2. a
3. c
4. d
5. c