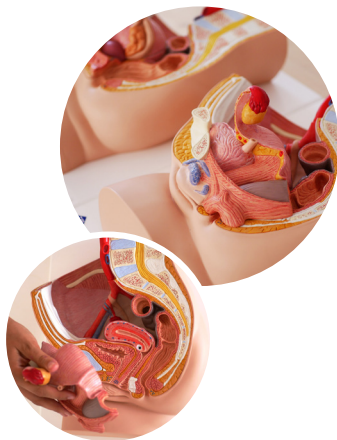


SEXUAL
HEALTH MANUAL

#alldownthere

About #allgooddownthere manual

This manual was created for the "All Good Down There" campaign - **#allgooddownthere**. The campaign teaches people how to take care of their reproductive organs and how to prevent unpleasant problems such as sexually transmitted diseases, infertility, incontinence or erectile dysfunctions. With that, it also provides information about what to do and where to go if you find yourself in such situations.



About Loono

In Loono, our aim is to show prevention matters. We are a team of medical students, young physicians and other professionals like nurses, paramedics and nutritionists. Together, we organize educational workshops at private companies, schools and festivals. The scope of our workshops range from cancer prevention (**#boobsandballs**), to cardiovascular diseases prevention (**#yourheartforlife**) and sexual health (**#allgooddownthere**). We are also pretty active on social media, where we post articles, pictures, videos and other stuff every day to show the importance of your health. You can follow us under the tag @loonocz or listen to our podcasts - just try to write "Loono" to your podcast app.



Loono in numbers

5 years
of existence

80 000
educated
people

6 cities
Praha, Brno, Plzeň,
Hradec Králové,
Olomouc,
Bratislava

1500+
workshops

150
team members

30 000+
fans on social
media

47

Our story

Our founder Kateřina Vacková was diagnosed with a malignant ovarian cancer at the age of 22. Because she listened to the warning signs her body was giving her, she was able to detect cancer at an early stage. As she is now in remission, Kateřina has decided to inspire other young people with her story and founded Loono.

Kateřina



I was 24 when we decided to start a family. One would say it would be easy, but after a year of no success, we had to visit a center of assisted reproduction. The spermogram results of my partner were terrible and what's more, I had untreated chlamydia. To make the story short - I managed to get pregnant only after 4 years and 3 IVFs.



iMessage

Saved lives (people who discovered serious diseases in time thanks to our workshop)

Under the auspices of:



**I. LÉKAŘSKÁ
FAKULTA**
Univerzita Karlova

With the support of:



Společnost všeobecného
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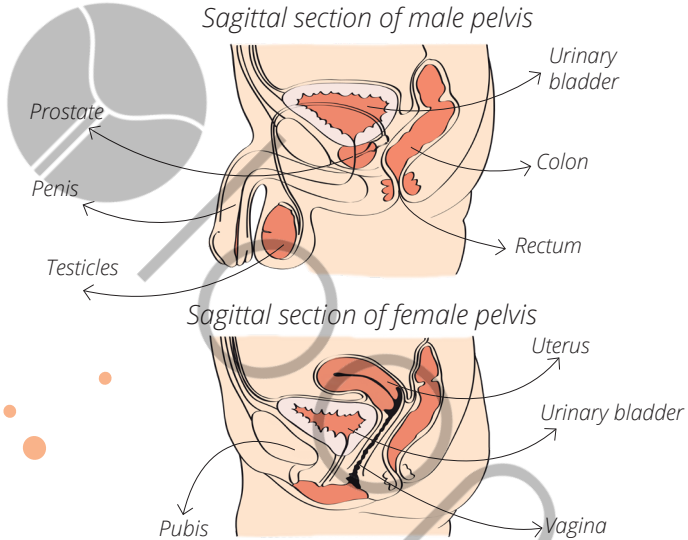
The project was realised with the financial support of:



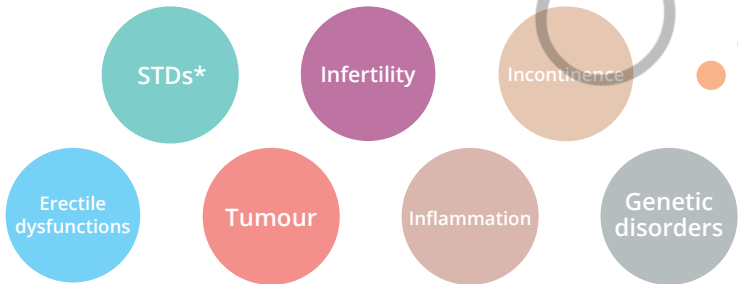
MINISTERSTVO ZDRAVOTNICTVÍ
ČESKÉ REPUBLIKY

Reproductive system

Reproductive system serves, as its name would suggest, for reproduction. The magic of fertilization, which is a fusion of male and female reproductive cells (the sperm and the egg), happens in a fallopian tube. The fertilized egg then finds its nesting place in the uterus, where it grows and develops for the next 9 months.



What problems can be down there?



*STDs = Sexually Transmitted Diseases

Sexually transmitted diseases

Sexually transmitted diseases (STDs) are transmitted during sexual intercourse (vaginal, oral or anal). These diseases affect women more often than men. Men, however, are more often asymptomatic virus carriers of such diseases.

Most common STDs

- 1 HPV*
- 2 Chlamydia
- 3 Gonorrhea
- 4 Syphilis
- 5 HIV**
- 6 Hepatitis B and C

How are STDs transmitted?

Sexual intercourse (vaginal, oral and anal)	Blood (infected needle)
Sperm and vaginal discharge	Saliva
Mother-to-child transmission (during pregnancy, giving birth or in breast milk)	

*HPV - Human Papilloma Virus

**HIV is a virus causing AIDS (Acquired Immune Deficiency Syndrome), which is a disease. AIDS is a late stage of HIV infection; however, if someone is HIV positive, it doesn't have to mean he/she has AIDS yet.

How do STDs manifest themselves?

No symptoms!*

Itching

Abnormal vaginal discharge or odor

Skin changes

Pain or bleeding during sex

Blood in urine

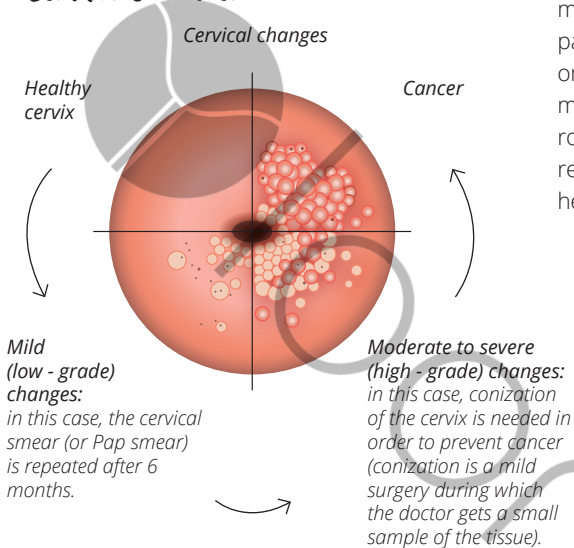
Infertility

*Don't forget to get tested regularly!

Cervix

Cervix can be described as a “plug” protecting the uterus from an infection, which can develop in a vagina. At the same time, it secures the baby at its place for the whole 9 months, creating a safe space for its development.

Cervical cancer



Cervical cancer is predominantly caused by human papillomavirus (HPV 16 or 18). This virus transforms healthy cells into cancerous ones and can also be responsible for genital herpes type 6 or 11.



Cervical cancer screening:

A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year during the annual check-up.

How to prevent cervical cancer?



Get vaccinated (your gynecologist can recommend you a suitable vaccine both for you and your partner).



Use a condom - it lowers the risks of HPV transmission.



Don't underestimate your genital problems, go to your gynecologist once a year.

How does cervical cancer manifest itself?

Bloody discharge

Bleeding after sex

Lower abdominal pain



Cervical cancer affects mainly women around the age of 40.

How to prevent STDs?



Use a condom.



Get vaccinated against HPV infection.



Get regularly tested with your partner.



Maintain appropriate intimate hygiene (use intimate soap, wear breathable underwear).

Where to get tested, when...

...you had an unprotected sex.

Get tested, but wait for at least 3 months (that's how long it takes HIV to be detectable in your body).

...you have a long term relationship and you want to have sex without a condom.

Ask your gynecologist or dermatovenerologist to test you for STDs.

...you experience any of the symptoms above.

Don't be shy or ashamed, don't look for advice on the internet and go to your dermatovenerologist or your GP.

IMPORTANT:

If you are diagnosed with any of the STDs, inform all your past and present sexual partners - they need to get tested and treated as well!

The doctor collects your blood samples and tissue samples from your vagina and urethra.

The map of STD test centers can be found here:



Point your smartphone camera

How much does it cost?

If you had unprotected sex or if you experience any of the symptoms, the test is **free**. If you want to get tested "just in case", it costs about 500,- Kč.

Birth control

Birth control (or contraception) is used to prevent against unwanted pregnancy. There are birth control methods available both for men and women. Discuss the most suitable method for you with your partner and / or your doctor.

Male birth control



Condom
applied before sexual intercourse on the top of an erected penis and unrolled to the bottom.



Vasectomy
a surgical procedure during which the vasa deferentia are cut and tied.



Sexual abstinence
the most reliable contraceptive method :-)



Withdrawal
NOT a birth control method, it fails in up to 40 % of the cases!

Female birth control

Non-hormonal



Female condom
inserted into the vagina before the sexual intercourse.



Intrauterine device (non-hormonal IUD)
inserted into the uterus for 3 - 5 years.



Diaphragm
inserted into the vagina before the sexual intercourse and kept there for 8 hours after.



Spermicides
should be used in a combination with condom or diaphragm.



Natural family planning
monitoring of cervical mucus changes and basal body temperature.

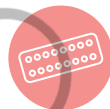


Sexual abstinence
the most reliable contraceptive method :-).



Sterilization
a surgical procedure during which fallopian tubes are blocked.

Hormonal



Birth control pills
taken every day continuously or with a 7 day break after 21 days.



Intrauterine device (hormonal IUD)
inserted into the uterus for 3 - 5 years.



Hormonal ring
inserted into the vagina for 3 weeks.



Skin patch
applied on the skin every week with a 7 day break after 21 days.



Injectable birth control
applied into a muscle every 3 months.



Birth control implant
applied under the skin of your upper inner arm for 3 years.

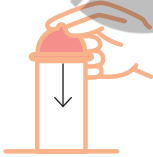
*This list is for informational purposes only, the most suitable contraceptive method for you can be recommended by your gynecologist.

How to use a condom the right way?



Step 1:

You should store condoms in the original box, avoid keeping it in a wallet!



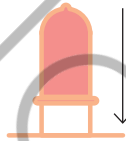
Step 4:

Press the cap on top before you put the condom on.



Step 2:

Before you open it, check the expiration date.



Step 5:

Put it on and roll it all the way down.



Step 6:

During sex, occasionally check if the condom is at its place.



Step 3:

Carefully open the wrap, don't use teeth or scissors!



Step 7:

After you are finished, carefully remove it and throw it out into the trash.

IMPORTANT: Condom is the only contraception method that protects people from STDs, aside from unwanted pregnancy.

What NOT to do with the condom?

Don't carry it in your wallet

Do not use oil-based lubricant

Do not open it with scissors or teeth

Do not use 2 condoms at the same time

Do not use it multiple times

Do not use it after the expiration date



Use water-based lubricant with condoms, oil-based lubricants can damage them.

(In)fertility

Infertility is a state, during which a woman cannot get pregnant for a year, while having sexual intercourse twice a week. In 40 % of the cases, the problem is on the male side, in 40 % on the female side and in 20 % of the cases, there is a problem with both of them.

3 %

of children born in Czech Republic are conceived via assisted reproductive technology (ART).

15 %

of the cases of infertility are caused by STDs.

15-20 %

of couples experience fertility problems.



In the last 50 years, the male limit for "being still fertile" decreased by half, to 15 millions sperm per milliliter of semen.

Causes of infertility in male



- **STDs** - they can cause obstructions in vasa deferentia.
- **Age** - after 40, fertility decreases.
- **Sperm quality** - small quantity and slow movement speed of sperm can lower the chances of conceiving.
- **Genetic disorders** - undescended testicles or congenital absence of the vas deferens, for example.

Causes of infertility in female



- **STDs** - they can cause obstructions in fallopian tubes.
- **Age** - after 35, fertility decreases.
- **Endometriosis** - a condition in which cells similar to those in the uterus grow outside of it.
- **Genetic disorders** - obstructions in fallopian tubes or in the uterus, for example.

How to prevent infertility?

Don't overheat testicles (don't wear tight pants, don't put your laptop on your lap)

Conceive at a young age

Don't smoke

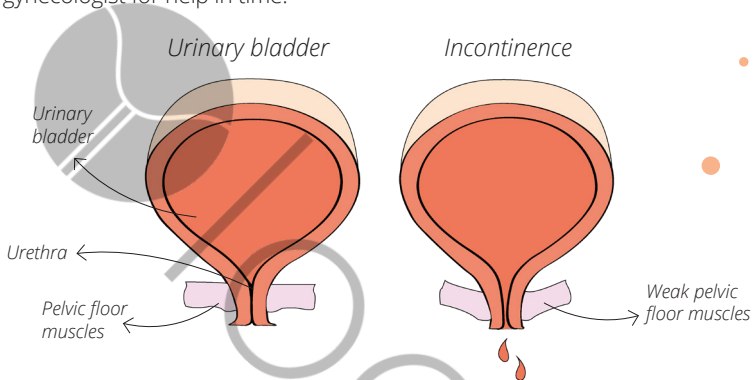
Don't drink alcohol

Have a healthy diet (avoid underweight or overweight)

Get regular check-ups

Incontinence

Incontinence is any accidental or involuntary loss of urine from the urinary bladder. It affects up to 50 % of women, however only 10 % of them are seeking help. Men experience similar problems as well. Don't be shy and ask your urologist or gynecologist for help in time!



What can cause incontinence?



Childbirth

Can damage pelvic floor muscles.



Surgery

Can damage nerves or pelvic floor muscles.

40+

Age

The flexibility of pelvic floor muscles naturally decreases with age.



Obesity

Puts pressure on pelvic floor muscles.

How to prevent incontinence?

Go to your GP, urologist or gynecologist in time

Strengthen your pelvic floor muscles with exercise

Have a healthy lifestyle

Erectile dysfunction

Erectile dysfunction is an inability to get or keep an erection for time needed to fully enjoy sex. More than 50 % of men over the age of 50 experience problems with erection, however it can affect young men as well. Don't hesitate, don't be shy and go to your urologist in time!

What are the stages of erectile dysfunction?



1. Cucumber
optimal
erection



2. Banana
almost optimal
erection



3. Peeled
banana
mild
dysfunction



4. Tofu
severe
dysfunction

What causes erectile dysfunctions?



Smoking



Alcohol



Diabetes



Age



Obesity



Surgery



Injuries



Mental
state

How to prevent erectile dysfunction?

Go to your
regular check-ups

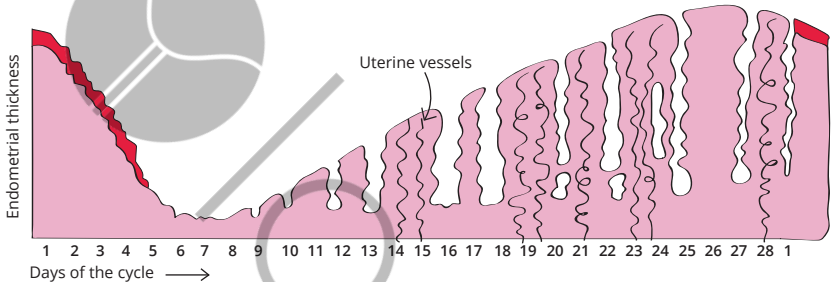
Go to your GP or
urologist if you
experience any
problems

Have a healthy
lifestyle

Menstrual cycle

Menstruation, menses or periods, are regularly repeated changes inside a female body. One menstrual cycle lasts for 28 days. The cycle itself is greatly influenced by female hormones - mainly estrogens and progesterones.

Phases of menstrual cycle



Menstruation (1 – 4th days) - the shedding of uterine lining = menstrual bleeding

Proliferative phase (4th – 14th day) - recovery of uterine lining

Ovulation (12th – 14th day) - the release of the egg from the ovary = highest chance of fertilization

Secretory phase (14th – 27th day) - changes in uterine lining to nest the egg (for pregnancy)

Menstrual cycle in numbers:

400×

approximate
number of cycles
in a woman's life.

15-45

age during
which
women
menstruate.

50

millilitres of
blood are
lost during
one period.

50

percent
of women
experience
PMS*.

*Premenstrual syndrome (PMS) refers to emotional and physical changes women experience one or two weeks before bleeding. It can be accompanied with emotional instability, irritability, breast or abdominal tension or headaches.

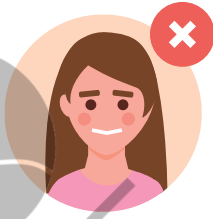


What to do if

4 important steps when you think it's **NOT #alldownthere**



Don't panic



Don't be shy or ashamed



Don't look for advice on the internet



Go to your doctor

- Your **general practitioner** can help you with incontinence or erectile dysfunctions.
- Your **gynecologist** can help you with infertility and with the most suitable birth control method for you.
- Your **dermatovenerologist** can help you with STDs.
- Your **urologist** can help you with erectile dysfunctions.



IMPORTANT: You might think it's embarrassing to talk about problems, such as incontinence, infertility or STDs. It is not...Your doctor will not judge you, don't be scared.

Annual check-ups

General practitioner

Every 2 years (30 min)

Before the exam:

- Blood and urine collection (to check levels of sugar and cholesterol)

During the exam:

- Talk about your family and personal history
- Physical examination of your heart, lungs and abdomen
- Blood pressure and BMI check
- Sight, hearing and birthmarks check
- Vaccinations check
- EKG after the age of 40.

Colon cancer screening: It's done by a fecal occult blood test (FOBT) to check for any hidden blood in the stool, or by a colonoscopy.

- Between the age of 50 to 55: a FOBT once a year.
- After the age of 55: a FOBT every 2 years or a colonoscopy once a decade.

Dentist

Once a year (15 minutes)

During the exam:

- Talk about your family and personal history
- Teeth and gums examination
- X-ray of interdental spaces
- Evaluation of your oral hygiene
- You can also visit a dental hygienist to learn how to brush your teeth properly.

Cervical cancer screening (Pap test): A Pap test is a procedure to collect tissue from the surface of the cervix and vagina, performed once a year.

Gynecologist

Once a year (20 min)

During the exam:

- Talk about your family and personal history
- Colposcopy on the chair
- Cervical smear (cytology)
- Ultrasonography (vaginal or abdominal)
- Breast examination (if you want one, we recommend it).

Breast cancer screening: Go to mammography every 2 years after the age of 45 (depending on your insurance).

TIP: Monthly self-check of your boobs is a great addition to these annual exams. Learn how to do it at <https://www.loono.cz/en/self-examination>.



For more information go to:
www.loono.cz/en

Mammology

Every 2 years (20 min)

During the exam:

- Ultrasonography (until the age of 40) or mammography (after the age of 40) of your breasts
- Ultrasonography (until the age of 40) or mammography (after the age of 40) of your breasts.

*Men should not forget to self-check their balls once a month and to visit their urologist when they turn 50.

*You can get your birthmarks checked by your GP or dermatologist.

Support us

We need **your help** to educate even more people.

Support us via
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You can buy our
merchandise at
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Follow us

Are you all good down there? Tag us on your photo with **#allgooddownthere** and maybe you can inspire someone else to start caring about their health.

You can find more information about how to take care of your health at www.loono.cz/en/prevention.

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