Contents

Preface vii
Acknowledgements viii
Abbreviations ix
How to use your textbook xi
About the companion website xii

Part 1

Principles of sexual and reproductive health 1
1 Sexual and reproductive health fundamentals 2

Part 2

Contraception 11
2 Combined hormonal contraception 12
3 Progestogen-only contraceptives 16
4 Intrauterine contraception 22
5 Barrier methods 26
6 Fertility awareness methods 28
7 Emergency contraception 30
8 Male and female sterilization 32
9 Contraception for specific groups of individuals 36

Part 3

Sexual health 43
10 Chlamydia trachomatis 44
11 Gonorrhoea and non-gonococcal urethritis 46
12 Vaginal discharge 50
13 Bacterial vaginosis 52
14 Vulvovaginal candidiasis 54
15 Trichomonas vaginalis 56
16 Syphilis 58
17 Genital herpes 64
18 Genital ulcers: tropical infections 68
19 Epididymo-orchitis and sexually-acquired reactive arthritis 72
20 Molluscum contagiosum and normal genital lumps 74
21 Anogenital warts and human papilloma virus infection 76
22 Genital infestations 80
23 Anogenital dermatoses 82
24 Viral hepatitis A, B and C 84
25 HIV 86
26 Sexual assault 90
### Part 4

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reproductive health</td>
<td>93</td>
</tr>
<tr>
<td>27  Abortion</td>
<td>94</td>
</tr>
<tr>
<td>28  Abnormal uterine bleeding</td>
<td>100</td>
</tr>
<tr>
<td>29  Menstrual problems</td>
<td>102</td>
</tr>
<tr>
<td>30  Gynaecological problems in SRH</td>
<td>104</td>
</tr>
<tr>
<td>31  Pelvic inflammatory disease</td>
<td>106</td>
</tr>
<tr>
<td>32  Menopause</td>
<td>108</td>
</tr>
<tr>
<td>33  Sexual problems</td>
<td>110</td>
</tr>
</tbody>
</table>

**Index** 112