



Tenaye:

Sexual and Reproductive Health Resources



Queer Ethiopia
May 2026

Our Why

Let's be real! Finding sexual and reproductive health information that actually speaks to LBQT women and people with vaginas can be tough, especially in a country like ours. We created this manual to help you better understand your body, your health, and your choices.

If you are a masculine woman or a person with a vagina who may not identify as a woman, this information is also for you! It's important to know about your body and how to best care for it regardless of your gender identity or gender presentation.

We hope these pages feel like a conversation with someone who gets it. Your body is yours, your experiences are valid, and you deserve care and knowledge that reflects who you are. From all of us at Queer Ethiopia, we're rooting for you.

We hope this manual is helpful, empowering, and maybe even a little comforting. Take what you need, share what you can, and keep learning.

**Because you deserve to feel informed,
supported, and proud of who you are.**



How to use this guide

This booklet is intended as an information guide to support your general understanding of sexual and reproductive health.

It is organized into four parts:

1

Reproductive health - menstruation, contraception, and safe abortion

2

Preventive Care & screening - regular exams, self-checks and prevention

3

Sexually transmitted infections (STIs) and HIV/AIDS - transmission, testing, and prevention

4

Common Reproductive Health Conditions - symptoms, causes, management

Disclaimer:

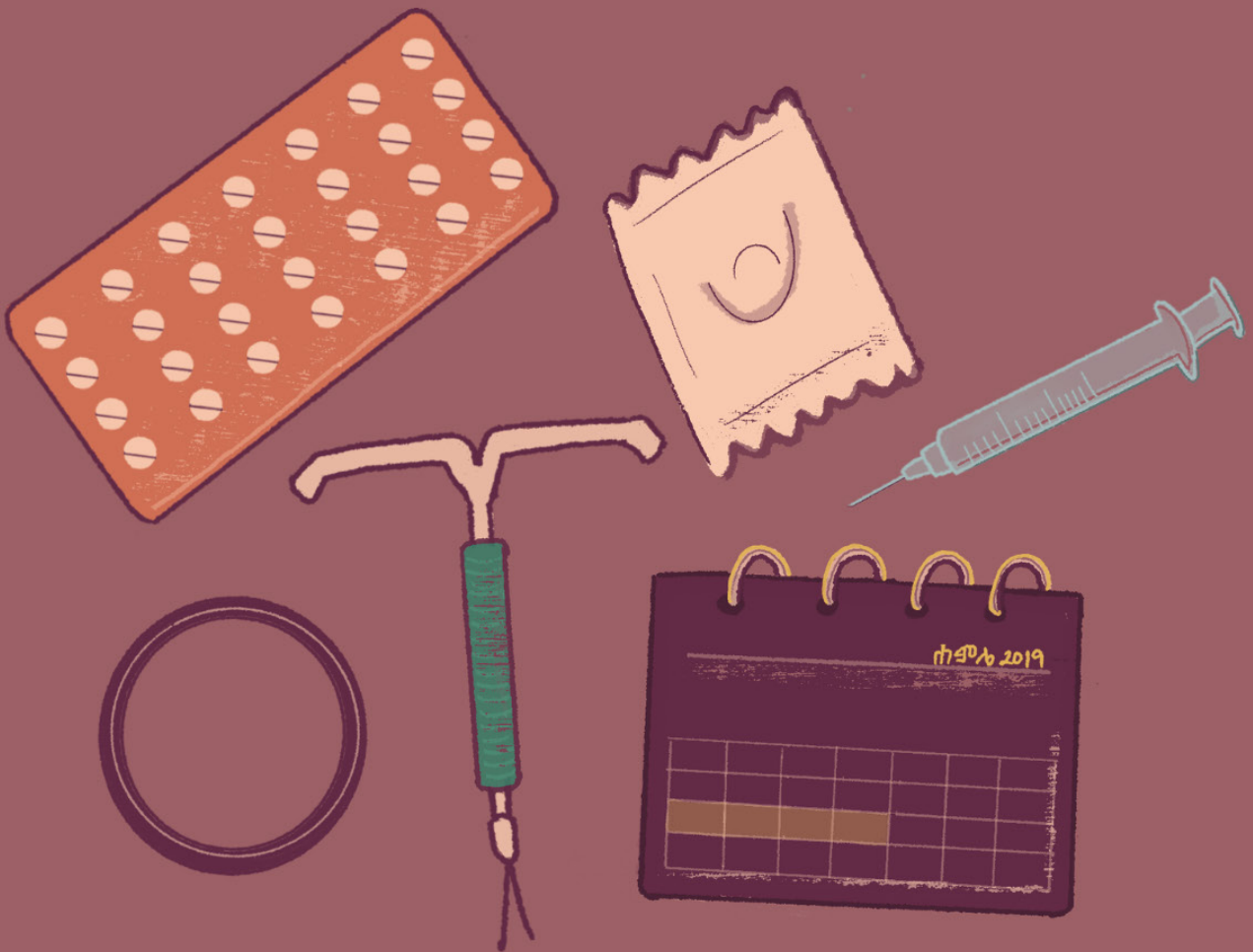
The information provided here is general in nature and is not a substitute for personalized medical advice, diagnosis, or treatment from a qualified health professional.

If you have questions about your health, are experiencing symptoms, or need care, please consult a doctor, nurse, or other licensed health provider.

Illustration: Yemesqel wef

Section 1

Reproductive Health



Menstruation

Menstruation is the monthly shedding of the lining of the uterus. It is a normal and healthy part of reproductive function for most people with a uterus. The menstrual cycle helps the body prepare for pregnancy. If a person is not pregnant, the body sheds the thick lining of the uterus, and blood and tissue flow out of the vagina.

While menstruation usually happens every month and the average cycle runs about 25-30 days, it varies from person to person. The highest chance of pregnancy occurs on the days leading up to ovulation, which usually happens about 14 days before your period starts.

What to expect:

- Bleeding usually lasts 2 to 7 days
- You can expect a fluid loss between 1-6 tablespoons per period
- Flow can range from thin to clumpy and may appear red, pink, or brown
- You may experience premenstrual syndrome (PMS), which refers to physical and emotional symptoms in the days before a period starts, such as breast tenderness, bloating, cramps, and mood changes. For some people who have premenstrual depressive disorder (PMDD) the emotional/mood changes are heightened, so you might notice extreme feelings of sadness, worthlessness, anger, etc. in the week leading up to bleeding.

What can affect your cycle?

Many factors can affect cause changes to your period, including

- Hormonal birth control (pills, implant, IUD)
- High levels of stress
- Significant weight changes
- Illness or medication
- Hormonal shifts near menopause

Important: Consult a doctor if you miss periods without pregnancy being likely, if you experience severe pain, or if you experience excessive and/or prolonged bleeding/spotting

Menstrual Hygiene Management

There are several options for managing period flow: disposable pads, tampons, reusable cloth pads, and menstrual cups and discs. Maintain hygiene by regular washing and always change or empty your product to reduce the risk of infection. Check the sources below for proper use instructions.

Source:

<https://www.plannedparenthood.org/learn/health-and-wellness/menstruation>

<https://www.plannedparenthood.org/learn/health-and-wellness/menstruation/how-do-i-know-if-my-menstrual-cycle-normal>

<https://www.plannedparenthood.org/learn/health-and-wellness/menstruation/how-do-i-know-if-my-menstrual-cycle-normal>

Contraception

Contraception or birth control prevents pregnancy. For certain methods (condoms), it also reduces the transmission of sexually transmitted infections (STIs). It's important to understand your options to help you make informed choices for your particular body and health.

Types of Birth Control

While there are various methods of birth control, they vary in how effective they are, in price, whether they require a doctor to access, and whether they protect against STIs. People also vary in how they respond to these methods and can experience side effects differently. It's important to consult a doctor to identify a method that suits your body. Below are contraceptive methods in order of effectiveness (high to low).

Contraceptive Method	Short description	Effectiveness
Implant	A small rod inserted under the skin of the upper arm Requires a doctor to insert and lasts up to 5 years	99%
Intrauterine device (IUD)	Inserted inside the uterus and comes in hormonal or copper options Requires a doctor to insert and lasts 3-12 years	99%
Injectable/birth control shot	A shot given every 3 months by a health provider	96%
Birth control pill	Oral pills taken daily Highly effective when used consistently	93%

Contraceptive Method	Short description	Effectiveness
Vaginal Ring	Inserted inside the vagina Must be put in and taken out once a month	93%
Birth control patch	A small skin patch must be replaced weekly	93%
Condoms	Protective barrier both worn externally and internally during sexual intercourse	87%
Fertility Awareness	Tracking cycles to avoid fertile days during ovulation	Less reliable
Withdrawal (pull out method)	Ejaculating externally to prevent sperm entering the vagina	Less reliable

This list does not include the full range of existing methods but highlights those accessible in the current Ethiopian context. Please review the sources provided for additional information.

Important: Only condoms protect against STIs and HIV/AIDS. Other methods may prevent pregnancy but do not prevent STI transmission. You should still use condoms to protect against STIs even with these other contraception methods.

Safe Sex with Toys and Oral Sex

The use of condoms isn't not only about preventing pregnancy but also in preventing STIs:

- Use condoms when using sex toys, especially if shared with multiple partners
- Always clean toys with soap and water after use
- For safe oral sex or genital contact, consider using a dental dam
- If dental dams are not available, you can cut an external condom to create one
- Always ensure condoms and dental dams are not expired and have no holes before use
- Avoid using silicone-based lubricants with silicone toys as this can degrade the toy material

How to make a dental dam

1 Check expiration date



2 Uroll
Condom



3 Cut off tip



4 Cut down one side of the length



5 Open your mouth & place it over your mouth



Source:

<https://www.plannedparenthood.org/learn/birth-control>

<https://www.plannedparenthood.org/blog/whats-a-dental-dam>

<https://www.plannedparenthood.org/blog/the-many-lives-of-condoms>

<https://scorecard.prb.org/wp-content/uploads/2022/03/National-Guideline-for-Family-Planning-Services-In-Ethiopia-2020.pdf>

Safe abortion

An abortion is a medical procedure or treatment that ends a pregnancy for those that cannot or do not want to continue. People seek abortions for many reasons including financial, emotional, physical, or personal. Safe abortions that follow medically appropriate procedures do not reduce your chances of getting pregnant in the future. However, it is important to understand in what contexts abortion is permitted in Ethiopia.

Legal Context In Ethiopia

In Ethiopia, abortion is legal only in specific circumstances:

- In cases of rape and incest
- Where the pregnancy endangers the life or health of the pregnant person;
- Certain fetal diagnoses;
- Where the pregnant person, “owing to a physical or mental deficiency she suffers from or her minority, is physically as well as mentally unfit to bring up the child”;
- Where the termination averts ‘grave and imminent danger; or In cases of extreme poverty
- Medical abortion is available up to and beyond 12 weeks of pregnancy

Methods of Safe Abortion

- Medication abortion - uses medication to terminate pregnancy, typically in the first trimester (see source for detailed information)
- In-clinic abortion - performed by a medical professional in a clinical setting

Warning Signs After an Abortion

Seek urgent medical attention if you experience any of the following symptoms after an abortion:

- Extremely heavy bleeding (bleeding through two maxi pads per hour for two hours in a row, or one pad per hour for three hours in a row)
- Severe cramping not relieved by meds
- Fever above 38 C
- Excessive nausea or vomiting
- Strong-smelling discharge
- No bleeding at all after a medication abortion (which could indicate the medication did not work completely)

Important: People may choose trying herbal or home remedies for abortion for many understandable reasons, including stigma, cost, and lack of access to care. However, without proper knowledge and guidance, these methods can be very dangerous and life threatening. A medically supervised abortion, whether by medication or in-clinic procedure, is much safer and more effective.

Source:

<https://reproductiverights.org/maps/self-managed-abortion/ethiopia/#:~:text=Ethiopia%20only%20permits%20abortion%20on,in%20cases%20of%20extreme%20poverty>

<https://www.plannedparenthood.org/learn/abortion/in-clinic-abortion-procedures>

https://www.reproductiveaccess.org/wp-content/uploads/2019/04/2019-04-Sams-Med-Ab_color.pdf

<https://www.plannedparenthood.org/learn/abortion/the-abortion-pill>

<https://www.healthline.com/health/after-abortion#complications>

Preventive Care & Screening



The power of early detection

Regular screenings and self-exams are very powerful tools for protecting your reproductive health. Early detection of many serious conditions can prevent complications and can lead to less invasive treatments and better overall physical and emotional health outcomes.

There are 4 essential screenings to prioritize:

1 Breast self-exam

2 Pap smears

3 Pelvic exams

4 STI screenings

In addition to conducting these screenings, taking charge of your reproductive health also means practicing daily habits such as a balanced diet and regular movement/exercise. Understanding your family medical history is also crucial in understanding what to pay attention to.

Breast self-exam

Know your breasts! A breast self-exam means checking your breasts at home regularly, becoming familiar with how they normally look and feel, and checking for any changes by sight or touch. The more regularly you do it, the easier it becomes to notice any changes.

How to do a breast self-exam at home:

Step 1 Stand in front of a mirror and examine your breasts with hands on hips

Step 2 Raise arms and examine your breasts

Step 3 Look for signs of breast fluid

Step 4 Feel for breast lumps while lying down

Step 5 Feel your breasts for lumps while standing or sitting

During your self-exam, look for:

- New lumps
- Changes in size, shape, and color of your breast
- Rash, soreness, redness, or swelling
- Skin dimpling, thickening or other noticeable changes
- New or unusual pain or discomfort
- Changes to your nipple

Practice doing a breast self-exam every month, about 4-10 days after your period starts. This is when the breast tissue is least likely to be swollen or tender, so it allows you to check for breast lumps or abnormalities.

Important: In the days closer to your period, your breasts might feel tender and lumpy. You might also find small, soft, and moveable lumps – these are often just fat cells and normal. During your self-exam, if you notice any of the symptoms above, it is recommended to go get checked. Many lumps are not immediate causes for panic and are benign. And remember, early detection improves outcomes.

The following resources visually demonstrate how to do a breast self-exam

https://www.breastcancer.org/screening-testing/breast-self-exam-bse?gad_source=1&gad_campaignid=2215830&gbraid=OAAAAAD_jk-40fYp7L5h1pdQHas_U7k4bB&gclid=CjOKCQjw-munNBhDbARIsAOndKpniyES2yphEjPF7Hfyh58BU6H2SPU5ALtnmSHhI3-ggzy2hWTyzFBsa-Ak-FEALw_wcB

<https://www.youtube.com/watch?v=y1uKXhFgSnE>



Pap smear

Pap smear is a screening of the cervix to check for HPV (human papillomavirus) and cervical cancer. The process involves a health provider collecting a small sample of cells from your cervix. This process can detect abnormal cells before they become cancerous.

What to expect:

- A short exam (only a few minutes)
- Your provider will wear gloves, insert a speculum, and collect a sample of your cervix cells using a soft brush and a spatula. This might cause some discomfort but should not be painful

It is recommended that you do a pap smear **every 3-5 years, ideally 10-20 days after the first day of your last period.**

Important: The HPV vaccine helps protect against most types of HPV infections that most commonly cause cancer. However, the vaccine does not protect against all HPV types. It is recommended to still get pap smears regularly even if you have taken the vaccine. If you have not yet received the vaccine, please check with the nearest health center for more information.

Source:

<https://www.acog.org/womens-health/faqs/cervical-cancer-screening>

<https://www.acog.org/womens-health/videos/cervical-cancer-screening>

<https://www.mayoclinic.org/tests-procedures/pap-smear/about/pac-20394841>

Pelvic exam

A pelvic exam is a routine examination of your internal pelvic and external reproductive organs. It is performed by a doctor or a nurse to check the health of your reproductive organs.

What to expect:

- A short exam (only a few minutes)
- Your provider will physically examine the outside of your genitals
- Your provider will wear gloves and insert a speculum and use fingers for the examination

It is recommended that you do a pelvic exam **every 3 years, ideally 1-2 weeks after your period, and whenever you experience**

- Pelvic or abdominal pain
- Unusual or painful periods
- Itching
- Abnormal bleeding or discharge
- Pain during sex

Important: A pelvic exam is different from a pap smear but often conducted together. Parts of the exam may be uncomfortable but not painful. If you experience pain during the exam, share with your medical provider.

Source:

<https://www.verywellhealth.com/going-to-the-gynecologist-101-3522436>

STI screenings

STIs are infections passed from person to person through sexual contact, including oral, vaginal, or anal sex, as well as skin-to-skin genital contact or sharing of sex toys. It is recommended that you get tested at least once a year (or every 3-6 months in case of new or multiple sexual partners or engage in unprotected sex). Detailed information on STIs are found in the next section.

Section 3

Sexually Transmitted Infections (STIs) and HIV/AIDS

How to use a condom

1 Check expiration date & open



2



Place the condom on tip of penis/dildo. Make sure the ring can roll

3



Roll the condom down the penis/dildo

4



Hold the condom base so it does not slip off

5 Wrap and dispose



Sexually transmitted infections (STIs)

STIs are infections passed from person to person through sexual contact, including oral, vaginal, or anal sex, as well as skin-to-skin genital contact or sharing of sex toys.

Testing is the only way to know for sure if you have an STI. Most STIs have no symptoms, and it is possible to have an infection without knowing.

It is recommended that you get tested **at least once a year (or every 3-6 months in case of new or multiple sexual partners or engage in unprotected sex).**

STIs are very common and most are treatable. The most important thing is to know your status through routine checks and openly communicating with your sexual partners.

While this is not fully comprehensive, below is a list of common STIs.

Chlamydia: caused by a bacterial infection. Often doesn't have symptoms, but easy to treat once it's diagnosed. Common

Gonorrhea: caused by a bacterial infection. Often doesn't have symptoms, but easy to treat once it's diagnosed. Common

Herpes: caused by a virus that causes blistery sores on your mouth and/or genitals. Cannot be cured but symptoms are treatable. Common

Genital Warts: caused by certain types of HPV resulting in growths around genitals and anus

Hepatitis B: caused by a virus that can cause liver disease, which is spread through sex or sharing personal hygiene items like razors or toothbrushes.

HIV & AIDs: caused by a virus that weakens the body's immune system. Cannot be cured but is a manageable health condition

HPV: caused by a virus. While most types are harmless and resolve themselves, some can lead to cancer. Highly common.

Important: Today, HIV is a manageable health condition, and having the infection is not a moral failing. With proper antiretroviral therapy, people with HIV can live long, healthy lives, and can even reach an undetectable viral load, which reduces the chances of transmitting the virus to others. Those living with HIV deserve the same dignity and respect as everyone else.

This applies to anyone with an STI. Anyone who is sexually active can contract STIs. Rather than shame and discrimination, what promotes healthy sexual health is getting tested routinely, knowing your status and that of your sexual partners, practicing safe sex, and treating infections as early and correctly.

HPV (Human papillomavirus) & the HPV vaccine

HPV is the most common STI. It is transmitted through sexual activity and causes genital warts and different types of cancer (cervical, anal, and throat).

The HPV vaccine protects against genital warts and most cases of cervical cancer by helping your immune system fight off the virus if you are exposed. It is given as a series of 3 shots, spaced 3–6 months apart. The vaccine is the most effective when given before you become sexually active, but still provides protection later.

Important: While the vaccine reduces your risk of HPV, it does not completely eliminate the risk. Therefore, you should get pap smears and pelvic exams regularly even if you have received the HPV vaccine

Reducing STI transmission

To lower your risk of STI transmission, consider the following:

- Get routinely tested and know your sexual health status, and that of your sexual partners'
- Use condoms consistently and correctly
- Use dental dams for oral sex
- Avoid sharing sex toys without using condoms and without cleaning them properly after use or
- Discuss sexual health openly with sexual partners before having sex

Source:

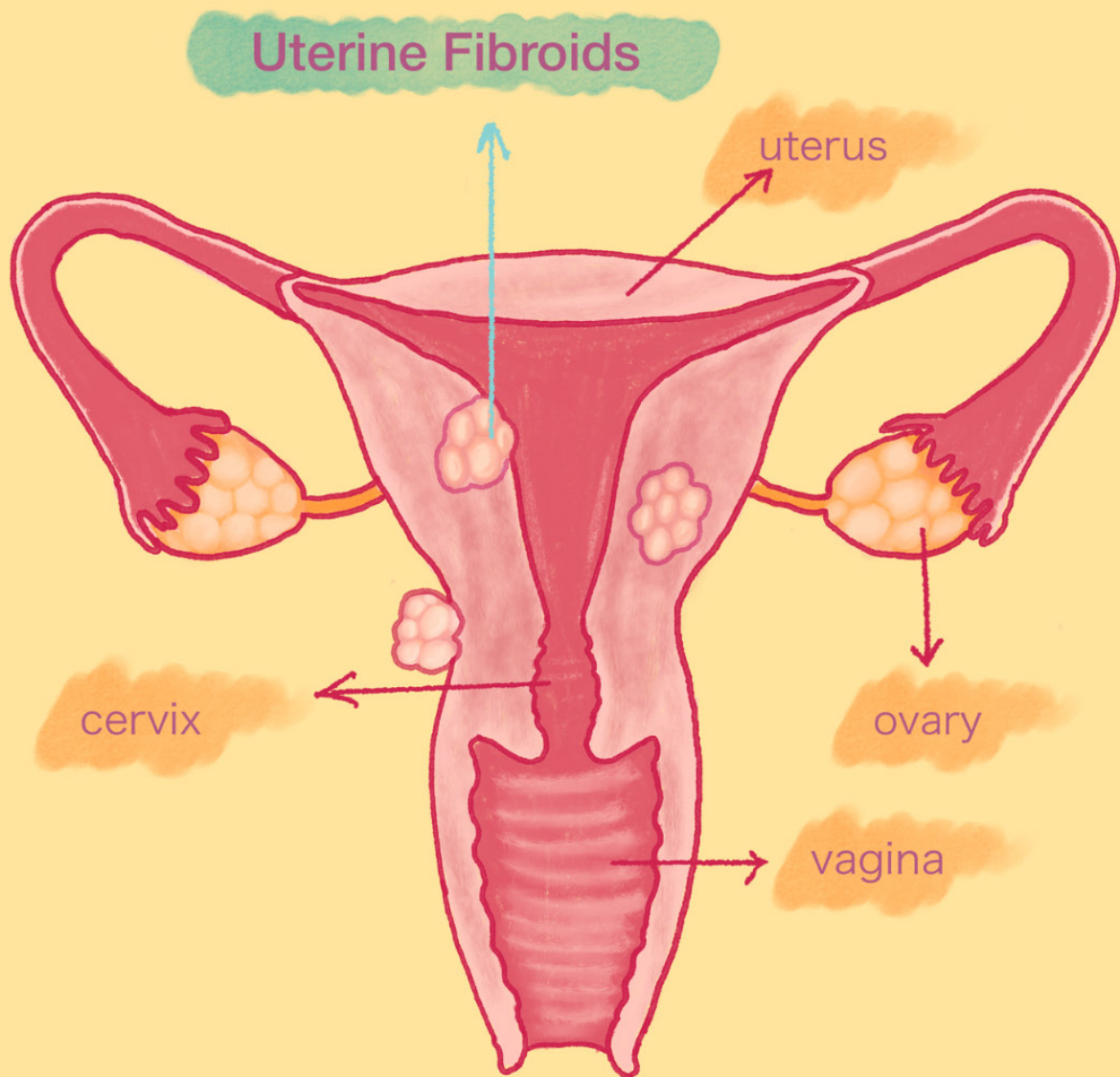
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>

<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/get-tested>

<https://www.mayoclinic.org/diseases-conditions/hpv-infection/in-depth/hpv-vaccine/art-20047292>

<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/hpv/should-i-get-hpv-vaccine>

Common Reproductive Health Conditions



Uterine Fibroids

Uterine Fibroids are growths in the uterus that are very common no symptoms. If they come with symptoms, they can include:

- Heavy or prolonged periods
- Bleeding between periods
- Swelling in your uterus or belly
- Painful cramps
- Pain during sex

While fibroids are often not dangerous, they can be painful, cause bleeding, and cause problems with fertility or pregnancy. Because they often occur without symptoms, it is important to get routine pelvic exams for early detection.

A range of treatments exist for fibroids, from medication to surgery, depending on the size, location and symptoms of the fibroids.

Important: Routine screening is essential. Although research shows that fibroids are more common in Black women, early diagnosis can be missed because they are often without symptoms.

Source:

<https://www.plannedparenthood.org/learn/health-and-wellness/uterine-fibroids>

Polycystic Ovarian Syndrome (PCOS)

PCOS is a condition that affects ovaries and is linked to hormonal imbalances. This disrupts the menstrual cycle, affects your body's ability to ovulate, and leads to ovarian cysts.

Common symptoms include:

- Irregular or absent periods
- Ovarian cysts
- Severe acne or oily skin
- Excess hair growth on face or body
- Dark skin patches
- Weight gain
- Difficulty getting pregnant

While the direct cause of PCOS is not known and it is not a curable condition, symptoms can be managed through medication, regular exercise, weight loss, and eating a balanced diet.

Important: PCOS is also linked with a higher risk of type 2 diabetes and cardiovascular disease, so regular monitoring and symptom management is essential.

Additionally, individuals with PCOS are often prescribed hormonal birth control to help stimulate a regular menstrual cycle. It is important to bleed at least every 3 months in order to clear out build up of the uterine lining and reduce chances of cervical cancer. So if you have not had a period in over 3 months, consult a doctor.

Source:

<https://www.plannedparenthood.org/learn/health-and-wellness/polycystic-ovary-syndrome-pcos>

<https://hsph.harvard.edu/mahalingaiah-lab/news/pcos-heart-disease-and-diabetes-what-every-patient-needs-to-know/>

Pelvic inflammatory disease (PID)

PID is an infection of reproductive organs that is often caused by untreated STIs (usually chlamydia or gonorrhea) or other untreated infections (like Bacterial Vaginosis). PID is really common and can easily be developed unknowingly.

PIF often does not show symptoms. If it does, symptoms can include:

- Pelvic or abdominal pain
- Irregular, heavier or more painful periods
- Fever or chills
- Unusual vaginal discharge with odor
- Pain during sex

To prevent PID, it is recommended to get tested for STIs regularly. Early detection and proper antibiotic treatment of chlamydia and gonorrhea are essential.

Important: If PID is left untreated, it can lead to serious health complications, and the infection can spread to other parts of the body. Treatment might not always undo infection damage, with PID leading to scarring in some cases, causing infertility.

Source:

<https://www.plannedparenthood.org/learn/health-and-wellness/pelvic-inflammatory-disease-pid>

Endometriosis

Endometriosis occurs when tissue similar to the uterine lining grows outside of the uterus where it doesn't belong. This causes inflammation, pain, and scarring. It is a common condition but is often underdiagnosed. It can range from not having any symptoms and barely being noticed to being extremely painful and detrimental to daily movement.

Common symptoms include:

- severe period cramps
- Heavy periods
- Chronic pelvic, lower belly, or lower back pain
- Pain during or after sex
- Pain with urination or bowel movements,
- Infertility/difficulty getting pregnant

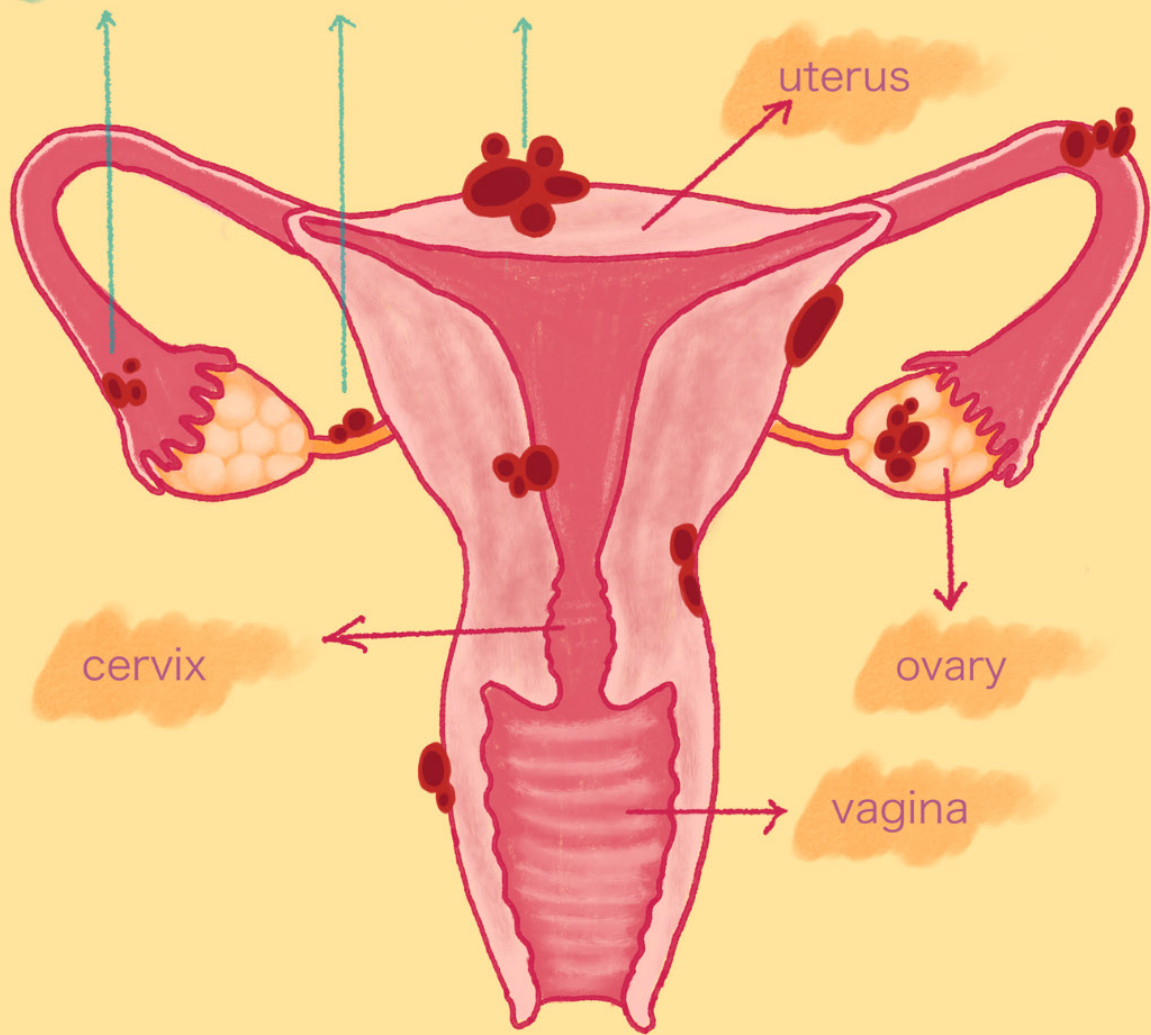
Endometriosis can result in anyone with a uterus. While it cannot be cured, it can be treated with medicine or surgery.

Source:

<https://www.plannedparenthood.org/learn/health-and-wellness/endometriosis>

<https://www.plannedparenthood.org/learn/health-and-wellness/endometriosis/howendometriosis-diagnosed-and-treated>

Endometriosis



Urinary tract Infections (UTIs)

UTIs are infections of your urinary system, namely your bladder and urethra. They are very common especially in people with vulvas. Anything that brings bacteria in contact with your urethra can cause a UTI.

Common symptoms include:

- Pain or burning during urination
- Cloudy or bad-smelling urine
- Blood or pus in urine
- Soreness, cramps, pelvic discomfort or pressure
- Frequent or urgent need to urinate
- If infection reaches kidneys, you can expect fever, chills, nausea, vomiting, fatigue, mid-back pain (to the right or left of the spine)

See a doctor if you experience the above symptoms.

UTIs can be treated with antibiotics.

You can practice the following to help prevent UTIs:

- Pee after sex
- Stay well hydrated
- Wipe front to back
- Minimize using fragrant soaps, sprays or powders in the genital area

Important: If left untreated, UTIs can spread and reach the kidneys, causing a kidney infection.

Source:

<https://www.plannedparenthood.org/learn/health-and-wellness/urinary-tract-infections-utis>

https://www.cdc.gov/uti/about/index.html#cdc_disease_basics_prevention-prevention

Vaginitis (Yeast Infections & Bacterial Vaginosis)

Vaginitis is an irritation or inflammation of the vagina, usually caused by a chemical imbalance. It is highly common and often easily treatable.

The two most common types of vaginitis are:

Yeast Infections: which are caused by an overgrowth of a yeast that naturally lives in the vagina. Symptoms include:

- Thick, white, and odorless discharge
- Itching, burning, redness

Yeast infections are treated with antifungal medication.

Bacterial Vaginosis (BV): which is caused by a change in the balance of vaginal bacteria. Symptoms include:

- Thin, grayish, and foamy discharge with a strong fishy odor
- Itching, burning, swelling or pain in your vulva or vagina
- Pain or discomfort during sex
- Also common to have no symptoms

BV is treated with antibiotics.

While yeast infections and BV are not sexually transmitted, another person's semen or natural genital yeast and bacteria can impact your body chemistry and change the normal balance of your vagina. Having sex with a new partner or multiple partners may increase your chances of getting BV.

Important: If left untreated, BV could lead to PID, pregnancy complications, and increase risks for STIs like chlamydia and gonorrhea.

Recurrent Vaginitis

If you have vaginitis 4 or more times in a year, you have recurrent vaginitis. This happens especially if you have conditions like diabetes or HIV that compromise your immune system. Not finishing your vaginitis treatment (antifungal medication or antibiotics) can also lead to recurrent vaginitis.

Source:

<https://www.plannedparenthood.org/learn/health-and-wellness/vaginitis/how-do-i-get-checked-and-treated-vaginitis>

<https://my.clevelandclinic.org/health/diseases/3963-bacterial-vaginosis>

Important myth to debunk:

Can people with vagina get STIs and HIV/AIDS?

It is a common misconception that people with vaginas cannot get STIs and HIV/AIDS. This is false. STIs and HIV/AIDS are transmitted through the exchange of sexual fluids, blood, and genital skin-to-skin contact, all of which can happen between people of any gender or sexual orientation. Women who have sex with women or people with vaginas who have sex with other people with vaginas can still acquire STIs and HIV/AIDS, and should use protection and get tested regularly.

Quick reminders on routine screening

Type of screening	Frequency of screening	Best timing for screening
Breast self-exam	Monthly	About 4-10 days after your period starts
Pap smear	Every 3-5 years	Ideally 10-20 days after the first day of your last period
Pelvic exam	Every 3 years	Ideally 1-2 weeks after your period, or if you experience pelvic/ abdominal pain, unusual bleeding or discharge, itching, unusual or painful
STI and HIV/AIDS screening	Once a year at a minimum	Anytime for annual checkup or every 3-6 months in case of new or multiple sexual partners or unprotected sex

Reference List

Menstruation

<https://www.plannedparenthood.org/learn/health-and-wellness/menstruation>

<https://www.plannedparenthood.org/learn/health-and-wellness/menstruation/how-do-i-know-if-my-menstrual-cycle-normal>

<https://www.plannedparenthood.org/learn/health-and-wellness/menstruation/how-to-use-menstrual-hygiene-products>

Contraception

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<https://www.plannedparenthood.org/blog/the-many-lives-of-condoms>

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<https://www.plannedparenthood.org/learn/abortion/the-abortion-pill>

<https://www.healthline.com/health/after-abortion#complications>

Breast self-exam

https://www.breastcancer.org/screening-testing/breast-self-exam-bse?gad_source=1&gad_campaignid=2215830&gbraid=OAAAAAD_jk-40fYp7L5h1pdQHas_U7k4bB&gclid=CjOKCQjwmunNBhDbARI-sAOndKpniyES2yphEjPF7Hfyh58BU6H2SPU5ALtnmSHhI3-ggzy2hWTyzFBsaAk-FEALw_wcB

<https://www.youtube.com/watch?v=y1uKXhFgSnE>

Pap smear

<https://www.acog.org/womens-health/faqs/cervical-cancer-screening>

<https://www.acog.org/womens-health/videos/cervical-cancer-screening>

<https://www.mayoclinic.org/tests-procedures/pap-smear/about/pac-20394841>

Pelvic exam

<https://www.verywellhealth.com/going-to-the-gynecologist-101-3522436>

Sexually transmitted infections (STIs)

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<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/get-tested>

<https://www.mayoclinic.org/diseases-conditions/hpv-infection/in-depth/hpv-vaccine/art-20047292>

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Uterine Fibroids

<https://www.plannedparenthood.org/learn/health-and-wellness/uterine-fibroids>

PCOS

<https://www.plannedparenthood.org/learn/health-and-wellness/polycystic-ovary-syndrome-pcos>

<https://hsph.harvard.edu/mahalingaiah-lab/news/pcos-heart-disease-and-diabetes-what-every-patient-needs-to-know/>

PID

<https://www.plannedparenthood.org/learn/health-and-wellness/pelvic-inflammatory-disease-pid>

Endometriosis

<https://www.plannedparenthood.org/learn/health-and-wellness/endometriosis>

<https://www.plannedparenthood.org/learn/health-and-wellness/endometriosis/how-endometriosis-diagnosed-and-treated>

UTIs

<https://www.plannedparenthood.org/learn/health-and-wellness/urinary-tract-infections-utis>

https://www.cdc.gov/uti/about/index.html#cdc_disease_basics_prevention-prevention

Vaginitis

<https://www.plannedparenthood.org/learn/health-and-wellness/vaginitis/how-do-i-get-checked-and-treated-vaginitis>

<https://my.clevelandclinic.org/health/diseases/3963-bacterial-vaginosis>

