

Know your body

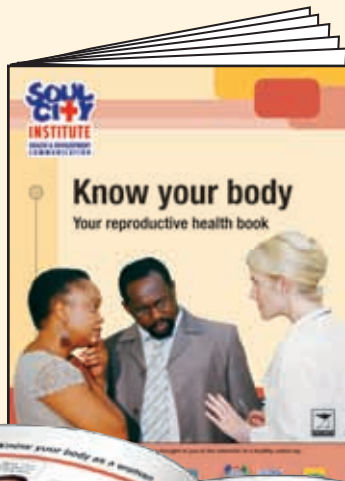
Your reproductive health book



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How to use this book



Everybody needs to know about how their bodies work. This book will help men and women to understand about reproductive health, puberty, pregnancy, HIV and other STIs.

Read this book and share the information with your family and friends.

If English is not your first language, you may want translations of some difficult words. These words are underlined. They are translated into Zulu, Xhosa, Sotho and Afrikaans in boxes on the side of the page. The boxes look like this:

English

- Zulu
- Xhosa
- Sotho
- Afrikaans

In this book there are coloured blocks that help you to remember important things. They look like this:



Remember: Reproductive health is important for everyone – both young and old, men and women. It is not just a health issue for women.

There are also coloured blocks with information to help make things better in the community. They look like this:



Community Information: It is your right to get pre-test counselling. It is also your right to get post-test counselling, even if your test results are negative.

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What is reproductive health?

Sister Bettina,
what is
reproductive
health?

Zandi, it is the health
of those parts of our
bodies that can make
babies. It is also our
sexual health.



reproductive health

- impilo yezokuzala
- impilo yezenzala
- bophelo ba ditho tsa botona le botshehadi
- reprodunktiewe gesondheid

sexual health

- impilo yezocansi
- impilo yezesondo
- bophelo ba ho etsa thobalano
- seksuele gesondheid

What is good reproductive health?

1

Men and women can have children

- Men and women can plan for a pregnancy if they want a baby.
- They can also prevent a pregnancy if they want to.
- They can decide how many children they want to have.
- If they choose to have a child, they need to think about the physical and emotional needs of the baby.



emotional needs

- izidingo zemizwa yengane
- iintswelo zomphemfumlo
- ditlhoko tsa maikutlo
- emosionale behoeftes

2

Men and women can have a good and safe sex life

Both men and women can enjoy sex if:

- They are safe from violence and abuse.
- They are safe from sexually transmitted infections (STIs) and HIV.
- They protect themselves by using condoms.



3

Men and women can make their own choices about their sexual health

- Men and women can get information about safer sex, contraception and all other sexual issues.
- This book will help you.



STIs

- izifo ezithathelana ngocansi
- uSulelo oluGqithiswa ngoLalano
- mafu a thobalano
- SOI's

contraception

- ukuhlela
- ucwangciso lwezala
- thibelo ya pelehi
- geboorte-beperking

Reproductive health services are places where:

- You can get contraception.
- You can get information and help to prevent or treat STIs.
- You can find out ways to prevent and treat reproductive problems.
- You can get treatment to help you have babies if you find it hard to get pregnant.
- You can get good advice and care when you are pregnant, have a baby, and after the baby is born.
- You can get help for sexual problems.
- You can get an HIV test.

Read pages 48 to 49 for a list of places to help.

reproductive problems

- izinkinga zenzalo
- iingxaki zokuzala
- mathata a pelehi
- seksuele of geslagsprobleme



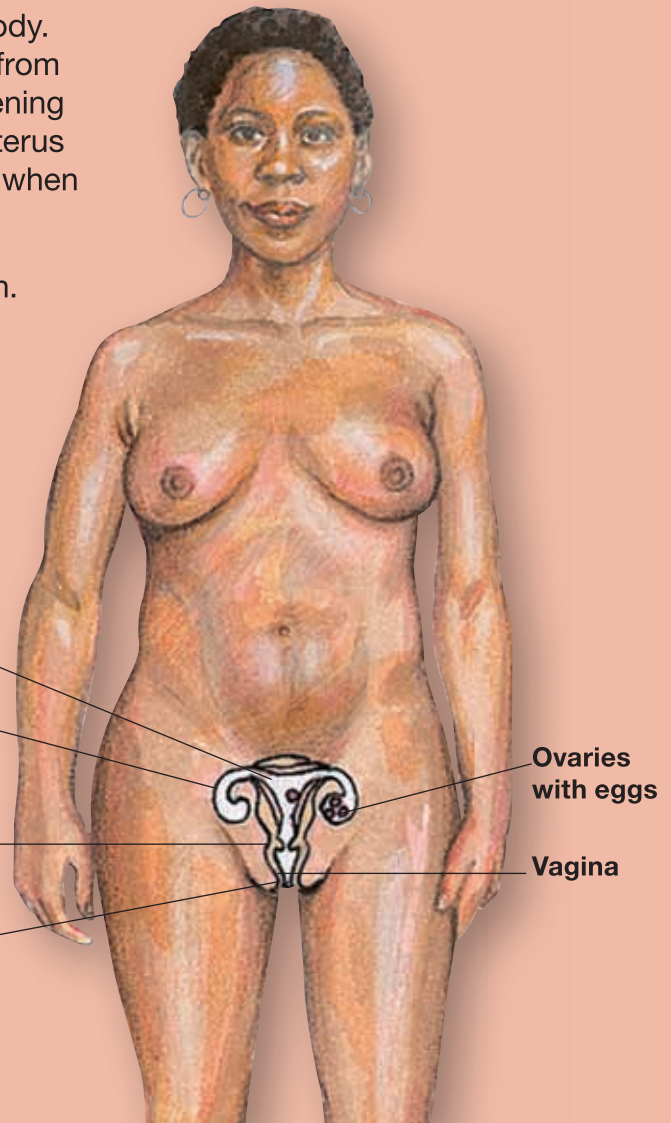
Remember: Reproductive health is important for everyone – both young and old, men and women. It is not just a health issue for women.

What is the reproductive system?

When two people have sex and make a baby, their inside and outside sexual parts work together. This is called the reproductive system.

The female reproductive system

- In the female reproductive system, the sexual part, the vulva, is on the outside. The rest of the system is inside the body. The vagina is the passage that leads from the vulva to the cervix. This is the opening or mouth of the uterus (womb). The uterus is about the size and shape of a pear when a woman is not pregnant.
- The ovaries make an egg every month. The egg moves from the ovary into the fallopian tube. When two people have sex, the egg can meet the man's sperm in the fallopian tube. It is fertilised here and moves to the uterus where it grows into a baby.



vulva

- umlomo wenhlunu
- umphambili webhinqa
- setho sa sesadi
- vulva/skaamspleet met skaamlippe

vagina

- inhlunu
- ilungu langasese lebhinqa
- setho se ka ntle sesadi
- vagina

cervix

- kumlomo wesizalo
- umlomo wesibeleko
- setho se ka hare sa sesadi
- serviks/ baarmoedermond

uterus

- isibeletho
- isibeleko
- popelo
- uterus/baarmoeder

ovaries

- ama-ovari
- iziyilelo zamaqanda
- mahe
- eierstokke

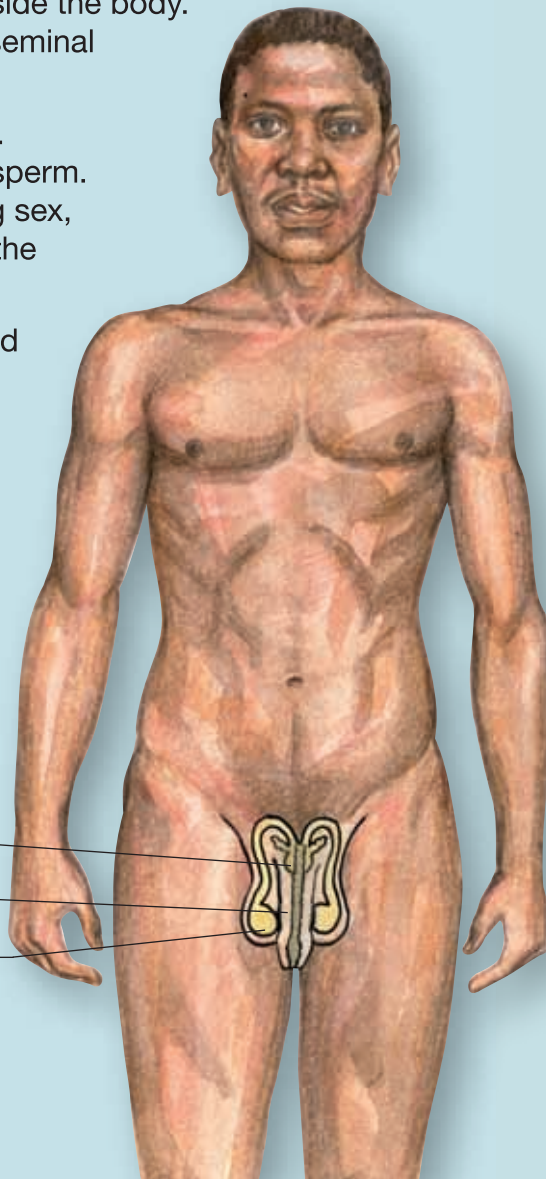
fallopian tube

- ishubhu lesibeletho
- umbhobho othwala amaqanda ukuya esibelekweni
- dithupu tsa 'fallopian'
- fallopiese buis/ eierleier

The male reproductive system

- The male reproductive system is outside the body. The male sex glands are the testes, seminal vesicles and the prostate.
- The testes (balls) are under the penis. They make the semen that contains sperm. When a man ejaculates (cums) during sex, the semen with the sperm goes into the woman's vagina.
- The prostate is inside the body behind the bladder. It is about the size of a large grape.

Prostate
Penis
Testes inside the scrotum



testes

- amasende
- amasende
- marete
- testikels/saadballe

ejaculates

- khafula
- ukukhupha amadlozi
- hlahisa lero
- ejakuleer

prostate

- i-*prostrate*
- idlala elisemva kwesinyi emadodeni
- proseteite
- prostaatklier

bladder

- isinye
- isinyi
- senya
- blaas

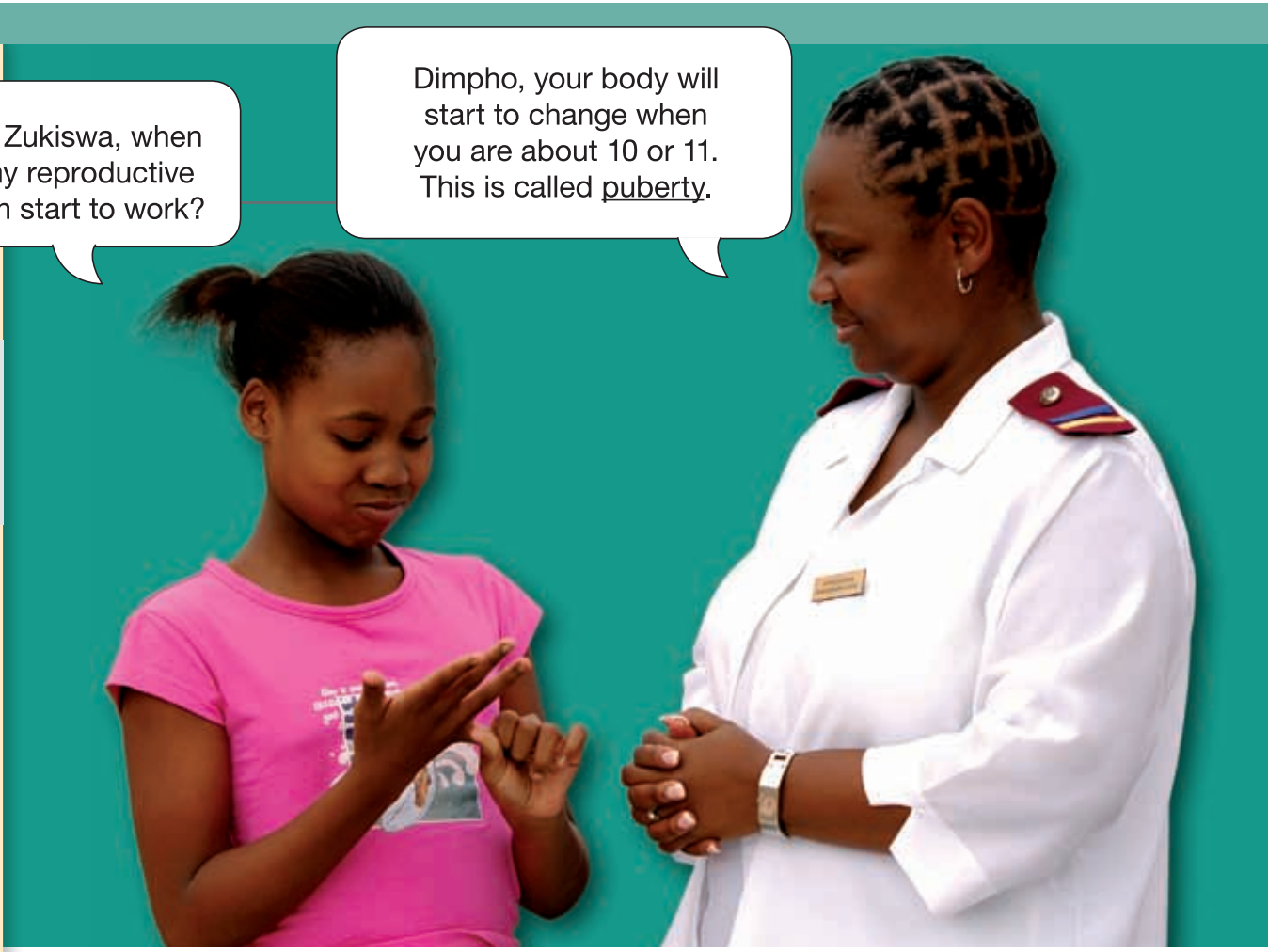
scrotum

- kwesikhwanyana samasende
- isingxobo samasende
- lerete
- balsak

All about puberty

Sister Zukiswa, when will my reproductive system start to work?

Dimpho, your body will start to change when you are about 10 or 11. This is called puberty.



puberty

- ukuthomba
- ukuqalisa
- ukufikisa
- qalo ya diphetho
- puberteit


What does puberty mean?

Puberty is the time in your life when there are physical and emotional changes in your body.


Everybody goes through puberty, but it happens at different times for different people. Some children find that their bodies start to change when they are 11 years old. Others only start to see changes at 14 or older. Starting at different ages is normal – it does not affect the way the reproductive system will work in the future.

emotional changes

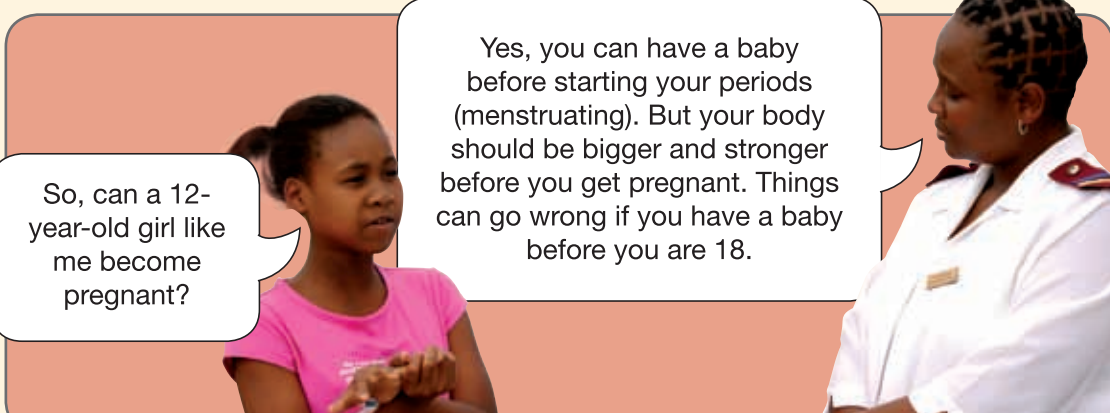
- ushintsho
- kwimizwa
- iinguqu zovakalelo
- diphetho tsa maikutlo
- emosionele veranderinge



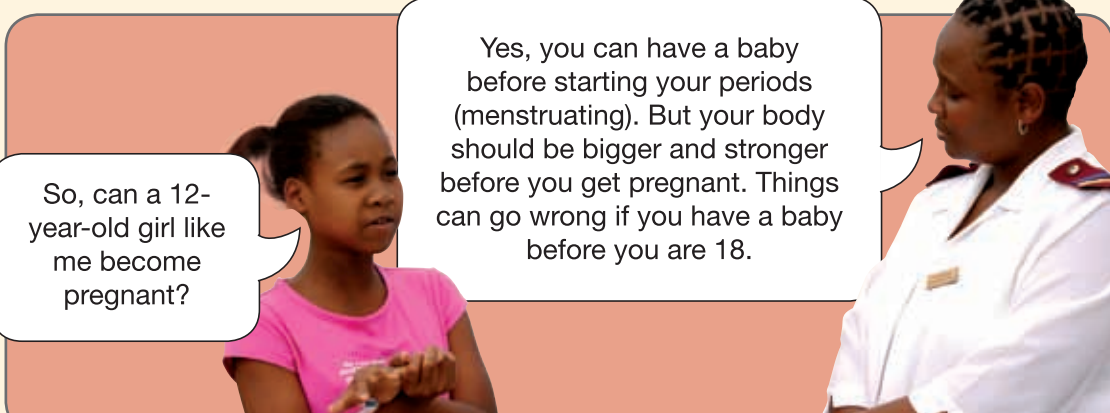
Sister Zukiswa, can you tell me about the changes in puberty?




The changes that happen in puberty change you from a child into an adult. It is part of growing up. These changes are part of a healthy, growing body.




So, can a 12-year-old girl like me become pregnant?



Yes, you can have a baby before starting your periods (menstruating). But your body should be bigger and stronger before you get pregnant. Things can go wrong if you have a baby before you are 18.



I don't want to fall pregnant at 18, Sister!



You are right. You must wait until you can support yourself and the baby.



To find out more about menstruating, read page 21.

Young people and puberty

hormones

- amahomoni
- iincindi zamadlala
- dihomounu
- hormone

Sister Zukiswa, so what makes puberty happen?

It happens when hormones begin to be made in your body. Dimpho, this is a normal thing for all boys and girls.

pimples

- izinduna
- amaqhakuva
- diso
- puisies

The signs of puberty in girls

Face may get pimples

Hair grows under the arms

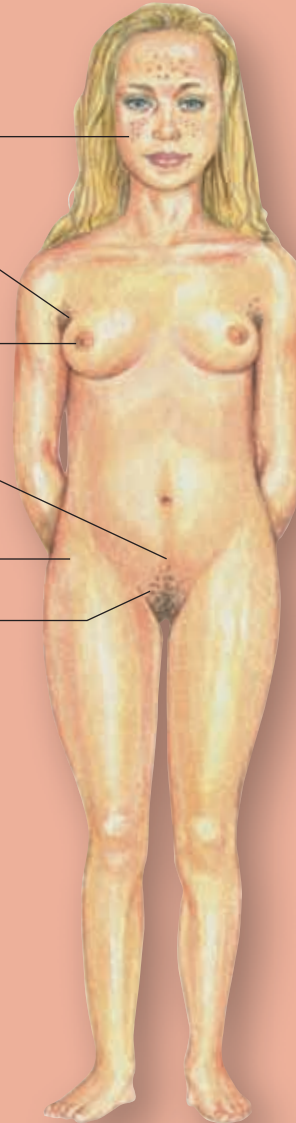
Breasts start to develop

Menstruation (monthly period) starts

Hips widen

Pubic hair starts to grow

- Her body shape changes.
- She starts to get sexual feelings. This does not mean she has to have sex.



menstruation

- isikhathi
- ukuya exesheni/ ukuhlamba
- dinako tsa sesadi
- menstruele siklus

pubic hair

- izinza
- izinza
- moriri wa senana
- skaamhare

What causes puberty in boys and girls?

Hormones are found in the blood. They make the reproductive organs and the body grow and develop. This is the start of puberty.

When the reproductive organs are fully grown, a girl is able to become pregnant. When they are fully grown in boys, the sperm can make a girl pregnant. Together, they are then able to make babies.

sperm

- ispemu
- amadlozi
- peo ya monna
- sperms/saad

The signs of puberty in boys

Face may get pimples

Voice gets deeper

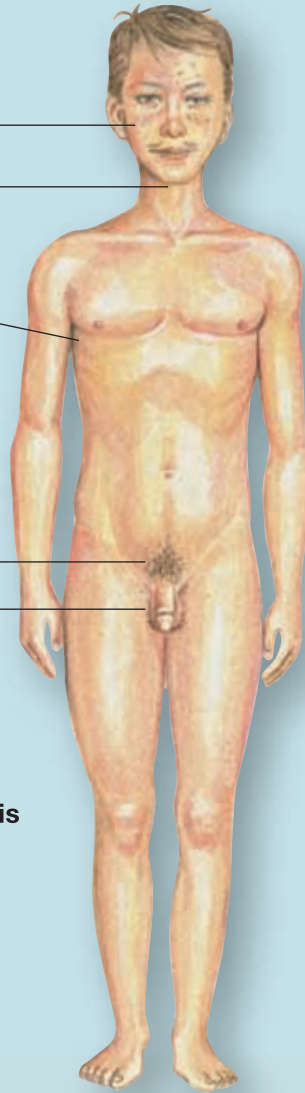
Hair grows under the arms
and on the face

Pubic hair starts to grow

Testes grow bigger

- His bones and muscles get bigger.
- He gets taller.
- He has “wet dreams”. This means he is having sexual feelings. This does not mean he has to have sex.

A wet dream is when a boy finds semen in his pants when he wakes up.



testes

- amasende
- amasende
- marete
- testikels/saadballe

semen

- isidoda
- incindi yobudoda
- lero la thobalano
- saadvloeistof

Young people and their feelings

Growing up

Puberty is about the physical changes that take place when a young person is growing up. The hormones in the body at puberty can make young people feel confused about what is happening to them. This often affects the way they feel about themselves and the world around them. These emotional changes are sometimes called adolescence. The feelings you have in puberty are different for each young person.

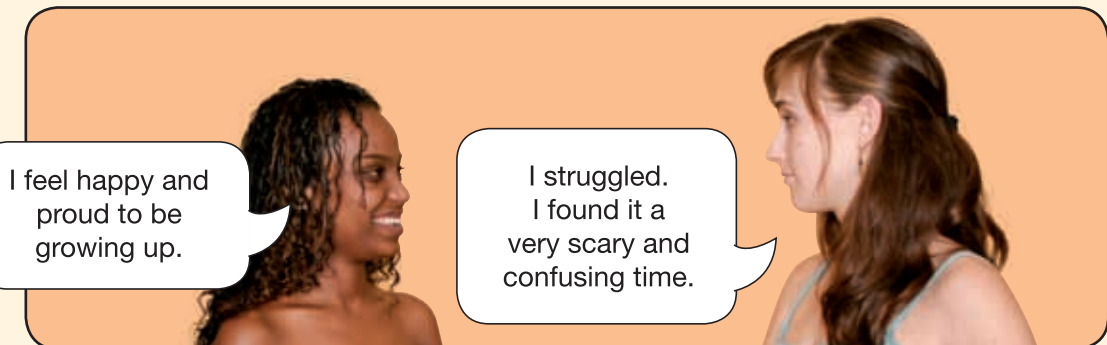
feel confused

- bedidekile
- bazive bedidekile
- ikutlwa a ferekana
- voel deurmekaar

adolescence

- ububhobhodlana
- umntu ofikisayo
- botjha
- adollessensie

Young people feel differently



to cope

- ukukhona
- indlela yokumelana
- ho kgema
- te hanteer

These feelings and changes are normal. If young people understand what is happening to them, they will cope better with the changes. This will help to make puberty much easier.



If you are a young person who needs to talk to someone about the changes you are going through, phone LifeLine 0861 322 322. You can also phone the AIDS Helpline 0800 012 322. Read pages 48 to 49 for places to help.

How young people cope

A normal part of growing up is choosing to spend more time with friends instead of family. Young people may become more strongly influenced by their friends, school and the media. They may not always agree with their parents' beliefs even though they may not yet be sure of their own. They may also become closer to their friends than they are to their family. Most young people cope well with these changes and challenges. They grow into mature and responsible adults.

Young people act differently

I found I got very depressed – I didn't want to leave the house.



Sometimes I made the mistake of turning to drugs or alcohol to help me cope.



My family don't understand – I just want to hang out with my friends.



Parents can help

- Talk to your children before their bodies start to change. Explain what will happen at puberty.
- Do not be critical of the changes taking place in their bodies. Rather find ways to help them accept these changes.
- Be a good role model. Show your children love and understanding.
- Teach them how to look after their bodies.
- Encourage them to ask questions.
- Give them this book to read so they can learn more about the body and reproductive health.

influenced

- babe nomthelela
- ukuphembelwa
- tshwaeditswe
- beïnvloed

media

- abezokusakazwa
- kwezindaba
- nosasazo
- bophatlalatsi
- media

challenges

- nezinselele
- imiceli-mngeni
- diphephetso
- uitdagings

responsible adults

- abantu abadala
- abaqikelelayo
- abantu abadala
- abanemfanelo
- batho ba baholo ba nang le boikarabelo
- verantwoordelike
- volwassenes


critical

- nokugxeka
- ukugxeka
- hanana
- krities

role model

- isibonelo
- ngumzekelo
- mohlala o motle
- rolmodel

Sexually transmitted infections

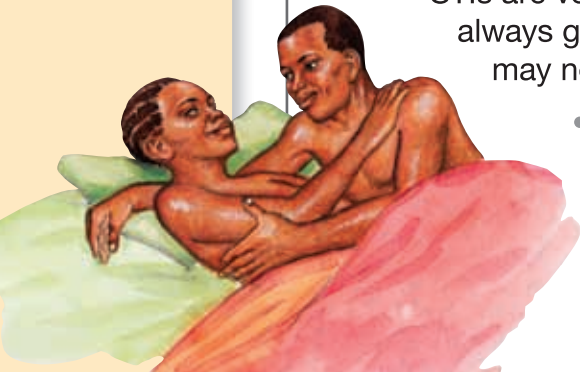


Bettina, I am worried about my sister. I think she may have a sexually transmitted infection.

Zandi, this is a common reproductive health problem. She and her partner need to get treated.

Sexually transmitted infections

- Sexually transmitted infections (STIs) are infections that are passed from a man or woman to his or her partner during sex. The best way to protect yourself from STIs is to use a condom. You can find out more about condoms on pages 18 to 19.
- STIs are very common in South Africa. People with STIs do not always get sick or have signs of the infection. Women, especially, may not know that they have an STI.
- There are many different kinds of STIs – each one is caused by a different virus.



Signs of STIs

- Unusual or smelly discharge from the vagina (women)
- Discharge from the penis, causing burning pain when passing urine (men)
- Sores, blisters or warts on the outer genitals (men and women)
- Pain in the lower stomach and lower back. There may also be pain during sex (women)
- Painful swellings in the groin at the top of the legs (men and women)

Women may not have any signs of the STI.

Treatment of STIs

- Most STIs can be treated with antibiotics or other medicines. Some STIs, like HIV, cannot be cured.
- When men have an STI, they usually have signs that tell them there is a problem and they must get help.
- Because women do not have any signs, they do not know they have a problem. This means they may not get treated until the infection is very serious.

discharge

- ukuconsa
- ulwelo oluphumayo
- lero
- afskeiding

blisters

- amapanyazi
- amadyunguza
- diso
- blasies

genitals

- kwizitho zangasese
- amalungu angasese
- ditho tsa senna le sesadi
- genitalieë

groin

- imbilapho
- kumphakatho
- tshwelesa
- lies

If you get treatment for an STI, it is important to:

- Take all the medicines until they are finished.
- Tell your sexual partners that they also need to be treated. If not, the infection could be spread to others or even back to you.
- Always practise safe sex, but especially during and after treatment. This means always using a condom when you have sex. This will make sure that you do not get an STI again.
- Get tested for HIV. If you have an STI, you may also be HIV positive.



Sexually transmitted infections

Treating STIs prevents the spread of HIV

If you have an STI, you can get HIV more easily. This is because STIs often cause sores in the vagina or on the penis. This makes it easier for the HIV virus to get into the body.

If you treat the STIs, the sores will heal. This makes it more difficult to get infected with HIV.



Protect yourself from STIs in a way that is best for you

abstain

- ukuzithiba
- zila
- qoba
- weerhouding

be faithful

- ukwethembeka
- nyaniseka
- tshepahala
- wees getrou



Abstain: if you don't have sex at all, you cannot get an STI or HIV.

Be faithful: you and your partner can protect yourselves by only having sex with each other. Also make sure you are both tested for HIV and don't have any STIs.

Practise safer sex: use condoms every time you have sex.



What can happen if STIs are not treated?

In women: STIs can spread to the fallopian tubes. This is called pelvic inflammatory disease (PID). The fallopian tubes may get blocked, making pregnancy impossible (infertility). This may also cause an ectopic pregnancy (when the egg grows in the fallopian tube). This can be very dangerous.

In men: sterility (infertility) may result from an infection of the testes. This can lead to a man having less sperm or even no sperm.



1



I have a vaginal discharge. I need to visit the clinic.

2



It's good you came to me. You have an STI. You need to discuss this with your partner.

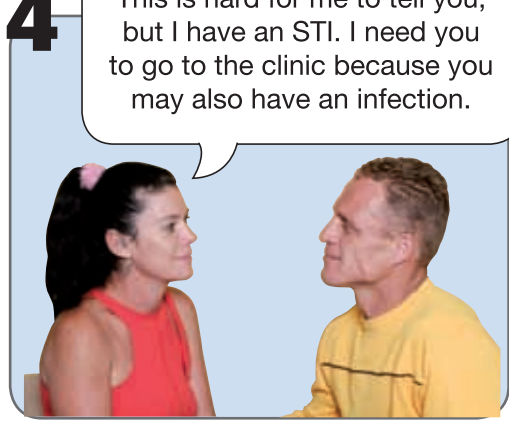
I'm afraid he'll be angry with me.

3



Remember, Sandra, that nobody has the right to treat you badly because you have an STI. Try telling him this.

4



This is hard for me to tell you, but I have an STI. I need you to go to the clinic because you may also have an infection.

5



Sandra's partner is very understanding and agrees to go to the clinic so that they don't re-infect each other.


Thanks for your support. Getting treatment is the only way to get healthy.

Sandra, we must practise safe sex, and always use condoms!



Remember: Every person has the right to protect him or herself from STIs, including HIV and AIDS, without the fear of violence or abuse.

The HIV test



Doctor Groenewald, now that I know I am HIV positive, I can take responsibility for my sexual health.

Connie, it is good that you tested early. Everyone should be tested to know their HIV status.

HIV status

- isimo segciwane
- lesandulela
- imo ye-HIV
- boemo ba HIV
- MIV-status

decision

- isinqumo
- isigqibo
- qeto
- besluit

responsibility

- uyaziqekelela
- uxanduva
- boikarabelo
- verantwoorde-likheid

Why is it important to have the HIV test?

- Having an HIV test is not an easy decision to make. But it means you are taking responsibility for yourself.
- It is the only way to know if you are HIV positive or not.
- You need to know your HIV status so that you can stay healthy for longer.
- If you know your HIV status, you will be able to protect other people from becoming HIV positive.



Community Information: It is your right to get pre-test counselling. It is also your right to get post-test counselling, even if your test results are negative.

Having the HIV test

It is important to speak to a counsellor or a health worker about having a test. They can help by answering your questions.

The counsellor or health worker knows that you may be afraid and worried. They will give you support, and help you prepare for the results. This is called **pre-test counselling**.

Some people may choose to take a friend or someone they trust with them. This will give them support before and after the test.

You will need to talk to a counsellor or health worker when you get your results. This is called **post-test counselling**.



What if my test is negative?

This means you do not have the HIV virus in your blood. You must still do these things:

- You must continue to have protected sex so you do not get the virus later.
- If you had unprotected sex recently, the virus may not show up in the first test. Wait for three months and go for another test.
- Continue to learn more about HIV and AIDS.
- Support those in your community who are HIV positive.



What if my test is positive?

- You may feel afraid and shocked. You may not believe what you hear. This is normal. Find someone who can help you deal with how you feel.
- Find out more about HIV and AIDS. This book can help you.
- Try not to panic. You can still live a healthy life for a long time with the virus in your body.



counsellor
- umeluleki
- umcebisi
- mokgothatsi
- berader

support
- ukwesekwa
- inkxaso
- tshohile
- ondersteuning

shocked
- nokwethuka
- wothukile
- tshohile
- geskok

panic
- nexhala
- ukuphaphazela
- ho tshoha
- paniekbevange

Preventing HIV, STIs and unplanned pregnancy

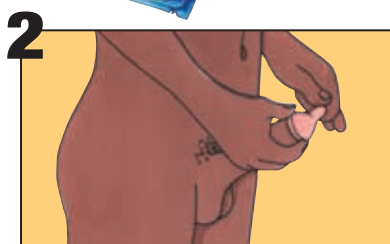
Doctor, how can I make sure I do not get HIV?

Naledi, all men and women need to know how to have safer sex. Condoms protect you from HIV and other STIs. Other ways are to abstain from sex and be in a faithful relationship.

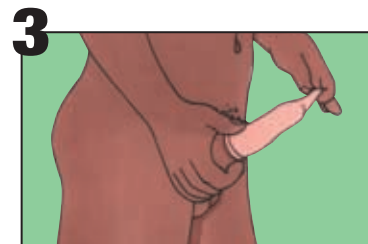
The male condom



1 Use a new condom each time you have sex.



2 Just before you want to enter your partner put the condom onto your hard penis. Press the tip of the condom when you put it on so that you push any air out of the tip.



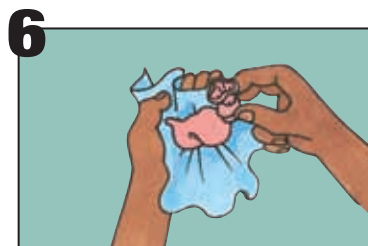
3 Roll the condom down over your penis so that the whole penis is covered with the condom. Now you are ready to enter your partner.



4 Take your penis out after you have had sex. Hold the condom when you take the penis out so that the condom does not fall off. You must take your penis out before it gets soft.



5 Now carefully take the condom off your penis. Be careful not to let any semen spill or leak from the condom.



6 Tie a knot in the condom to stop the semen leaking out. Wrap it in paper. Throw it in the dustbin or any place where children will not find it.

abstain

- ukuzithiba
- zila
- qoba
- weerhouding

faithful relationship

- ukuthandana okunokwethembana
- kubudlelwane obunyanisekileyo
- kamano e tshepahalang
- getroue verhouding

tip

- isihloko
- incam
- ntlha e ka pele
- punt

semen

- isidoda
- incindi yobudoda
- lero la thobalano
- saadvloeistof

The female condom

- The female condom can be put into the vagina before sex.
- It stops the penis from touching the vagina. This helps to protect against pregnancy and STIs.
- It is stronger than the male condom.
- It does not smell and does not cause allergies.
- It can be used with oil-based or water-based lubricants (the male condom can only be used with water-based ones).
- There are no known side effects or risks.
- Speak to a health worker about where to get the condoms.



allergies

- ukungezwani
- ukwalisa/ukwalana
- tse sa amoheleheng
- allergieë

lubricants

- izishibilikisi
- izithambisi
- dinolofatsi
- smeermiddels

Why is it good to use the female condom?

- Women can prevent unwanted pregnancy, HIV and other STIs.
- They can choose to use the condom themselves when their partners do not want to use a male condom.
- They can put the female condom in many hours before sex.

How to use the female condom

- **Make sure the condom is lubricated inside and out. Choose a comfortable position to put the condom in like squatting or with one leg on a chair.**
- **Squeeze the inner ring together and put it inside the vagina. Put your index finger inside the condom and push the inner ring as far as it will go.**
- **Make sure that it is not twisted. The outer ring must stay outside the vagina. Make sure the penis goes inside the condom.**



lubricated

- ligcotshiswe
- izishibilikisi
- ithanjisiwe
- nolofaditswe
- gesmeer

squatting

- njengokuqojama
- nokuchopha
- ho dula nakwana
- op jou hurke sit

Know your body as a woman

Mama, I don't really know how my body works.

Dimpho, it is important to understand your body. If we know how our body works, it is easier to take care of it.

informed choices

- ukukhetha kwakho kungaba okunolwazi
- ukhetho olusekelwe elwazini
- dikgetho tse nahani-sitsweng hantle
- ingeligte besluite

If you understand your body, you can make informed choices about when, how and with whom you have sex. You can also stay healthy by preventing illness and treating any illnesses you may have. Read page 4 to find out about the female reproductive system.

In the next few pages we talk about changes that can happen in a woman's body:

- For menstruation – read page 21
- For pregnancy, infertility and prevention – read pages 22 to 29
- For menopause – read pages 30 to 33
- For cancer of the cervix – read pages 34 to 37

Menstruation

Dr Seleke, what happens inside a woman's body when she has a period or menstruates?



Naledi, once a month hormones make the lining of the uterus thicken. The lining then breaks off and the woman bleeds.

menstruates
 - esesikhathini
 - ehlamba/
 esexesheni
 - bona dinako
 tsa sesadi
 - menstrueer

How does menstruation work?



1
 Every month hormones prepare a woman's body to get pregnant.

2
 The lining of the uterus gets thick and spongy to prepare it for a fertilised egg. Every month one of the two ovaries makes an egg that goes into the fallopian tube. This is called ovulation.

fertilised egg
 - iqanda elikhweliwe
 - iqanda eliqhanyisiweyo
 - lehe le nontshitsweng
 - ovum/bevrugte eiersel

4
 Two weeks later, the hormone levels go down, and the body realises it is not pregnant. The uterus then loses its lining through the vagina. This monthly bleeding is called a period or menstruation.

3
 If the egg does not meet a sperm in the fallopian tube, it moves out of the body through the vagina. It is so small that it cannot be seen.

Pregnancy

placenta

- umzanyana
- umkhaya
- mohlamu
- plasenta

ejaculates

- ekhafula
- ikhupha isidoda
- tshela peo
- ejakuleer/kom

fertilises

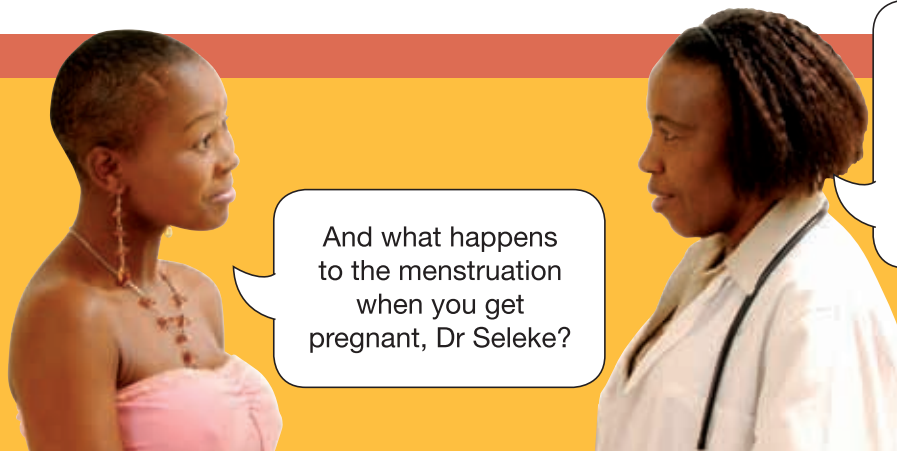
- sikhwela/
- sihlangana
- qhamisa
- vnontsha
- bevrug

conception

- ukubamba isisu
- ukukhawula
- ho ima
- bevrugting

emotionally

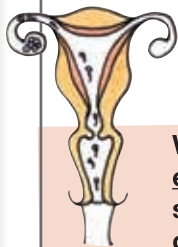
- ngokwemizwa
- ngokovakalelo
- maikutlong
- emosioneel



And what happens to the menstruation when you get pregnant, Dr Seleke?

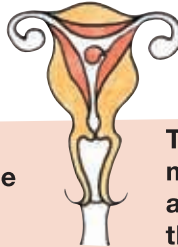
Your body keeps on making hormones to help the baby grow in the uterus. The lining of the uterus grows even thicker, making the placenta.

How does a woman get pregnant?



1

When the man ejaculates (cums), the semen with sperm go into the vagina. If a woman has sex around the time that she is ovulating, the egg may meet the sperm in the fallopian tube. If the sperm fertilises the egg, the woman will become pregnant. This is called conception.



2

The fertilised egg then moves to the uterus. It attaches itself to the thick lining. Hormones tell the body that it is pregnant. The lining of the uterus then helps the egg to grow and develop. So no menstruation happens.



3

The fertilised egg grows into a baby over 9 months of pregnancy. This is 40 weeks.

Becoming a parent

It is always better to be in a loving and faithful relationship before you have a baby. Think about these things:

- Do you want to be a parent?
- Can you afford to have a child?
- Can you cope emotionally?

Remember: You both need to know your HIV status before you get pregnant.

The antenatal clinic

It is important to go to the antenatal clinic as soon as you know you are pregnant.

At the antenatal clinic they will:

- Test to see if you are HIV positive.
- Check that the baby is growing well inside you.
- Check to see if there may be problems when you give birth.
- Teach you how to look after your new baby.
- Look for any sicknesses that could harm the baby, and treat them.
- Teach you the best way to feed your baby.
- Talk to you about your choices if you are HIV positive – read pages 24 to 25.

Look after your body while you are pregnant

Everything you eat, drink or smoke goes through your body into your baby.

- Book early at the clinic, and go back as often as your health worker tells you. It is important that you have your baby at a clinic or hospital.
- It is important to eat healthy food. This doesn't need to cost a lot of money.
- Do not drink any alcohol or smoke.
- Do not take any medicines or herbs unless you get them from the health worker. You must tell them you are pregnant.
- You and your partner must get treatment for any sexually transmitted infections (STIs). These can harm the baby.



STIs

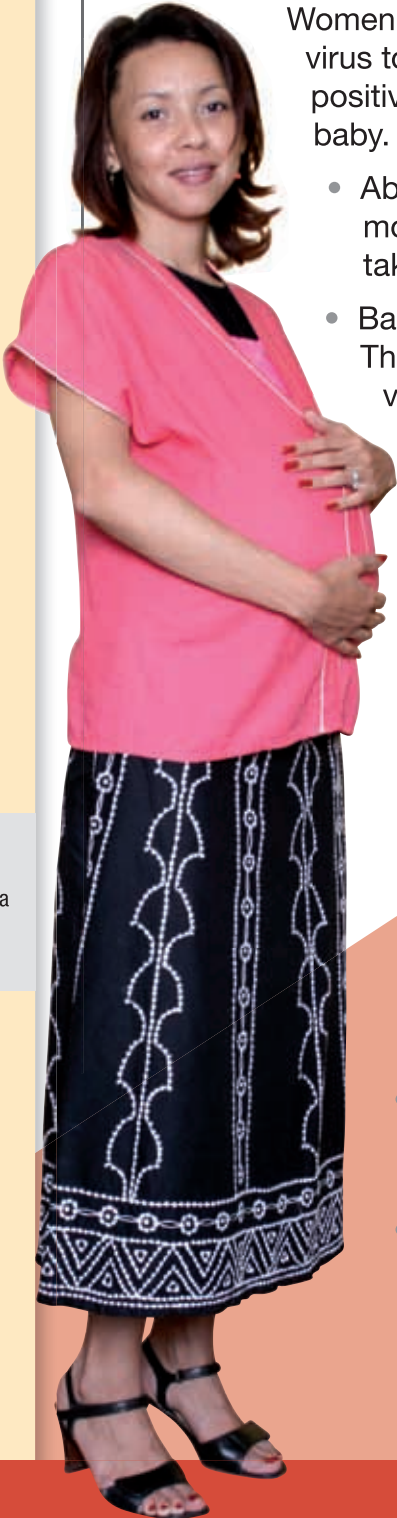
- izifo ezithathelana ngocansi
- uSulelo oluGqithiswa ngoLalano
- mafu a thobalano
- SOI's



Remember: Men and women need health services and health information to make childbirth and pregnancy safe.

HIV-positive women and pregnancy

Women who are HIV positive and pregnant



Women who are HIV positive and pregnant can pass the HIV virus to their babies. Women who know that they are HIV positive should think carefully **before** they decide to have a baby. This is because:

- About one out of every four babies born to HIV-positive mothers will also have HIV if the mother and baby do not take medicine to stop this happening.
- Babies who have HIV get sick often. They usually die when they are very small.



Take nevirapine during pregnancy and labour

- Nevirapine is a medicine that lowers the chance of passing the HIV virus to your baby.
 - Your baby must also be given a small amount of nevirapine within 3 days of the birth. Babies take it as a syrup so it is easy for them to swallow.
- The government has a legal duty to give you and your baby nevirapine if you are HIV positive. Ask the health worker about this.
- Taking Triple Anti-retroviral Therapy (ART) helps lower the chance of passing HIV to your baby.

syrup
- isiraphu
- inyhobha-nyhobha
- lero le tswekere
- stroop

Pregnant women's choices

If you are HIV positive, there are things you can do to lower the chance of passing the HIV virus to your baby.



Caesarean birth

- There is a bigger chance that HIV will pass from a mother to her baby in natural childbirth than in a Caesarean birth.
- Talk to the health worker about this operation.



Talk to your health worker about feeding choices

- Even if you have taken nevirapine, you can still pass on HIV through breast-feeding.
- Do not breast-feed and bottle-feed at the same time. This makes it easier for your baby to get HIV.
- The health worker will help you choose what is best for you.

Caesarean birth

- kunokuzala ngokuhlinzwa
- ukubeleka ngoqhaqho/ngotyando
- ho beleha ka ho sehwa
- keisersnee

abortion

- ukkhipha isisu
- lokukhupha isisu
- ho ntsha mpa
- aborsie



Remember: If you are HIV positive and pregnant, you have the same right to a safe abortion as other women do. Read page 28 to find out more about abortions. Ask a health worker for advice on where you can get one.

Problems with falling pregnant

Infertility

Infertility is when a couple is unable to get pregnant even though they have tried for a year with no contraception. Both men and women can be infertile. It is a common problem in people of all races.

What makes you infertile?

- A woman may not be able to produce eggs.
- A man may not make enough sperm or may not make sperm at all.
- A man may not be able to ejaculate (cum) to send the sperm to the egg (through the vagina).
- The egg and sperm may not be able to meet. For example, if the fallopian tube is blocked.
- The fertilised egg may not be able to attach itself to the uterus.

What causes infertility?

- STIs are a major cause of infertility in men and women.
- Sometimes a person may have a hormone imbalance that causes infertility.
 - Smoking can affect women's and men's fertility.
 - Alcohol can affect the way the sperm gets to the egg.
 - Sometimes we don't know the cause of infertility.

couple

- ikhaphuli
- isibini
- balekane ba babedi
- paartjie

to ejaculate

- ukukhafula
- ukukhupha isidoda
- ho tshela dipeo
- te ejakuleer

fallopian tube

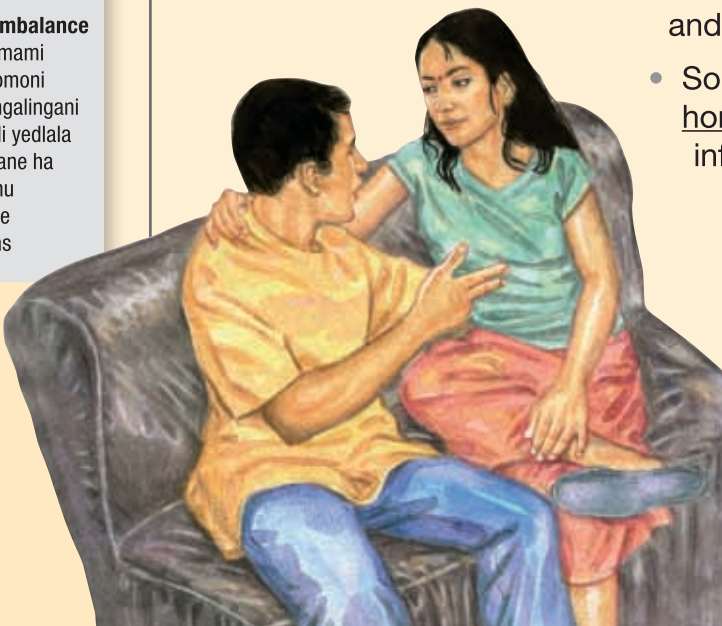
- ishubhu lesibeletso
- umbhobho othwala iqanda
- tjhupu ya 'fallopian'
- fallopiese buis/ eierleier

fertilised egg

- iqanda elikhweliwe
- iqanda eliqhanyisiweyo
- lehe le nontshitsweng
- ovum/bevrugte eiersel

hormone imbalance

- ukungasimami kwamahomoni
- ukungalingalingani kwencindi yedlala
- ho se lekane ha dihomounu
- hormonele wanbalans



What can I do to prevent infertility?

- If you have a sexually transmitted infection (STI), make sure you and all your sexual partners get treated as soon as possible.
- Avoid alcohol and smoking.
- When playing some sports, a man can protect his genital area to avoid injury.
- Many medicines can affect a person’s fertility.



What can we do if we have an infertility problem?

Talk to your health worker together. He or she can refer you to an infertility clinic. At the clinic they will do tests to find the cause. Many of the causes can be treated.

There are other choices for men and women who cannot have children. For example, you may choose to adopt a baby.

genital area

- izithi zakhe zangasese
- kwindawo yamalungu angasese
- sebaka sa ditho tsa botona le botshehadi
- geslagsorgane

to adopt

- uku-adoptha/ ukuqoka ukuzi-khulisela ingane yabantu
- ukwamkela umntwana ngo-kusemthethweni
- ho ananela kgodiso
- aan te neem

Myths

X Infertility is a woman’s problem.

X The size of a man’s penis affects fertility.

X If you abstain from sex, you will be infertile.

X You can tell if someone is fertile or infertile from the way they look.

Facts

✓ Infertility is not just “the woman’s problem” – it is a “couple’s problem”. Infertility can be due to problems with the man, or with the woman, or both. Sometimes we don’t know the cause.

✓ The size of a man’s penis does not affect his sperm or fertility.

✓ Abstaining from sex does not make you less fertile.

✓ You cannot tell if someone is infertile by their looks, fitness or intelligence.

abstain

- uzithiba
- uyazila
- qoba
- weerhou van seks

intelligence

- ubuhlakani
- ukuhlakanipha
- bohla
- intelligensie

Preventing pregnancy

Unplanned pregnancy

- More than half the pregnancies in South Africa are either not planned or not wanted at all. This happens because many couples do not have the information or contraceptives they need to prevent a pregnancy.
- An unplanned pregnancy is a problem when the pregnant woman, the father and their families are not able to care for her health during pregnancy. It is also a problem when they can't care for the baby when it is born.
- Pregnancy can be bad for a woman's health if:
 - the space between her babies is less than 2 years
 - she is under 18 years old
 - she is over 40
 - she has an illness like HIV
- If you are pregnant, but feel unable to keep the baby, you can give it up for adoption. Talk to a social worker about this while you are still pregnant. There are many couples that would like to adopt a newborn baby.
- If you are pregnant and do not want to have a baby, you can have a legal abortion until 12 weeks of pregnancy. This operation is safe if you have it at a clinic or hospital. You will still be able to have other pregnancies afterwards if you want to.
- Adoption and abortion are difficult choices if you are pregnant. Talk to a counsellor or health worker about your feelings and reasons for these decisions. It may help you to cope.

contraceptives

- izinto zokuhlela
- izicwangcisi-nzala/izithinteli zokukhulelwa
- diithibelapelehi
- voorbehoedmiddels

adoption

- ukunikela kwi-adopshini
- ukunikela umntwana ngokusemthethweni
- kananelo ya kgodiso
- aanneming

legal abortion

- ukukhipha isisu okusemthethweni
- ukukhupha isisu ngokusemthethweni
- ho ntsha mpa ka molao
- wettige aborsie

to cope

- ukukhona
- indlela yokumelana
- ho kgema
- te hanteer



What is birth control?

Many couples want to plan when to have children. They can do this by using birth control. This is called contraception.

Contraceptives work best if they are used all the time. Some work better than others. Couples can talk to a health worker about the kind of birth control that is best for them.

Birth control methods

The male or female condom prevents pregnancy. They also prevent STIs, especially HIV. Read more about condoms on pages 18 to 19. The following birth control methods do not protect you from HIV and STIs. You must always use a condom with these methods:

- **Hormonal birth control** makes the body think it is already pregnant. For example: the pill that is taken daily; the monthly injection; or the 3-monthly injection.
- **Barrier methods** stop sperm from going into the woman's vagina during sex. For example, condoms, diaphragms, cervical caps, spermicidal foams. These can be used either during or before sex.
- **Sterilisation** is a small operation that can be done on a man or woman. After this, the man or woman can no longer have babies. It is very hard to reverse this operation if you want a baby later.
- The **IUD (intra-uterine device)** is a piece of plastic or metal that is put into the uterus by a health worker. If you have an STI, an IUD can cause infertility.
- The **rhythm method** is when couples do not have sex on the days that the woman is ovulating (when she is most likely to get pregnant). This is not a good method of birth control. It often does not work.



sterilisation

- ukusterilayiza
- ukuqeda inzalo
- ukudlola
- ho faola
- sterilisasie

to reverse

- ukuhlehlisa
- ukuguqula
- ho fetola
- ongedaan maak



Remember: Men often think it is the woman's responsibility to prevent pregnancy. This is not true. Talk to your partner about birth control.

responsibility

- kungumsebenzi
- luxanduva
- boikarabelo
- verantwoorde-likheid

Menopause

Sister Bettina, when do women stop menstruating?



Between 45 and 55 years old, Lihle. We call this menopause.

Menopause is a normal stage in a woman's life

- During menopause, a woman's hormones drop. The ovaries slowly stop working. She gets her period less often, and then it stops completely.
- Men do not go through menopause, but they cannot make babies as easily as when they were younger. This is because they make less sperm as they get older.

Signs of menopause

- Women may have "hot flashes". This is a sudden feeling of heat in the face, neck and chest. They may sometimes sweat.
- They may also have sudden mood changes for no reason.
- Some women get irritable, nervous and depressed.
- They find sex painful because the vagina gets dry and tight.
- Some women put on weight.

Treatment

Hormone replacement therapy (HRT) are hormones that are given to a woman who is in menopause. These prevent some of the signs of menopause and may help the woman to feel better. HRT may not be good for every woman. Talk to a health worker to see if it will work for you.

menopause

- yimenophazi
- ituba lasemva kokuhlamba
- ho fela ha dinajo tsa sesadi
- menopause

sweat

- bajuluke
- bangabila
- fufulelwa
- sweet

get irritable

- bacasuka kalula
- bangathukuthezelwa
- tshwenyeha
- word geirriteerd

Feelings about menopause

It is normal to have mixed feelings

- Some women don't have problems. Others find it a difficult time because of the many physical and emotional changes.
- Many women feel that having babies is their most important role in life. It can be hard for them to accept that their bodies can no longer make babies.
- Women might also find it hard to accept that they are getting older. Some cultures only admire the looks of young women. The physical changes of menopause and ageing may make a woman feel less attractive. She may struggle to accept these changes.



Menopause can be the beginning of a new, enjoyable life

- You don't have to worry about contraception – but you still need to use condoms to protect against HIV.
- If your children are grown up, you may have fewer responsibilities. It can also be a time of enjoying life in a new way.
- Women in some cultures cope well because they start to be valued for different things.



cultures

- usiko-mpilo
- iinkcubeko
- meetlo
- kulture

responsibilities

- noqikelelo
- neemfanelo
- boikarabelo
- verantwoorde-likhede

to be valued

- ukubaluleka
- ukuxatyiswa
- tlotlwa
- word gewaardeer

Facts and myths about menopause

X Myth

Women who are near the age of menopause can no longer become pregnant.

✓ Fact

A woman who is close to menopause can become pregnant even two years after the end of her last period. Women still need safe and effective contraception during this time.

X Myth

After menopause, women will no longer be able to get a sexually transmitted infection (STI).

✓ Fact

Women who have unprotected sex with a person who has an STI can get infected – before or after menopause. Condoms give protection against STIs.

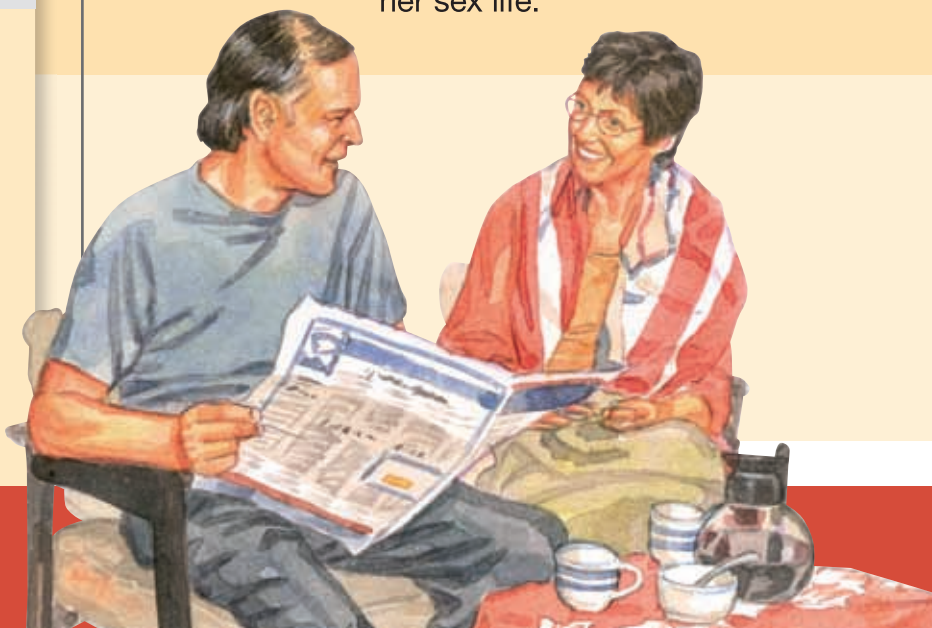
X Myth

Menopause means that women will no longer want to have sex.

✓ Fact

Women may still want to have sex, but sex can sometimes be painful and uncomfortable. If her partner is aware of her new needs, a woman can continue to enjoy her sex life.

uncomfortable
- kube nobuhlungu
- ukungonwabi
- bohloko
- ongemaklik



Bettina's story

1

I am really struggling, Zukiswa. The hot flushes wake me up. Then I am really tired and irritable at work.



2

That's awful, Bettina.



Dr Francis told me to exercise lightly every day to help me sleep better. And to eat more healthily.

3

That sounds like good advice. I could join you once a week if you like?

I would really like that.



It wasn't just the hot flushes and diet. I also had to accept that my body was changing so I couldn't have any more children. That took time.

5



Yes, that is difficult. But you bring value in many other ways to your friends and family. Menopause did not change that!

4

8 MONTHS LATER

How are you coping with menopause now, Bettina?



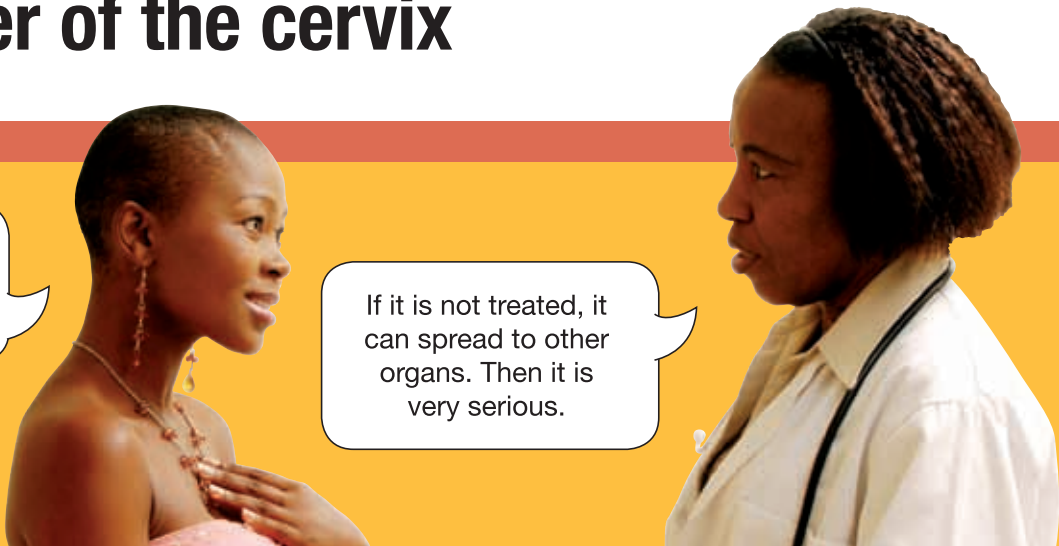
I feel much better now. Exercise helps. I eat lots of fruit and vegetables and drink 8 glasses of water a day. So different from 8 months ago!

6

In a way I had to say goodbye to the woman I was, and hello to the new woman. I am still the same, but some things about me have changed.



Cancer of the cervix



How dangerous is cancer of the cervix, Dr Seleke?

If it is not treated, it can spread to other organs. Then it is very serious.

What is cancer of the cervix?

- The cervix is the entrance to the uterus (womb). Sometimes there is an abnormal growth of the cells of the cervix. These cells grow faster than usual and start to look different from healthy cells. They do not work the way healthy cells of the cervix do. This can develop into cancer of the cervix.
- If the abnormal cells are not treated, they can develop into cancer cells. They will later spread through the blood to other parts of the body, like the bones and the lungs. This can cause death.
- If the abnormal cells are found early through a Pap smear, treatment can stop the cancer from growing. The woman will then be cured. Read about this on pages 36 to 37.

What causes cancer of the cervix?

A common STI called human papilloma virus (HPV or warts) causes cancer of the cervix.



cervix

- kumlomo wesizalo
- umlomo wesibebeke
- setho se ka hare sa sesadi
- serviks/ baarmoedermond

abnormal growth

- ihlumela elingafanele
- ukukhula okungaqhelekanga
- kgolo e sa tiwaelehang
- abnormale groei

Who can get cancer of the cervix?

Any woman who has ever had sex can get cancer of the cervix. The following women are more likely to get cancer of the cervix:

- Women over 50 years – this is because the cancer started when she was younger. It then grows very slowly.



- Women who had sex early (younger than 18 years) – this is because they may have got HPV warts when they were very young and their bodies were immature. This makes it easier for cancer to develop. It also means that the cancer has had a long time to grow.



immature

- ingakavuthwa
- engekakhuli ngokupheleleyo
- fokola
- onvolwasse

- Women who have had many sexual partners – this is because with more sexual partners, they had more chances of getting HPV warts.



Cancer of the cervix can be prevented

The Pap smear

- The Pap smear tests for cancer. Cancer can be cured more easily if it is found early.
- The Pap smear can be done by a doctor or nurse. The test is quick and painless, but it might be a bit uncomfortable for some women.
- During the test, you lie on your back. A small instrument is used to scrape a few cells off the cervix. These are sent to the laboratory to check for cancer cells.
- You need to go back to the clinic after 10 days to see if you need to have treatment. They will not contact you.



What happens if the Pap smear is negative?

If the cells are healthy, you will not need any treatment. Go back for another Pap smear after 10 years. You should go more often if you are HIV positive.



What happens if the Pap smear is positive?

You need to have treatment for the cancer. Treatment will depend on the following:

- Whether you have abnormal cells or cancer cells
- How many cancer cells you have
- The type of cancer cells that you have
- How healthy you are



uncomfortable
- kube nobuhlungu
- ukungonwabi
- bohloko
- ongemaklik

instrument
- insinjana
- isixhobo
- sesebediswa
- instrument

laboratory
- elabhorethri
- elebhu
- laboratoring
- laboratorium

Treatment for cancer of the cervix

Treatment can be one or more of the following:

- **An operation** – where the uterus and cancer cells (tumour) are removed from your body. This is called a hysterectomy.
- **Radiotherapy** – where high-energy rays are used to kill the cancer cells.
- **Chemotherapy** – where drugs are used to kill cancer cells.

tumour

- ihlumela
- ilifa/ithumba
- disele tsa kankere/mofetshe
- gewas

high-energy rays

- imisebe eshisa kakhulu
- imitha enamandla aphezulu
- mahlasedi a matla a phahameng
- bestraling

Advice from Sister Bettina:

“ The best way to **prevent** cancer of the cervix is to prevent getting the human papilloma virus (warts). This can be done by not having sex, or always using condoms. It helps if you are faithful to one partner or have only a few partners.

The best way to **stop** cancer of the cervix is to find it early. Cancer of the cervix takes a long time to grow in the body. It takes up to 20 years to grow from the early stage (called pre-cancer) to the later stage when you can feel the cancer. At the early stage, cancer of the cervix can be treated. The correct way to check healthy women for cancer of the cervix is by a Pap smear. The Pap smear will show if you have an HPV infection or if you are in the pre-cancer stage. You can be treated to prevent the cancer from growing.

All women over 30 years of age should go for a Pap smear once every 10 years to prevent this sort of cancer. You can get three free Pap smears at all government clinics. ”



Know your body as a man

Sol, can men also have reproductive health problems?

Yes Mandla, men and boys can have problems. We all need to learn about these.

informed choices

- nezinolwazi
- ukhetho olusekelwe elwazini
- dikgetho tseo o di nahanneng
- ingeligte besluite

If you understand your body, you can make informed choices about your health. You can also find ways to stay healthy by preventing illness and treating any illnesses you may have. Read page 5 to find out about the male reproductive system.

Read more about your body in the next few pages:

- For circumcision and the problems you may have – read pages 39 to 42
- For the prostate gland – read pages 43 to 45
- For cancer of the testicles – page 45

Male circumcision

Doctor, what is male circumcision?



The foreskin of the penis is cut off. This is the loose fold of skin on the head of the penis.

foreskin
- ijwabu
- ijwabi
- letlalwana
- le ka pele
- voorhuid

Why are boys and men circumcised?

- Some circumcisions may be necessary for medical reasons.
- Babies are circumcised for religious reasons.
- Some boys are circumcised for cultural or traditional reasons. In their culture this is the way boys become men.
- Some males get circumcised for personal hygiene reasons as circumcision makes it easier to keep clean.



Facts about circumcision

Circumcision is not medically necessary for the health of the child.

There is no medical reason for all boys to be circumcised.

Circumcision is only recommended in boys who get a lot of urine infections.

If it is done so that it is medically safe, it does not affect the sexual health of babies, boys or men.

hygiene reasons
- inhlanzeko
- ucoceko
- tlhokomelo ya bophelo bo botle
- higiëniese redes

recommended
- inconywa
- bukhuthazwa
- kgothaletswa
- aanbeveel

Male circumcision

genital ulcers

- njezilonda kwizitho zangasese
- izilonda zamalungu angasese
- lefu le hlaselang ditho tsa senna le sesadi
- genitale ulkuse

dehydration

- ukuphelelwa amanzi emzimbeni
- ukoma
- ho fokollwa ke metsi mmeleng
- dehidrasie

instruments

- izinsinjana
- izixhobo
- disebediswa
- instrumente

competent person

- umuntu onekhono elinzulu
- umntu onobuchule
- motho ya nang le boitsebelo
- bekwame persoon

Is it healthy to have a circumcision?

Circumcised males are less likely than uncircumcised males to develop:

- Urine infections
- STIs like genital ulcers and HIV
- Cancer of the penis
- Tightness of the foreskin so that it cannot move over the head of the penis

Common problems of circumcision

Circumcision is a very safe operation if it is done under the right conditions. However, the following problems are possible:

- Bleeding a lot from the operation
- Infection of the penis
- Dehydration

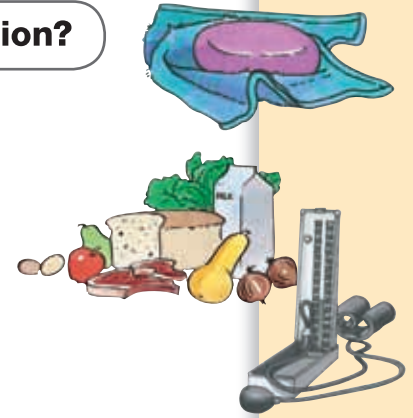
How will I know if the circumcision is being done safely?

- The operation must be done in a hospital or clinic or in a clean, warm room with lots of space.
- The foreskin must be cut with clean instruments. They must be sterilised if they were used on anyone else. This prevents infection.
- A trained and competent person should do the operation. He or she must have a licence to do it.
- Painkillers should be given afterwards to the patient.
- Water and other drinks must be given to the patient to prevent dehydration afterwards.



How can I take care of my health after a circumcision?

- Take very good care of the wound. Keep it clean and dry.
- You can still bath and shower while the wound is healing.
- Do not exercise heavily while the wound is healing.
- Eat healthy food and get plenty of sleep.
- Have your blood pressure checked by a health worker often.



Remember: Taking care of your penis is important for all males, whether you are circumcised or not.

Go for immediate help after a circumcision if you have any of the following signs:

- Bleeding starts from a wound that had stopped bleeding.
- The penis looks red and swollen.
- **Pus** comes out from around the area where the foreskin was cut.

pus
- ubomvu
- ubovu
- moroto
- etter

Circumcision and my health rights in South Africa

- You have the right to practise your religious and cultural beliefs.
- You have the right to make your own decisions.
- You have the right to be told the benefits and risks of circumcision by health workers.
- You have the right to have a circumcision in a safe and healthy way.



Remember: You can be circumcised in a clinic or hospital and still go to initiation school – read Thabo's story on page 42.



Thabo's story

initiation

- entabeni
- ukoluka
- bolotswa
- inisiasie

Thabo is 19 years old. Two years ago he became very sick. He had an HIV test and found he was HIV positive. His doctor put him on ARV treatment. Now he is feeling much better, and is back at school.

This year, in Thabo's community, the boys are going for initiation. This is a cultural practice where they are initiated into manhood. The boys leave their community and spend time together with elders. They are also circumcised. There is a big ceremony when they return from "the mountain".

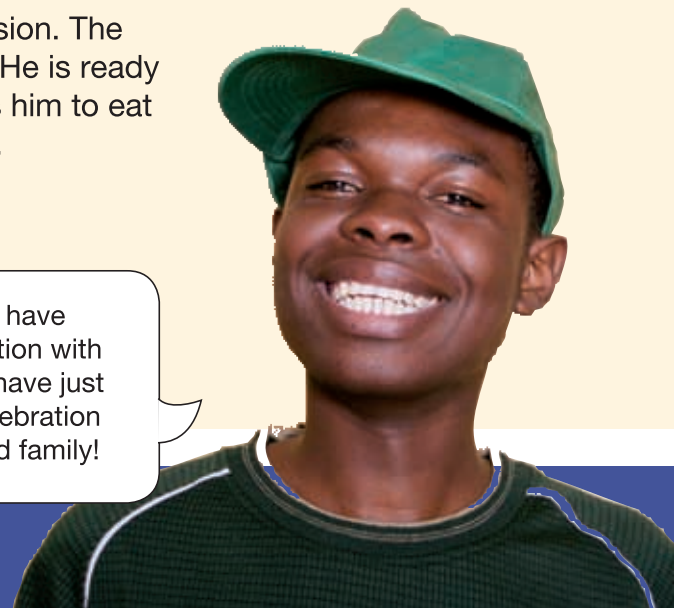
Most of Thabo's friends were initiated when he was still very sick. In his culture, all his friends are now "men" but he is still "a boy" because he did not go to initiation school. Now that Thabo is feeling better, he wants to go to the mountain.

His doctor at the ARV clinic says, "I am happy for you to respect your culture. But I am worried about you being circumcised in the bush. If the wound does not heal, it can make your immune system weak. You could die if you do not get help very fast."

Thabo talks with his elders and friends. They realise that it is risky for him to be circumcised at initiation school. The elders tell him, "It is fine to be circumcised in the hospital, Thabo. Once your wound has healed, you can go with the other boys to the mountain to learn what it is to be a man in your culture."

Thabo's doctor is happy about the decision. The circumcision in hospital goes very well. He is ready for initiation school. His doctor also tells him to eat well and to keep warm while he is there.

I am so happy to have completed my initiation with the other boys. We have just had a wonderful celebration with all my friends and family!



The prostate gland

Dr Morule, I hear a lot of talk about the prostate. What is it?

Sello, the prostate is one of the male sex glands.

What happens as the prostate gland gets bigger?

As you get older, the prostate grows bigger. This is normal, but an enlarged prostate can slowly squeeze the urethra. This is the tube that takes urine from the bladder to the penis. A lot of men have prostate problems. They can be treated.

urethra
- umthambo
- womchambo
- ijelwana
- lokukhupha
- umchamo
- 'urethra'
- uretra/urinebuis

How will you feel?

- You pass urine more often – usually at night.
- You may find it hard to pass urine.
- You may suddenly not be able to urinate at all.
- You could get an infection of the urethra.

All these problems begin slowly.

What can you do?

- Don't drink liquids at night.
- Avoid alcohol and coffee.
- Urinate often so that your bladder does not get full.
- Take your time when you pass urine.
- If you have any of these problems, go to the clinic for a check up.


liquids
- amanzi
- ulwelo
- mekedikedi
- vloeastowwe



Inflammation of the prostate gland

Sometimes the prostate gets infected. This is called prostatitis. It causes lower back pain or can make it hard to pass urine. Treatment will make it less painful and easier to pass urine.

Cancer of the reproductive organs



Dr Seleke, I am finding it difficult to pass urine. Is this a problem?

Yes Joe, you will need to go to a clinic for your prostate to be checked.

Cancer of the prostate

A man has prostate cancer when cancer cells start to grow in the prostate gland. This causes it to get bigger. It can press on the urethra and make it hard to pass urine. At first, the person may not notice any change.

How can you protect yourself?

- Go to the clinic for a check up once a year after the age of 50. It is easier to treat prostate cancer if it is found early.
- You may have a blood test called a PSA.
- You will also have a rectal examination.

rectal examination

- umdidi
- ukuhlola umva/ undonci
- hlahlobo ya ditho tsa botona kapa botshehadi
- rektale ondersoek (deur anus)



Signs of prostate cancer

- It is difficult to pass urine.
- You need to pass urine often, especially at night.
- It is difficult to start or stop passing urine.
- It may become painful to ejaculate (cum).
- If these signs begin very suddenly, then they may be caused by cancer.

You should be checked for prostate cancer if you are an older man:

- Who passes urine more often;
- Whose urine flow becomes weaker and slower.

In the later stages, the cancer may spread from the prostate to parts of the body nearby. It can even spread to the bones and other organs. This can be when you first feel something is wrong.

You may then have:

- Blood in the urine
- A painful or burning feeling when passing urine
- Pain in the lower back, upper legs or pelvic area

Cancer of the testicles

The testes or testicles are found in the scrotum. Cancer of the testicles is most common in men between 15 and 40 years.

- A man can find out if he has cancer of the testicles early by checking himself for lumps.
- Cancer of the testicles can be dangerous. But once the disease is found, it can be treated.
- It can only be cured if it is found early and if the cancer hasn't spread too far.

Other warning signs

- A feeling of heaviness in the testicle
- The testicle gets bigger
- Change in how the testicle feels
- A dull pain or swelling in the groin (top of the legs)

ejaculate

- ukukhafula
- ukukhupha isidoda
- tshela dipeo tsa senna
- ejakuleer

groin

- imbilapho
- kumphakatho
- tshwelesa
- lies



Things to do to stay healthy

To take care of our bodies we need to eat healthily and exercise regularly. We also need to look after our sexual and reproductive parts, to stay healthy. Part of caring for our body means having regular checks at the clinic. We need to have these more often as we get older. These are some of the most important health checks:

regularly

- njalo
- rhoqo
- kgafetsa
- gereeld



Both men and women should have an HIV test before thinking of having a baby. Read about the HIV test on pages 16 to 17.



A woman should also have a test for HIV if she is already pregnant. If she is HIV positive, she can get medicines to stop the HIV virus from passing to her baby. She can also get anti-retroviral treatment for herself. Read pages 24 to 25.

Women should check their breasts for lumps once a month. If you notice a lump in your breast, go to the clinic urgently. Women should also have a Pap smear at the clinic once every 10 years. This can prevent cancer of the cervix. Read page 36.

urgently

- ngokushesha
- ngokungxami-sekileyo
- ka ho tlameha
- dringend



Men should have a prostate gland check after the age of 50. Read pages 43 to 45.



Men should check their testicles for lumps. Go to the clinic if you notice a lump as it could be cancer. If it is found early, the lump can be removed before it spreads to other parts of the body. Read page 45.



Men and women need to know how to have safer sex. Condoms protect you from HIV and other STIs. Other ways are to abstain from sex and be in a faithful relationship.

Men and women should get treatment for any abnormal discharge, sores or any other signs of STIs. Read pages 12 to 15.

abstain
 - ukuzithiba
 - zila
 - qoba
 - weerhouding

faithful relationship
 - ukuthandana
 - okunokwethembana
 - kubudlelwane
 - obunyanisekileyo
 - kamano e
 - tshepahalang
 - getroue verhouding



Remember: If you are HIV positive or have an STI, you must always use a condom when you have sex. If you don't know your status, you must also use a condom. Read about condoms on pages 18 to 19.

List of places to help you

**AIDS
HELPLINE
0800
012 322**

CANSA

National and Provincial Offices of Cancer Association of South Africa

NATIONAL OFFICE

26 Concorde Road West
Bedfordview, 2008
Tel: 011 616 7662
Toll Free No. 0800 22 66 22

FREE STATE/NORTHERN CAPE

90 Melville Drive, Brandwag
Bloemfontein, 9300
Tel: 051 444 2580

MPUMLANAGA

30 Murray Street
Nelspruit, 1200
Tel: 013 752 3996

Mangaung

Tel: 051 432 3829/2576

NORTH WEST/LIMPOPO

7 Olienhout Avenue
Protea Park
Rustenburg, 0299
Tel: 014 533 0694

EASTERN CAPE

Port Elizabeth, 6055
8 Eden Road
Glendinningvale, 6001
Tel: 041 373 5157

GAUTENG

19 St John Road
Houghton, 2196
Tel: 011 648 2340
011 624 1765

Polokwane

Tel: 015 297 3459/1268

KWAZULU-NATAL

619 Umbilo Road
Durban, 4001
Tel: 031 205 9525

WESTERN CAPE

37A Main Road
Mowbray, 7700
Tel: 021 689 5347

Provincial VCT Co-ordinators

NATIONAL VCT UNIT

Department of Health
Hallmark Building
Cnr. Andries & Proes Streets
Pretoria 0001
Tel: 012 312 0124

KWAZULU-NATAL

Department of Health
230 Longmarket Street
Old Greys Complex
Pietermaritzburg 3200
Tel: 033 395 2111

NORTH WEST

Department of Health
Homenet Building
29 Main Street
Mafikeng 2745
Tel: 018 397 2600

EASTERN CAPE

Department of Health
Dukumbane Building, 12th Floor
Independent Street
Bisho 5605
Tel: 040 609 3577

LIMPOPO

Department of Health
Dr. Moolman Building
34 Hans van Rensburg Street
Polokwane 0700
Tel: 015 290 9000

NORTHERN CAPE

Department of Health
Kimberley Hospital Complex
James Exum Building
Du Toitstan Road
Kimberley 8300
Tel: 053 830 0706

FREE STATE

Department of Health
Trustfontein Building
St. Andrews Street
Bloemfontein 9300
Tel: 051 409 8496/87

MPUMALANGA

Department of Health
Building No. 2
Mpumalanga Government
Complex
Riverside, Nelspruit 1200
Tel: 013 766 3319

WESTERN CAPE

Department of Health
Southern Life Centre
1st Floor
8 Riebeek Street
Cape Town 8000
Tel: 021 483 5751

GAUTENG

Department of Health
Bank of Lisbon Building
Cnr. Sauer & Market Streets
Johannesburg 2017
Tel: 011 355 3024/29

STI Provincial Offices

NATIONAL OFFICE

Tel: 012 401 9600/70/71

EASTERN CAPE

Tel: 040 609 3937/3943

FREE STATE

Tel: 051 409 8486
051 408 1413

GAUTENG

Tel: 011 355 3344

KWAZULU-NATAL

Tel: 033 341 4000
031 240 5308

LIMPOPO

Tel: 015 290 9196/9061

MPUMALANGA

Tel: 013 766 3275/3418/3442/
3255

NORTHERN CAPE

Tel: 053 830 0621/0524

NORTH WEST

Tel: 018 397 2600

WESTERN CAPE

Tel: 021 483 6138/3116

Other organisations

The Perinatal HIV Research Unit

Chris Hani Baragwanath Hospital
Tel: 011 989 9700

South African Sexual Health Association

Tel: 0860 100 262

FAMSA

National Office

Tel: 011 975 7106/7

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health

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Health
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It is not possible, in a small booklet like this, to give you all the answers you may need. The purpose of this booklet is just to give you some ideas. You should not rely on everything that is written in this book for each and every situation. If you need more information, speak to one of the organisations on this page. Soul City and Jacana cannot be held responsible for any medical problems.

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Beyond HIV and AIDS there's hope.

The OneLove campaign is spreading its message of staying with one partner for the greater good of South Africans and all the people of Southern Africa. Soul City Institute of Health and Development Communication believes this is one way that HIV and AIDS can be defeated. Having multiple sexual partners increases your chances of becoming infected with HIV and hurting the ones you love. BP supports this initiative because we're committed to building a healthy, successful nation.

