

HEALTH EDUCATION III

MODULE 4

Marriage at Right Age



What this module is all about

One of the common health problems of married couples is infertility. In both men and women, various factors can account for it. Fortunately, major advances in medicine have been made in recent years to solve the problems of infertility. But what really causes infertility? How can it be prevented? Is it curable? All these and appropriate attitudes towards infertility will be discussed in this module.

Likewise the importance of getting married at appropriate time and the ways of uplifting the quality of life will be explained in this module. You will realize that it is not to your advantage if you get married at a young age. Research studies conclude that early marriages are not likely to survive as compared to marriages done in appropriate time. Young couples may not yet be ready to meet the demands of marriage. They may not have developed enough emotional maturity to handle marital problems.



What you are expected to learn from this module

At the end of the module, you shall have:

1. analyzed the causes, prevention and cure of infertility,
2. evaluated the appropriate attitude towards infertility,
3. explained the factors to be considered in determining the readiness for marriage,
4. realized the importance of getting married at appropriate time,
5. explained the ways of uplifting the quality of life.

How to learn from this module

This module is specially made to help you learn the lessons on fertility and marriage. To understand the lesson very well, you have to follow some guidelines:

1. read and answer the pre-test,
2. try to give your best in doing the activities,
3. observe absolute honesty in doing the activities,
4. do not allow anybody to do the activities for you. However, you may ask help from knowledgeable persons like your teacher for clarification of certain issues/problems,
5. do not leave an unaccomplished page,
6. have a special notebook for your notes and answers,
7. have fun in doing the activities,
8. take good care of this module.

PRETEST

Direction: Read each statement carefully. Choose and write the letter of the best answer in your notebook.

1. Research shows there is no higher risk of genetic abnormalities in the child conceived with Assisted Reproductive Technology (ART)
 - a. true
 - b. false
 - c. not certain
 - d. not known
2. The complete absence of sperm in the semen.
 - a. anemia
 - b. oligospermia
 - c. azoospermia
 - d. hyper prolactinemia
3. A problem of varicose changes in vein surrounding the testicles.
 - a. varicosities
 - b. varicocele
 - c. luteal-phase defects
 - d. vasectomy
4. Failure to release an egg each menstrual cycle
 - a. anovulation
 - b. ovulation
 - c. superovulation
 - d. gonadotropia
5. Cause of infertility among men
 - a. diabetes
 - b. endometriosis
 - c. orchitis
 - d. cervical factor
6. Which is not a therapy for impotence?
 - a. psychological therapy
 - b. vacuum constriction device
 - c. penile injection
 - d. treatment of superovulation therapy

7. The most commonly used technique of Assisted Reproductive Technology
- a. Zygote Intrafallopian Transfer (ZIFT)
 - b. In Vitro Fertilization (IVF)
 - c. Intracytoplasmic Injection
 - d. Gamete Intrafallopian transfer (GIFT)
8. Attitudes towards conception vary greatly.
- a. agree
 - b. disagree
 - c. undecided
 - d. uncertain
9. Sperm allergic women produce antibodies that kill sperm before it penetrates an egg.
- a. uterine factor
 - b. immunologic factor
 - c. cervical factor
 - d. pelvic inflammatory disease
10. Which of the following does not belong to the risks of Assisted Reproductive Technology (ART) involving the medication and procedure used to remove the eggs?
- a. increased chance of multiple pregnancy
 - b. over stimulation of ovaries
 - c. abdominal discomfort
 - d. damage to adjacent organs

How many correct answers did you get? You may refer to the key of corrections

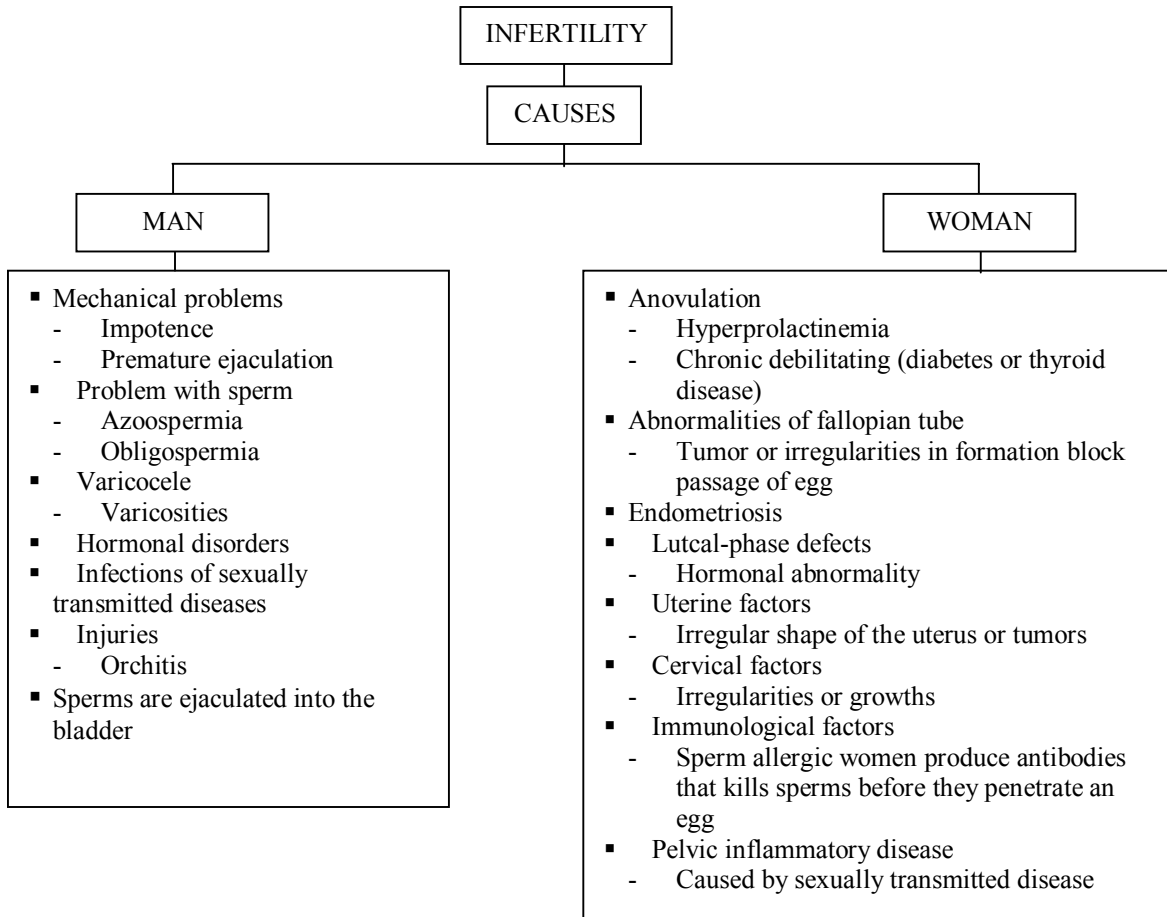
Lesson 1

Infertility - Its Cause

The Philippine population is about 80 millions. The figure speaks of the overpopulation problem besetting our country. On the other hand, do you know that there are couples who have problem of not having children born to them? One of the main reasons is infertility. Infertility is the lack of capability of a woman to conceive a child. There are a variety of factors which cause infertility. The reasons can involve the man, the woman or both.

Activity 1 Infertilitygram

Study the diagram below and answer the questions.



1. What are the causes of infertility among men? Among women?
2. Enumerate the mechanical problems which cause infertility among men.
3. What are the problems with sperm which causes infertility?
4. What disease causes orchitis?
5. Give examples of sexually transmitted diseases.
6. What are the factors which cause anovulation?

There are medical terms in the diagram which may be difficult for you. Have fun in doing the activity as you discover the meaning of these words. Get your notebook ready!

Activity 2 "Form the Word"

Arrange the letters and identify the word in the box to suit the following word meaning/descriptions.
Clue: Each word starts with the colored letter.

1. Inflammation of one or both testicles

O I
R H T
I C S

2. Failure to release an egg each menstrual cycle

T O L N
A V I
O N U A

3. Cause of anovulation, a condition in which the blood contains an excess amount of the hormone prolactin.

R E P Y H
P C R A
L O I N
A M I E

4. Tissue interferes with the passage of released eggs to or through the fallopian tubes.

E S I S
R I O D E
M N T O

5. Inability of a man to achieve or keep an erection and engage in sexual intercourse

E I T
N O
M C
P E

6. The complete absence of sperm in the semen

Z A O I
O A E
S R P M

7. A problem of varicose changes in veins surrounding the testicles

C C I
E V A L
R O E

8. Inadequate quantity of sperm in the semen to fertilize an egg readily

I O S M
I R L A
O G P E

9. Prevent normal cooling of the testicles thereby raise the testicular temperature which impairs sperm production

V S I S
T A C I
I R O E

10. The endometrium (lining of the uterus) is not prepared to nourish the fertilized egg.

L A E T U L
- E S A H P
S T C F E D

Refer to the answer key.

Dr. Linda Lim - Varona, an internal medicine specialist, has a column in the Health and Home Magazine entitled “Dear Doctor”. She answers and gives advice to questions on health related problems sent by readers.

If you were Dr. Varona, how would you answer the following questions? What advices or informations would you give the letter-senders?

Activity 3 Dear Doctor

Q: I’m 28 years old and have been married for three years. However, until now I still don’t have a baby. My husband and I have not used any contraceptive. My husband, a seaman, has confessed that he has been infected with STD during one of his journeys. Can this be a reason why we cannot have a child?

Q: I’m 30 years old and still single. I am afraid to marry because I am diabetic and also suffer from thyroid disease. Do you think I can still have a child when I get married?

Q. My wife is a career-oriented, loving and beautiful woman. Really I cannot ask for more. We have been married for five years and still childless. She has been diagnosed of having a rare kind of allergy, sort of immunological factor. Her body produces antibodies that kill sperm before it can penetrate an egg cell. What can we do to make our marriage complete?

What is the problem common to the three letter-senders? What causes their problems?

Yes, their problem is related to infertility. Do you know that problems of infertility can be prevented and treated as well? In what ways? Read and understand very well the next lesson.

Lesson 2

Infertility – Prevention and Cure

The numerous treatments for infertility depend on their causes. Actually, determining the cause and treatment of infertility are both demanding tasks. Fortunately, recent developments in therapy have helped increase the number of once infertile couples achieve pregnancy.

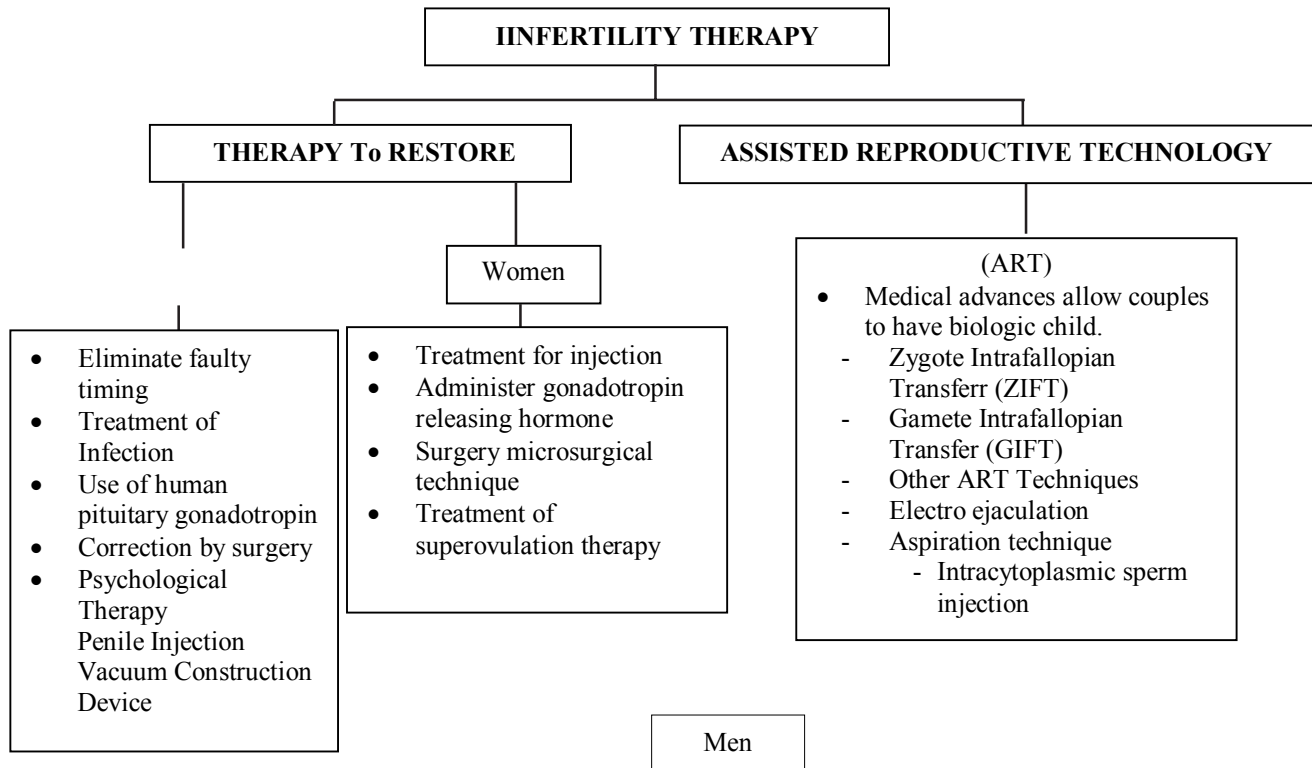
Some causes of infertility can be prevented if reproductive health care is practiced. There are some causes though, which can not be corrected anymore.

However, through advanced medicine and technology various means of insemination or embryo transfer may be possible so that the woman can still become pregnant.

Below is a diagram showing the two categories of infertility therapy.

Activity 1 Therapygram

Analyze the diagram below.



Answer the following questions.

1. What are the two categories of infertility therapy?
2. Differentiate the two categories.
3. Enumerate the therapy to restore fertility procedures for men.
4. Enumerate the therapy to restore fertility procedures for women.
5. List down the Assisted Reproductive Technology (ART) procedures

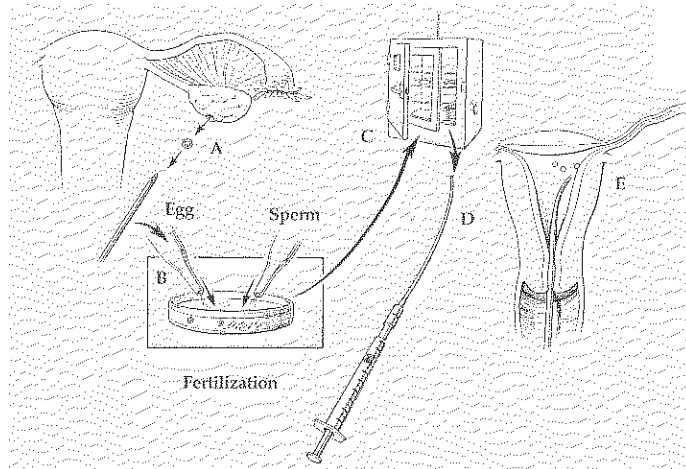
ASSISTED REPRODUCTIVE TECHNOLOGY (ART)

ART is a modern medical technology which helps the woman of an infertile couple becomes pregnant. The ART health care team includes physicians, psychologists, embryologists, laboratory technicians, nurses and allied health professionals who work together to help infertile couples.

IN-VITRO FERTILIZATION (IVF)

IVF is recommended as first line therapy and the most commonly used technique of ART.

The picture below shows how IVF procedure is done from A-E.



- A. The physician uses a needle to remove eggs from ovary.
- B. The eggs and sperm from a donor are combined in Petri dish
- C. If fertilization occurs, the fertilized eggs are retrieved and transferred by a canula.
- D. The eggs are placed in an incubator.
- E. The fertilized eggs are transferred to the uterus.

Are you amazed at what modern science can do?

Research shows that there is no higher risk of genetic abnormalities in the child conceived with ART. But the risks involve the medication and procedure used to remove the eggs. These risks include hemorrhage, infection, damage to adjacent organs, over stimulation of ovaries which causes ovarian enlargement and abdominal discomfort. In addition, there is an increased chance of multiple pregnancy.

Activity 2 What's the Issue?

If you were in a debate, which side will you choose - YES or NO - on the issue: Science should continue on researching and promoting ART. Why?

Write your explanation in your notebook.

Lesson 3

Attitude Towards Infertility

Being infertile does not mean that a man is any less masculine or that a woman is any less feminine. Infertility does not make anyone incomplete or defective. It has nothing to do with attractiveness or sexual prowess. Moreover, it should not affect a couple's relationship negatively.

Attitudes toward conception vary greatly. Some people believe that having no child is already out of their control and they just have to accept such reality. This may be their religious or ethical position. On the other hand, some couples lose no hope of having their biologic child. They strongly believe to achieve that end, with no tests to prolong, no complicated therapy to undergo, and no expense, procedure, or hardship to experience.

Activity 1 “Face the Case”

In not less than fifty (50) words, express your decision on the matter.

“If, during my marrying years, I can not have a child. I will

Consider the following:

1. Do you think you are making the right move?
2. Does your action conform with your beliefs?
3. Do you really feel happy with your decision?

Activity 2 Ten Commandments on Fertility

Below is a list of health practices in relation to fertility and infertility. Which of these practices do you like to follow? Write the adverbs of your choice for the following “DO’s”

Very often
Oftentimes
Sometimes
Seldom
Never

1. You shall eat healthy foods
2. You shall not smoke
3. You shall sleep well
4. You shall not take alcoholic beverages
5. You shall seek treatment for infection early and properly
6. You shall consult proper authority on fertility problem
7. You shall practice safe sex when the right time comes
8. You shall avoid having sex with more than one partner
9. You shall avoid stress
10. You shall be cautious with your reproductive health at all times.

Do you think it is hard to follow the ten commandments? Can you make a commitment and promise to take care of your reproductive health?

Let’s go to the next lesson.

Lesson 4

Early Marriage: Factors to be Considered

Babes, 17, and only in the first year of her Nursing Course, is six months pregnant. She and her boyfriend, also 17, plan to marry after she gives birth. Her boyfriend does not have a job, besides he is also still a college student.

Do you think their marriage will be a happy and a successful one, ten years after?

Teenage marriages usually happen in haste. This makes them unprepared to adapt to married life. They are not ready to assume the responsibilities of marriage. Their roles as husband and wife may not yet be very clear to them especially about rearing their own children. They may not have clear priorities in life.

There are several factors to be considered in determining an individual's readiness for marriage. These are:

- age
- health
- finances
- emotional independence
- parental resentment
- length of acquaintance
- motivation

Activity 1 "Marriages Done in Haste Goes to Waste!"

Read the dialogue between Ryan and Babes, newly wed, ages 18 and 17 respectively.

Husband - (1) Sweetheart! I will be late. The BERKS will meet me at "The Mars".

You can go to sleep. Don't bother to wait for me anymore.

Wife - (2) Why do you still go to discohouse and come home the next morning?

You are a married man now! (3) I'm already seven months pregnant and you allow me to sleep alone!

Husband - (4) I'm just having fun with friends. Why do you complain?

(5) Mommy is supporting our needs anyway.

Wife - (6) When will you try to look for a job?

(7) I can feel that your mom resents me.

Husband - Don't worry. She just doesn't know you well yet.

(8) We've met only a month before our marriage.

Wife - (9) If only I didn't try to get away from my parents!! (weep alone).

Answer the following questions:

1. In statement number 1 and 4 of Ryan, what kind of attitude did he manifest? If he is emotionally matured will he act the same way?
2. In sentence number 2 of Babes, did she show tolerance? Do you think their being 17 years old has something to do with their attitudes?

3. What is the problem of Babes in statement 3? What is she concerned about at the moment? Is her body full and ready to adapt to the demands of giving birth and rearing a baby?
4. When Babes uttered sentence 6, what must be the problem of the couple? Can they assume financial responsibility of supporting themselves and an infant?
5. Is Ryan emotionally independent when he said statement 5? Is he prepared to give outmost loyalty to his spouse?
6. Babe's statement 7 reveals her feeling. What factor explains such feeling?
7. What factor explains statement 8? Did the couple have enough time to really know each other?
8. What factor explains statement 9? Did Babes have a good reason why she got married?

There are indicators that the more mature the couple is at marriage, the greater likelihood the marriage will be stable. They have better chance to survive the test of time in marriage.

Do you support this statement? Why?

Activity 2 "What If"

If Ryan and Babes had a chance to recall their situation before getting into early marriage, how would they plan their life as husband and wife to make their marriage succeed?

1. Make a list of the advantages and disadvantages of early marriage.
2. Compare marriage of young couples with that of more mature couples. Whose marriage do you think will be more likely to succeed? Why?

Activity 3 "Open – Ended Statement"

Complete the statements with your stand, opinion, or beliefs.

1. Before I'll get married, I will consider.....
2. I believe early marriage can still be successful if....
3. I will never enter into early marriage because

How well did you learn the lesson?

If you have questions in mind and want to clarify matters, feel free to approach your teacher and discuss your questions with her.

Lesson 5

Marriage at Appropriate Time

Marriage refers to the socially recognized and approved union of two individuals of opposite sex with the expectations of performance and the aim of producing and rearing children. It is a relationship in which two people make legal their commitment or a pledge to love and care for each other.

A couple is ready for marriage if they

- are emotionally mature,
- have more social experiences,
- have stable income,
- can disengage from family attachments,
- can accommodate and adjust to new patterns of living,
- have clear priorities in life.

If you were to be asked, “When is the appropriate time for marriage?” how would you answer the question?

Activity 1 Rank Order

“When is the appropriate time for me to get married?”

Rank the following statements according to your point of preference. Rank them 1-5 from highest to lowest.

The appropriate time to get married is when I.....

have finished studies.

am 28 yrs. old

have a steady job although not able to finish studies.

met the man/woman I love.

have clear priorities in life and sense of responsibility.

Which of the statements did you rank first? 5th?

Keep in mind that....

In selecting a marriage partner, compatibility should be given consideration. To be compatible means to be able to get along well together. There are factors that increase the likelihood of a compatible marriage.

Activity 1 Can This Be Me?

Sketch a picture of yourself ten years from now.
Write a brief description of yourself in a bubble.

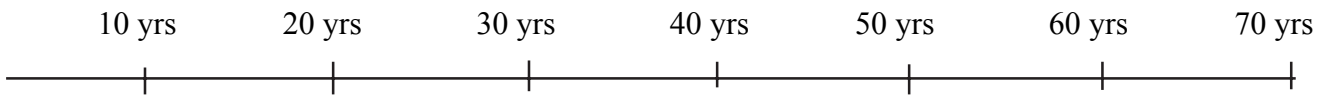


Activity 2 “ This is My Life”

Copy the Lifeline chart.

1. Write your date of birth on the space provided for.
2. In each stage of your life, write your plans or goals and the expected outcome.
3. Do not forget to write your signature.

Lifeline



1. What are your plans and goals for every stage of your life?
2. What are the expected outcomes of your plans?
3. Are you happy with your plans?

To dream and to aspire is not bad most specially if it is aimed for a happy and productive life in the future. What is important is careful planning to reach your goal.

For example, when you plan to get married and become responsible parents, you must have in mind the quality of family life you like to build. Hence it is important to consider with your future partner your readiness for marriage, the size of the family that you would like to have, the right time when you will be ready to provide adequately family needs.

Let's summarize!

- There are a variety of factors which cause infertility among men and women.
- The causes of infertility among men include problems with the testicles, hormone disorders and infections.
- Mechanical problems like impotence and premature ejaculation can also cause infertility.
- Causes of infertility among women include anovulation, abnormalities of fallopian tube, endometriosis, luteal-phase defects, uterine factors, cervical factor, immunologic factors and pelvic inflammatory diseases.

- Recent developments in therapy have increased the number of once infertile couples who can achieve pregnancy.
- There are two categories of infertility therapy:
Therapy to Restore and Assisted Reproductive Technology
- Therapy to restore provides infertility therapy to both men and women.
- Medical advances allow couples to have biologic child.
- IVF is recommended as first line therapy and the most commonly used technique of ART.
- Research shows there is no higher risks of genetic abnormalities in child conceived with ART.
- The medication and the procedure used to remove the eggs in ART involve risks.
- Attitude toward conception vary greatly.
- There are factors to be considered in determining an individual's readiness for marriage.
- There are factors that increase the likelihood of a compatible marriage.

POST TEST

1. Research shows there is no risk of genetic abnormalities in the child conceived with Assisted Reproductive Technology (ART)
 - a. true
 - b. false
 - c. not certain
 - d. not known
2. The complete absence of sperm in the semen.
 - a. anemia
 - b. oligospermia
 - c. azoospermia
 - d. hyperprolactinemia
3. Failure to release an egg each menstrual cycle.
 - a. superovulation
 - b. ovulation
 - c. anovulation
 - d. gonadotropin
4. A problem of varicose changes in vein surrounding the testicles.
 - a. luteal-phase defects
 - b. vasectomy
 - c. varicosities
 - d. varicocele
5. Attitudes towards conception vary greatly.
 - a. undecided
 - b. uncertain
 - c. agree
 - d. disagree
6. Sperm allergic women produce antibodies that kill sperm before sperm penetrates an egg.
 - a. uterine factor
 - b. cervical factor
 - c. pelvic inflammatory disease
 - d. immunologic factor
7. The most commonly used technique of Assisted Reproductive Technology (ART)
 - a. Gamete intrafallopian Transfer (GIFT)
 - b. Zygote Intrafallopian Transfer (ZIFT)
 - c. In-Vitro-Fertilization (IVF)
 - d. Intracytoplasmic Injection

8. Cause of infertility among men.

- a. orchitis
- b. cervical factor
- c. diabetes
- d. endometriosis

9. The risks of Assisted Reproductive Technology (ART) involve the medication and procedure used to remove the eggs. Which of the following is not considered as a risk?

- a. abdominal discomfort
- b. increased chances of multiple pregnancy
- c. overstimulation of ovaries
- d. damage to adjacent organs

10. Which is not a therapy for impotence?

- a. psychological therapy
- b. treatment of superovulation therapy
- c. penile injection
- d. vacuum constriction device

Key to Correction

Pre-Test

1. a
2. c
3. b
4. a
5. c
6. d
7. b
8. a
9. b
10. c

Lesson 1

Activity 2 “Form the Word”

1. orchitis
2. anovulation
3. hyperprolactiemia
4. endometriosis
5. impotence
6. azoospermia
7. varicocele
8. oligospermia
9. varicosities
10. luteal – phase defects

Lesson 2

Activity 2 Let’s Analyze

1. D
2. C
3. A
4. B
5. E

Post Test

- | | |
|------|-------|
| 1. a | 6. d |
| 2. c | 7. c |
| 3. c | 8. a |
| 4. d | 9. a |
| 5. c | 10. b |