

SEXUAL & REPRODUCTIVE HEALTH

What is Sexual & Reproductive Health?

World Health Organization (WHO) defines Sexual and Reproductive Health (SRH) as a state of physical, emotional, mental, and social well-being in relation to all aspects of sexuality and reproduction.

DID YOU KNOW?

- SRH includes the issues of both men and women.
- Sexual and reproductive health is not just about sex. It includes different things such as:
 - Sexuality
 - Changes during puberty
 - Relationships
 - Sexually Transmitted Infections (STIs)
 - Family planning
 - Contraception
 - Pregnancy

ABOUT SEXUAL & REPRODUCTIVE HEALTH RIGHTS (SRHR)

SRHR includes the following rights:

- The rights to equality and non-discrimination
- The right to be free from torture or to cruel, inhumane or degrading treatment or punishment
- The right to privacy
- The rights to the highest attainable standard of health (including sexual health) and social security
- The right to marry and to found a family and enter into marriage with the free and full consent of the intending spouses, and to equality in and at the dissolution of marriage
- The right to decide the number and spacing of one's children
- The rights to information, as well as education
- The rights to freedom of opinion and expression, and
- The right to an effective remedy for violations of fundamental rights

SEXUAL & REPRODUCTIVE HEALTH AWARENESS' AIM

- To reduce the number of early marriages and teen pregnancies
- To have better understanding of sexually transmitted diseases
- To have in-depth knowledge of family planning and contraception
- To achieve healthy and safe pregnancy
- To have better mental and emotional health
- To help decline maternal mortality rate

CONSULTATION & SERVICES

- Family planning
- Menstrual disorder
- Menopause
- Antenatal care
- Supervision of pregnancy and postpartum
- Fertility workup
- Manual breast cancer screening
- Cervical cancer screening
- Gynaecological related issues
- Male cancer screening
- Screen for sexually Transmitted Infections (STIs) / HIV/ HPV



OPERATING HOURS

Weekdays: 9am – 4.30pm, Lunch time: 1pm – 2pm
Weekends & Public Holidays: Closed

Get In Touch

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