

bintö

AN EXPERT GUIDE TO

# Women's Health

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# Welcome to your guide to the female reproductive system.

The reproductive years are unique in every sense of the word. This is the time in your life when changes happen to your body both physically and psychologically. This section of the BINTO knowledge center holds critical information on your reproductive health. In this guide, we'll walk you through an overview of the female reproductive system and answer some FAQs about vaginal health.

XX,  
Team Binto

# The Female Reproductive System

First, let's refresh on the basics of the reproductive system. Many people refer to the general pubic area as the vagina, but it's more complex than that. This area of your body contains the female reproductive system, including the vulva, vagina, cervix, uterus, ovaries, and Fallopian tubes.

The female organs have an outside and an inside. The outside of the pubic area is made up of the **vulva**, which includes the labia majora and minora.

The **vagina** is inside the pubic area. It's the muscular tract of a female's genitalia that starts at the vulva and ends at the cervix.

The **cervix** is a mucus membrane that connects the vaginal canal to the uterus.

**Cervical mucus** is the mucus discharge that changes throughout the female reproductive cycle due to fluctuating hormone levels.

## REPRODUCTIVE 101

*Female role:* Females produce the eggs, gestate and birth the babies.

*Male role:* Males produce the sperm to fertilize the eggs, providing half of the infant's DNA

The **uterus** is the organ that accommodates a developing fetus. When there is no fetus, the uterus sheds its lining as menstrual blood each month.

The two **ovaries**, located on both sides of the uterus, produce eggs and hormones.

The **Fallopian tubes** attach the ovaries to the uterus and act as a pathway for the eggs.

## Vaginal Health

Vaginal health is important to every woman's general well-being and shouldn't be neglected. You need to care for this area, whether you are sexually active or not.

At BINTO, we get a lot of questions about "down there" care. Here are some of our most frequent flyers, answered by our healthcare professionals:

### WHY DO I HAVE VAGINAL DISCHARGE?

Vaginal discharge is normal and results from hormones and healthy bacteria in your vagina. You should only be concerned about discharge if it has an odor or causes itching or burning, which may be caused by an infection.

## **WHAT DO I NEED TO KNOW ABOUT YEAST INFECTIONS?**

Yeast infections are the result of a fungal infection that can cause discharge, irritation, and itchiness on the vagina and the vulva. Other warning signs include a burning sensation while urinating or during sex.

Yeast infections are caused by an overgrowth of yeast in the vagina, which upsets the natural balance of bacteria that lives there. The overgrowth might be caused by antibiotic use, pregnancy, or staying in wet clothes, like swimsuits and workout attire, for long periods of time.

Luckily, you can use over-the-counter vaginal creams or suppositories to clear up an infection quickly. However, if this is the first time you've had yeast infection symptoms or if your symptoms don't go away after trying the over-the-counter solution, check in with your doctor. If you are prone to frequent yeast infections, make sure you are taking a probiotic to help maintain the balance of good bacteria in your vagina. You should also change out of wet clothes as soon as you can and avoid scented feminine products like bubble baths, pads and tampons.

## **WHAT HELPS TO KEEP MY FEMALE ORGANS HEALTHY?**

Your reproductive health benefits from your wholesome lifestyle choices, including a nutritious diet, exercise, and abstaining from smoking. The use of condoms helps protect against STDs. Regular visits to your gynecologist ensure that your female organs are in good condition, and that any potential problems are caught early.



# We take your health seriously.

At Binto, our goal is to help you support your health, including your reproductive system! While this guide serves as a brief overview of the important parts, every woman's experience with her body is different. That's why we're committed to providing you with personal, individualized care and advice from our healthcare professionals! If you have any other questions, or just want to chat, you can reach us at [info@mybinto.com](mailto:info@mybinto.com), or on our website, [mybinto.com](https://mybinto.com).

**SOURCES:** This booklet was written by BINTO health professionals as part of our e-book informational series. You can find more information on a range of topics from PAP smears to postpartum planning at [mybinto.com](https://mybinto.com).