

DR NINA BROCHMANN
ELLEN STØKKEN DAHL

THE WONDER DOWN UNDER

A user's guide to the vagina

Translated by
Lucy Moffatt



This book is not intended to be a substitute for the services of medical professionals or to be a substitute for individual medical advice. You are advised to consult a doctor on any matters relating to your health, and in particular on any pre-existing conditions or other matters that may require diagnosis or medical attention.

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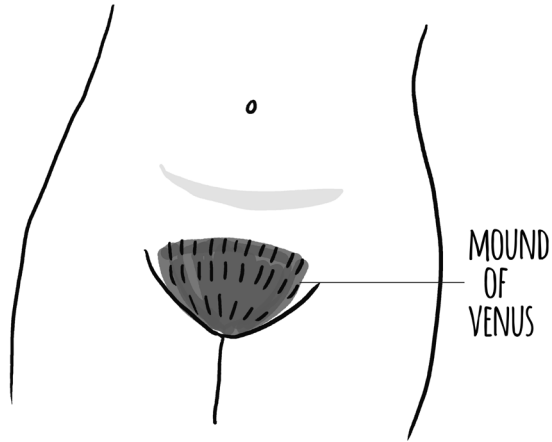
Photograph © Anne Valeur

Based in Oslo, Norway, Dr Nina Brochmann and Ellen Støkken Dahl are medical students who have, for several years, worked as educators in sexual health advising young people and minority groups. In 2015, they started their blog *Underlivet* ('The Genital Area'), with the aim of dispelling myths around female sexual health.

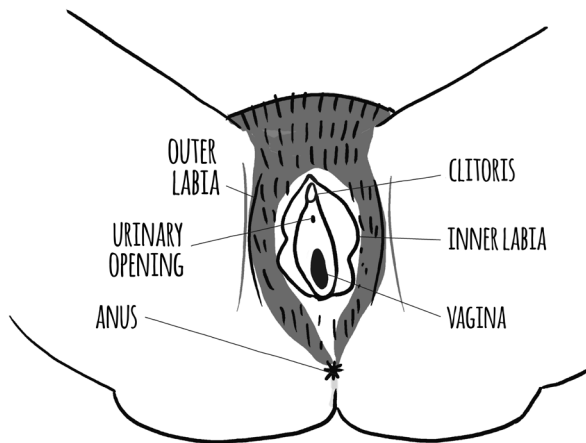
THE GENITALS



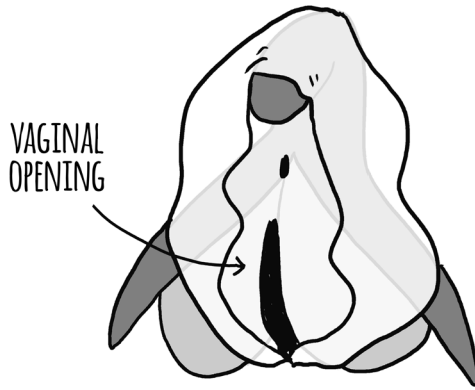
VULVA – THE WONDER DOWN UNDER



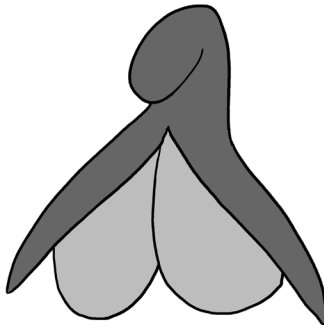
So what does the vulva look like?



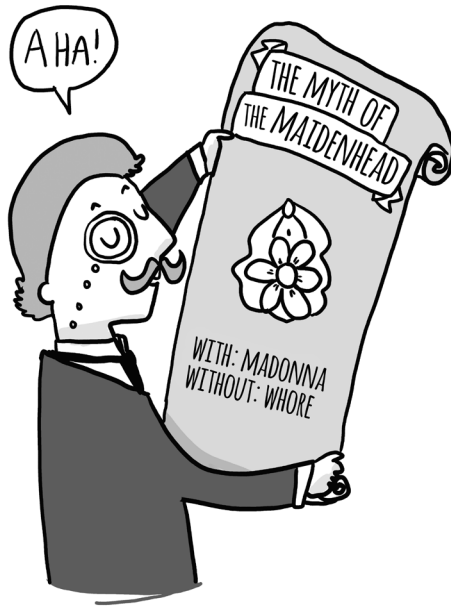
Clitoris - an iceberg



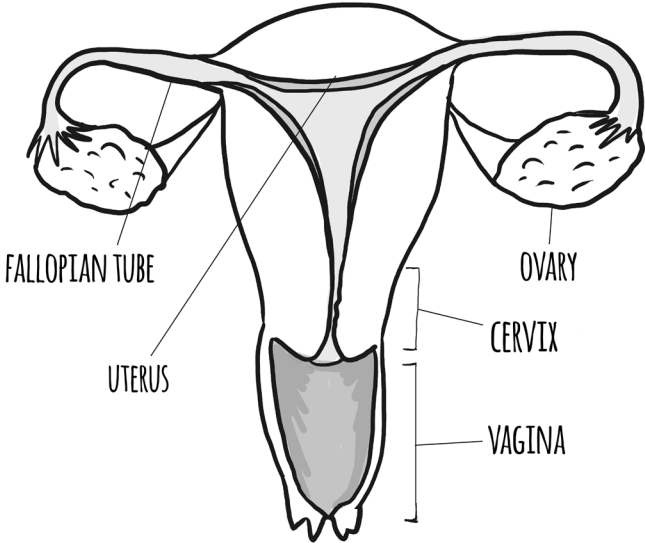
It's a tiny part of the story



BLOODY VIRGINITY

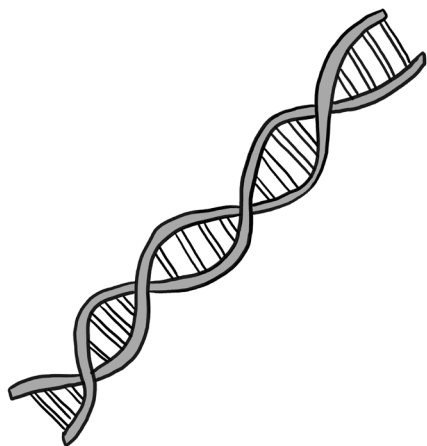


INTERNAL SEX ORGANS – THE HIDDEN TREASURES

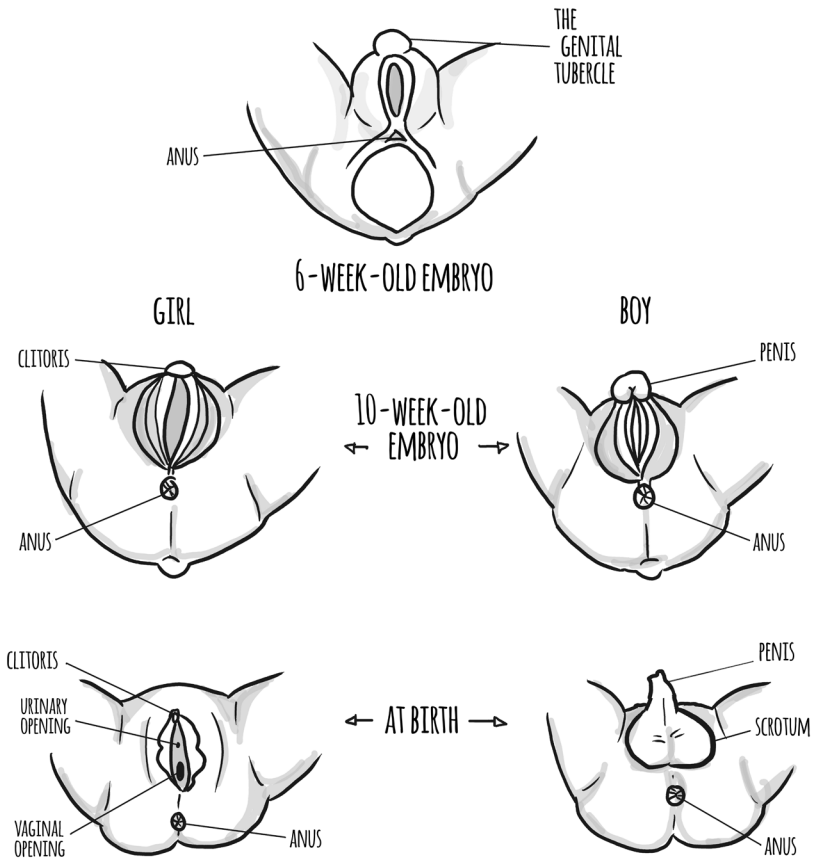


GENDER, GENDER AND GENDER

Genetic gender – a cookery book



Physical gender – body and sex organs



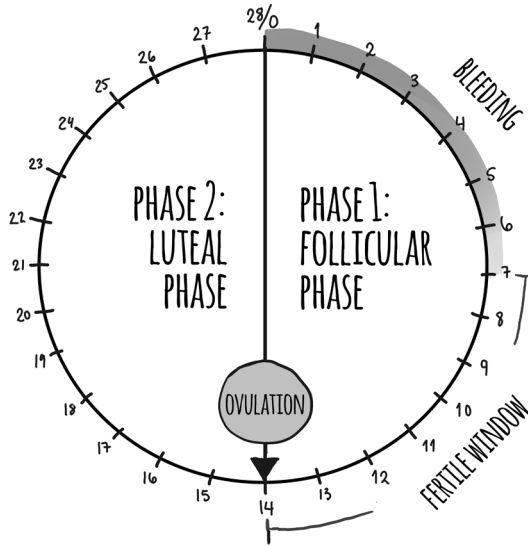
DISCHARGE, PERIODS AND OTHER GORE

DOUCHEBAGS AND DISCO MICE

Healthy genitals do smell



Menstrual cycle – 28 days again and again and again!



SEX

A TOTALLY NORMAL SEX LIFE

PORN



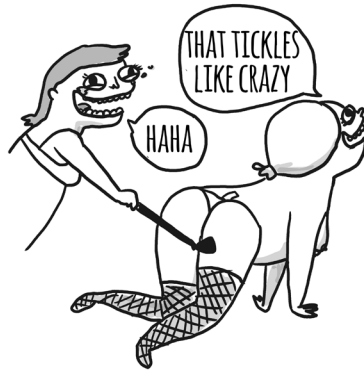
NORMAL SEX



PORN



NORMAL SEX



PORN

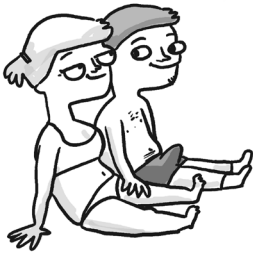


NORMAL SEX



What yardstick are women who suffer a lack of desire measuring themselves against?

DESIRE



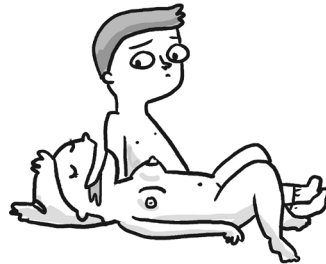
EXCITEMENT



ORGASM



RESOLUTION

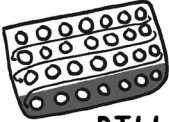

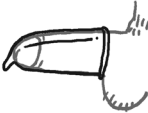
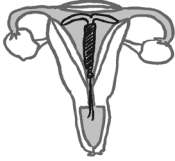



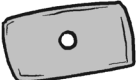




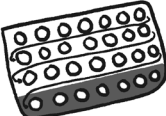
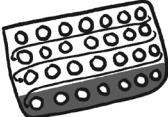


ORGASM BIBLE

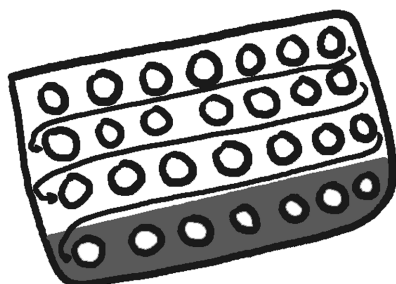
2. Teach yourself the CAT position.



CONTRACEPTION

Combined contraceptives with oestrogen and progestin	Progestin contraception with progestin, without oestrogen	Hormone-free contraception	Emergency contraception
 <p>PILL</p>	 <p>CONTRACEPTIVE INJECTION</p>	 <p>CONDOM</p>	 <p>COPPER IUD</p>
 <p>CONTRACEPTIVE PATCH</p>	 <p>CONTRACEPTIVE IMPLANT</p>	 <p>COPPER INTRA-UTERINE DEVICE</p>	 <p>PILL 1: LEVONORGESTREL (LEVONELLE™)</p>
 <p>VAGINAL RING</p>	 <p>HORMONAL INTRA-UTERINE DEVICE (IUD)</p>	 <p>FERTILITY AWARENESS</p>	 <p>PILL 2: ULIPRISTAL ACETATE (ELLAONE™)</p>
	 <p>MINI PILL</p>		
	 <p>OESTROGEN-FREE PILL</p>		

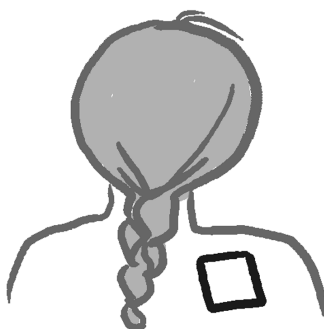
Hormonal contraception with oestrogen



The combined pill

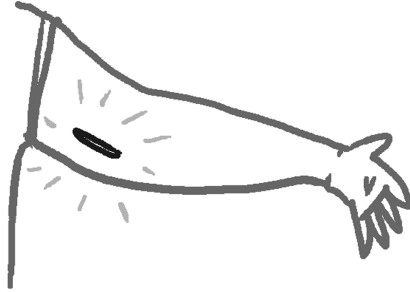


The vaginal ring

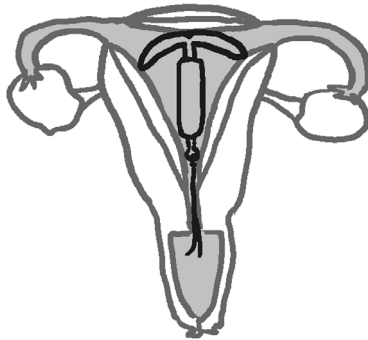


The hormonal patch (Evra)

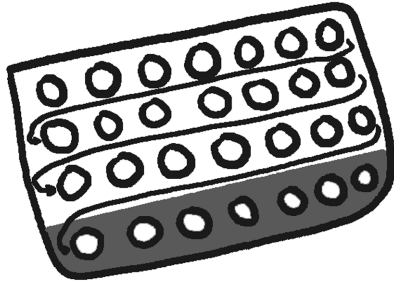
Oestrogen-free contraception



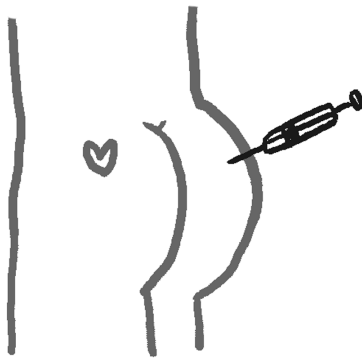
The contraceptive implant



The hormonal IUD



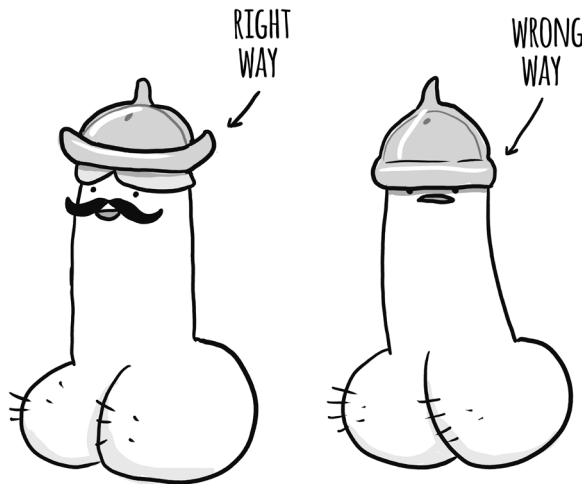
Oestrogen-free contraceptive pills



The contraceptive injection

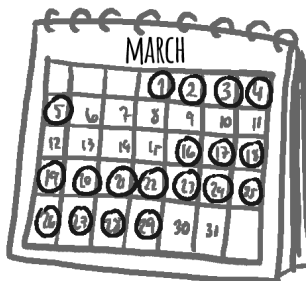
Condoms

1. Check the date-stamp; an old condom is easier to break.
2. Open the condom package carefully – mind you don't scratch the condom with sharp nails, teeth or jewellery.
3. Once the penis is stiff, place the condom on top of it like a Mexican sombrero.
4. Trapped air may cause the condom to split, so make sure you squeeze the top of the condom as you roll it down the length of the penis.
5. Hold the condom firmly in place when withdrawing the penis from the vagina, otherwise sperm may run out of it.

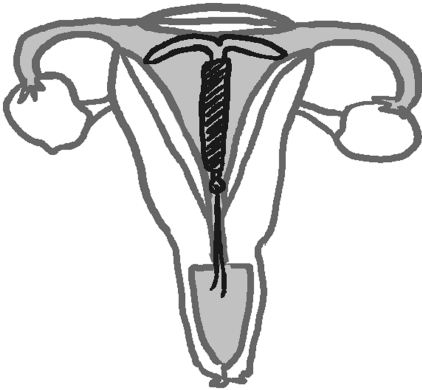


6. A condom should remain in use throughout the whole of intercourse to protect against pregnancy or sexually transmitted infection, but must be used only once.

Fertility-awareness-based methods – find your fertile window

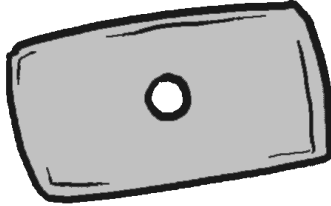


Copper IUD



EMERGENCY CONTRACEPTION – PANIC STATIONS

Panic pill type 1: levonorgestrel

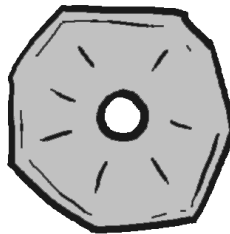


Advantages Availability, doesn't affect other contraception, may be taken several times in a cycle.

Disadvantage Less reliable.

Remember Do a pregnancy test after three weeks!

Panic pill type 2: ulipristal acetate



Advantage Better and longer effect than the levonorgestrel pill.

Disadvantage Reacts badly with hormonal contraception.

Remember Do a pregnancy test after three weeks!

Copper IUD as emergency contraception

Advantages Highly reliable, can serve as contraception for the next five years.

Disadvantage Availability, as it requires a prescription and must be inserted by a doctor, nurse or midwife.

Remember Many people think they're perfectly safe after taking the panic pill, but that isn't true! Emergency contraception reduces the risk of getting pregnant, but it doesn't work nearly as well as regular contraception. It's very important to take a pregnancy test after using emergency contraception. We recommend that you take the test whether you have menstrual bleeding or not. If your partner or a female friend is the one who's taken the panic pill, remind her to take a test.

Effectiveness of methods of contraception

	PERFECT USE How many become pregnant?	TYPICAL USE How many become pregnant?	Effectiveness of method of contraception
Contraceptive implant	0.05%	0.05%	99.95%
Hormonal IUD	0.2%	0.2%	99.8%
Sterilisation, men	0.1%	0.1%	99.9%
Sterilisation, women	0.5%	0.5%	99.5%
Copper IUD	0.6%	0.8%	99.2–99.4%
Contraceptive injection	0.3%	3%	97–99.7%
Contraceptive pill	0.3%	8%	92–99.7%
Condom	2%	15%	85–98%
Withdrawal	4%	27%	73–96%
Fertility-awareness-based methods		24%	76%
Menstruation calendar	5%	12%	88–95%
Basal-body-temperature method	1%	25%	75–99%
Cervical-secretion monitoring method	4%	14%	86–96%
No protection		85–90%	15%

TIME FOR A HORMONE DETOX?



TROUBLE DOWN BELOW

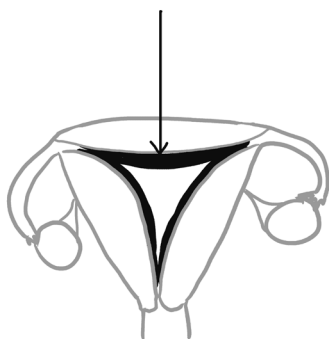
BLEEDING ABNORMALITIES – PERIODS UP THE SPOUT

Too much blood!



ENDOMETRIOSIS – A BLOODY CHARTER HOLIDAY

IN THE
RIGHT PLACE



IN THE
WRONG PLACE



VULVODYNIA – UNEXPLAINED PAINS IN THE GENITALS



HERPES – IS YOUR SEX LIFE OVER?



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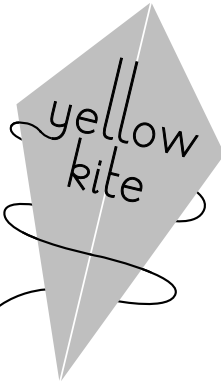
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