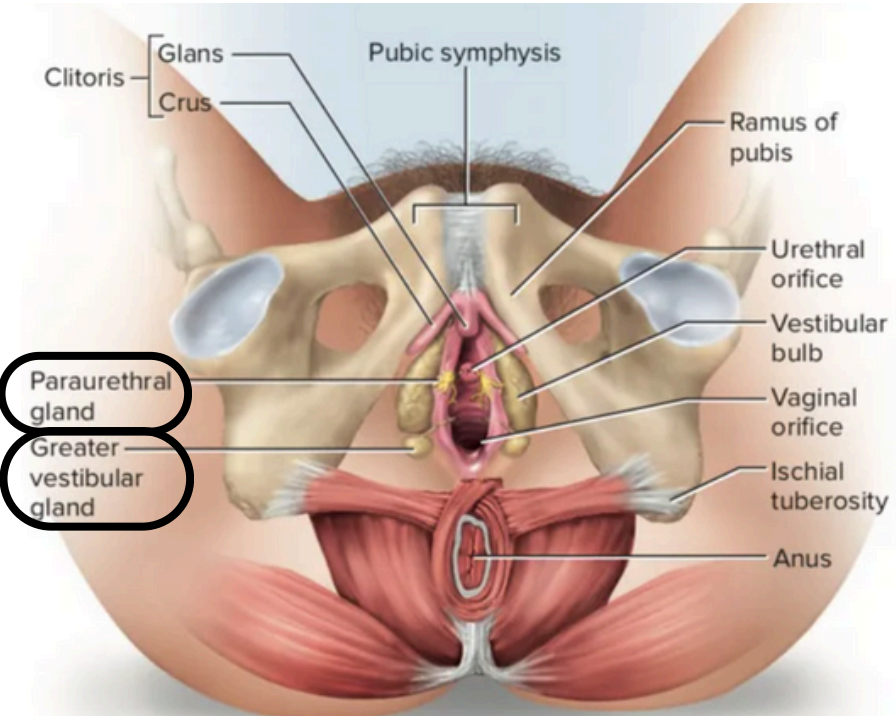
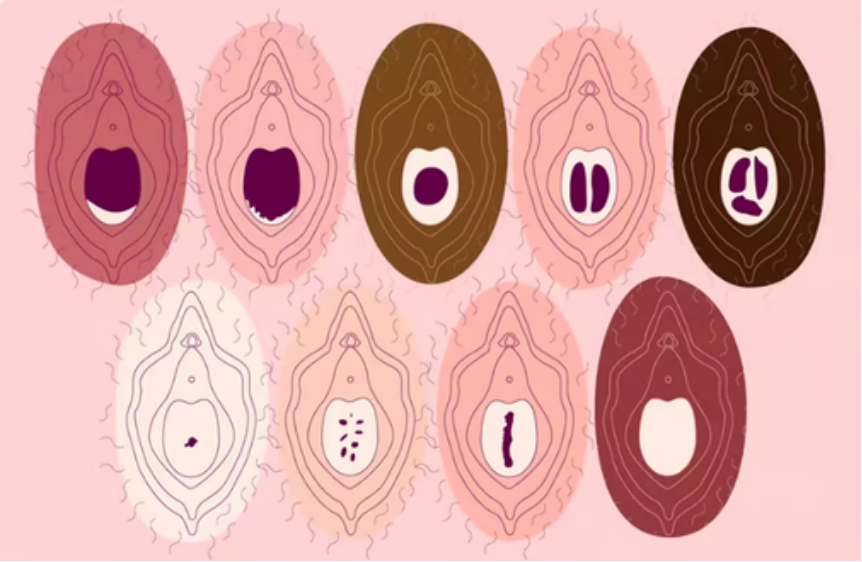


# SEXUAL SEMANTICS: UPDATED TERMS

Updated Term	Old Term	Function/Details	Location	Visual Model
<b>Greater Vestibular Glands</b>	Bartholin's glands	Produces lubrication during arousal	Can be found on either side of the vaginal opening	
<b>Periurethral Glands</b>	Skene's glands	Functions similar to the prostate and produces fluid	Can be found within the urethral sponge ducts located on either side of the urethral opening	
<b>Vaginal Corona</b>	Hymen	Folds of tissue with no true function identified	<p>IF someone has one, it is the tissue that partially covers the vaginal opening</p> <p>In the image on the right, this color represents the vaginal corona and this color is the vaginal opening.</p>	

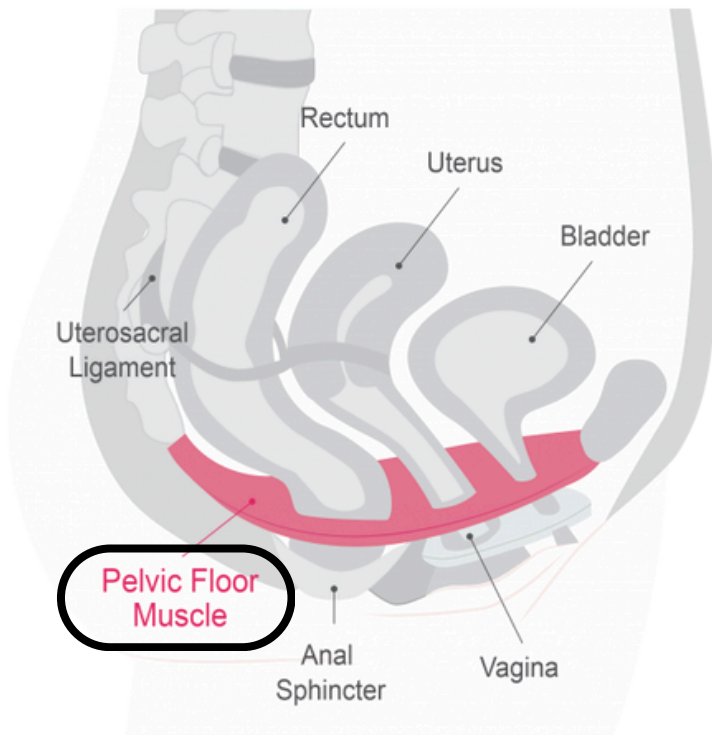
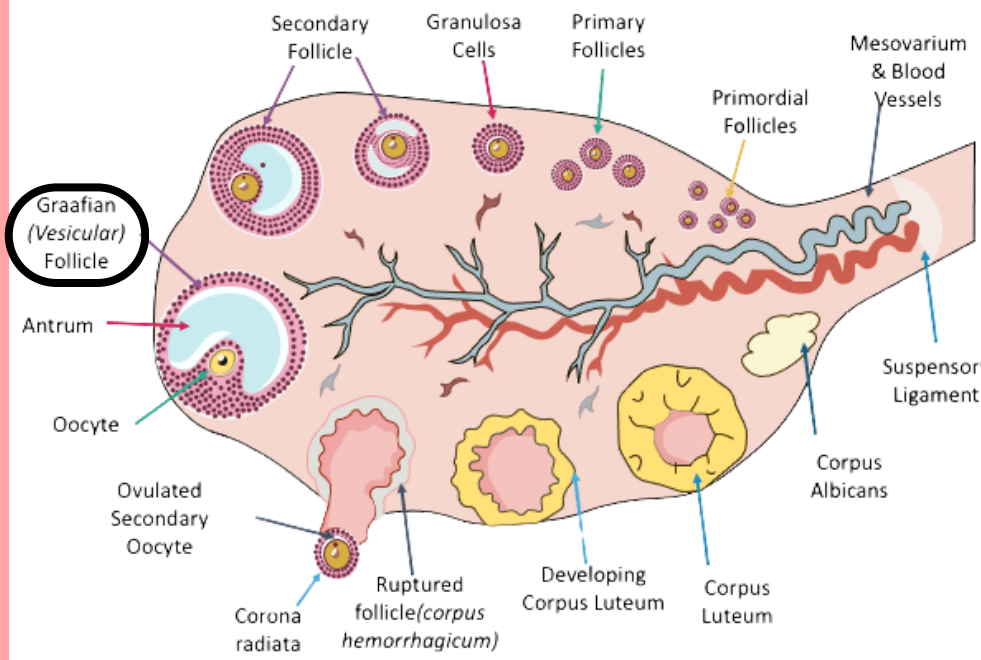


# SEXUAL SEMANTICS: UPDATED TERMS

Updated Term	Old Term	Function/Details	Location	Visual Model
<b>Clitourethral-vaginal complex (CUV)</b>	G-spot a.k.a. Graffenberg spot	It includes the urethral sponge (corpus spongiosum) + paraurethral glands + urethra + attached to anterior vaginal wall; erectile tissue; also includes glands that can produce ejaculate at any time during arousal or sexual activity. Source of pleasure for many folks, but not everyone!	Different in each body but may be accessed on the anterior vaginal wall and situated in between the bulbs of the clitoris (a.k.a. vestibular bulbs)	<p><b>The Clito-Urethro-Vaginal Complex:</b> The CUV Complex is a sensitive area at the convergence of the clitoris, urethra and anterior (front) vaginal wall.</p>
<b>Uterine Tubes</b>	Fallopian tubes	Channels for egg transportation and fertilization	Extends from either side of the top of the uterus, reaching toward the ovaries, but not connected to them	



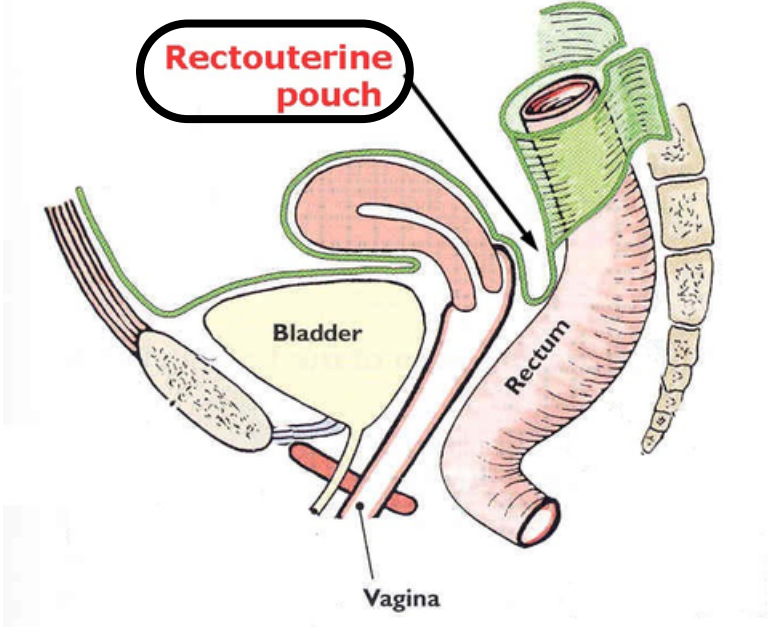
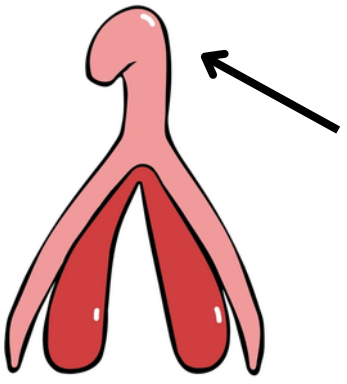
# SEXUAL SEMANTICS: UPDATED TERMS

Updated Term	Old Term	Function/Details	Location	Visual Model
<b>Pelvic Floor Muscle Training (PFMT)</b>	Kegals	Exercises that strengthen pelvic muscles, support pelvic organs, and help control incontinence of urine, bowels and gas	These are muscles that stretch from the front of the pubic bone to the tailbone in the back. The muscles extend outward on both sitting bones on the right and left sides of the pelvis	
<b>Ovarian OR Vesicular Follicles</b>	Graafian Follicles	Surround and protect the developing egg cell	A type of follicle containing an immature egg that is made in the ovary	



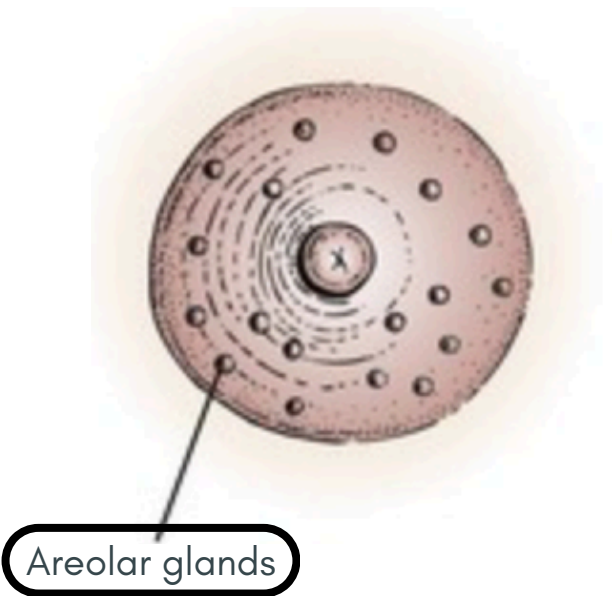
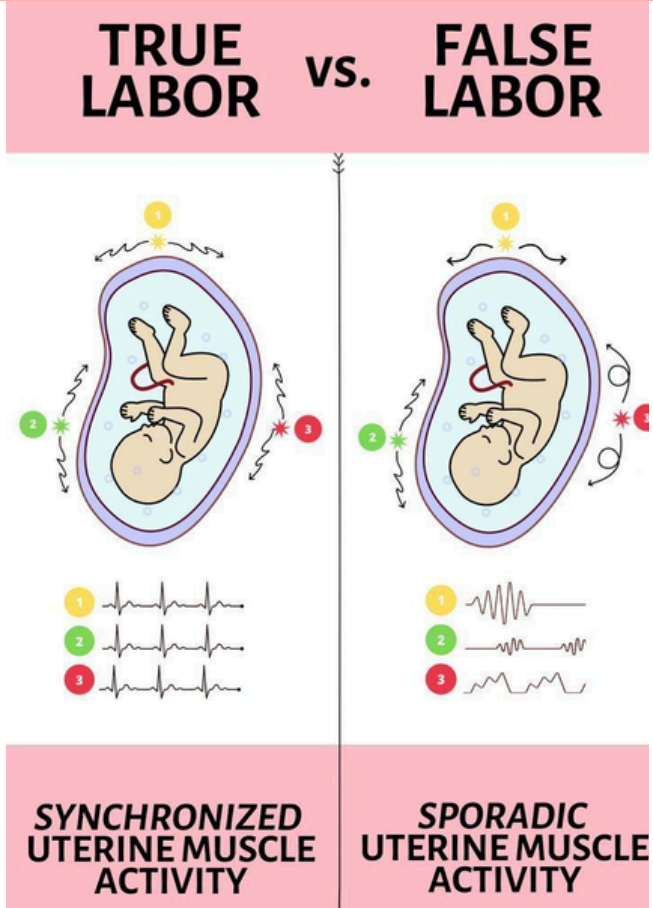


# SEXUAL SEMANTICS: UPDATED TERMS

Updated Term	Old Term	Function/Details	Location	Visual Model
<b>Rectouterine Pouch</b> <b>OR</b> <b>Rectovaginal Pouch</b> <b>OR</b> <b>Cul-de-sac</b>	Pouch of Douglas	Aids in draining fluid from the peritoneal region, normally occurs during menstruation	The space between the back wall of the uterus and the rectum	 <p>The diagram shows a sagittal cross-section of the female pelvic region. The uterus is shown in pink, and the rectum is shown in light pink. The space between them is highlighted in green and labeled 'Rectouterine pouch' with a red arrow. Other labels include 'Bladder' (yellow) and 'Vagina' (pink).</p>
<b>Vesical Venous Plexus</b>	Kobelt Plexus	Veins that pump blood to support clitoral erection during sex	A network of interconnected veins is located between the clitoral body and the clitoral bulb (the bend between the internal and external part of the clitoris)	 <p>The diagram shows a stylized representation of the clitoris and its associated venous network. The clitoral body is at the top, and the bulb is below it. A network of red veins is shown branching out from the bulb. An arrow points to the network.</p> <p>It is difficult to find diagrams of these veins, but they are usually around the bend in the clitoris</p>

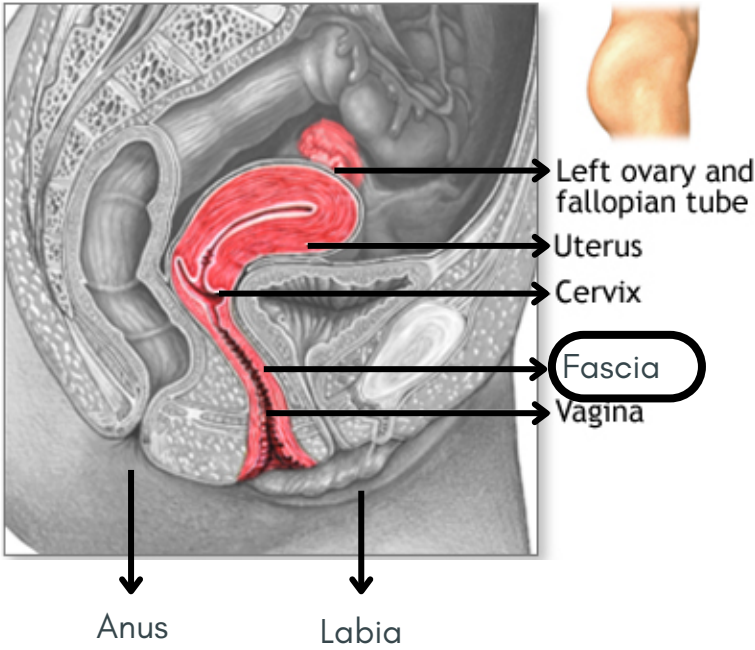


# SEXUAL SEMANTICS: UPDATED TERMS

Updated Term	Old Term	Function/Details	Location	Visual Model
Areolar Glands	Glands of Montgomery	Glands that release fluids that are used to lubricate nipples during chest or breastfeeding	Located on the areola surrounding the nipple	 <p>Areolar glands</p>
Practice Contractions OR False Labor Contractions	Braxton Hicks Contractions	Irregular uterine tightening or cramping during pregnancy that are not true labor	Are typically felt at the front of the abdomen	 <p><b>TRUE LABOR vs. FALSE LABOR</b></p> <p><b>SYNCHRONIZED UTERINE MUSCLE ACTIVITY</b>   <b>SPORADIC UTERINE MUSCLE ACTIVITY</b></p>



# SEXUAL SEMANTICS: UPDATED TERMS

Updated Term	Old Term	Function/Details	Location	Visual Model
There isn't a new term, yet! What might you say instead?	Halban's Fascia	It is tissue with rich blood supply and nerve supply that causes a pleasurable response when stimulated	The top wall or "roof" of the vaginal canal	
Feel free to fill in your own!				

