

Health Implications of FGC

For Moms and Daughters

There are no health benefits of FGC. It is harmful to women and girls and there are many unhealthy side effects. Despite these health consequences, many still chose to continue the practice for fear they may be excluded from their communities or to ensure a future marriage partner. However, the health consequences of FGC can last a lifetime and may become severe if not treated. If you've undergone FGC, consider if you are experiencing any of the complications listed below or if you have in the past.

| Short Term Health Effects | Long Term Health Effects | Emotional Effects | Relational Effects |
|---|--|---|---|
| <ul style="list-style-type: none">❖ excessive bleeding❖ severe pain❖ difficulty urinating❖ infection❖ shock❖ death | <ul style="list-style-type: none">❖ chronic infection❖ development of a false vagina❖ infertility❖ complications during childbirth, even death❖ cysts and abscesses inside and outside of the vagina❖ inflammation❖ urinary incontinence❖ pain during intercourse | <ul style="list-style-type: none">❖ confusion of reason for practice, especially after migrating to the U.S.❖ shame❖ resentment❖ fear of sex and childbirth❖ anxiety or post-traumatic stress❖ powerlessness | <ul style="list-style-type: none">❖ feelings of confusion or resentment towards family who took you to have it done❖ may influence your relationship with your husband or future husband |





Think about it...

- * If you have experienced any of these complications, it is important to let your doctor know so they can help find treatment options that will help you.
- * Consider reaching out to a doctor, a counselor, or your resettlement case worker. They might be able to help you or connect you with someone who can provide support.
- * Some communities have active women's groups for refugees. If this is available to you, this could be a safe space for you to talk about how you are feeling.

