

SEXUALLY TRANSMITTED DISEASES/INFECTIONS

RISKS OF SEXUAL ACTIVITY

Unintended pregnancy

Sexually Transmitted
Diseases/Infections

- Today we are talking about STD's/STI's specifically. We are not assuming anyone in this class is sexually active and will be respectful of everyone in the room.
- It's ok to be uncomfortable with this information but we need to pay attention and not be a distraction to the class.

SEXUALLY TRANSMITTED DISEASES/INFECTIONS

- An STD/STI is a disease or infection that can be spread by contact between partners.
- Any form of sexual contact, sexual intercourse (erect penis inserted into the vagina) or oral sex (mouth to the genitals), can spread STD's/STI's.
- It is possible for people to get an STD/STI in non-sexual ways, such as being infected at birth or from blood transfusion.
- However, today we are going to focus on how STD's/STI's spread through sexual contact.

TRUE OR FALSE STATEMENTS

- For the true / false statements, I will read them.
- You will STAND if you think the statement is TRUE.
- You will STAY SEATED if you think the statement is FALSE.

STD'S/STI'S ALWAYS HAVE SYMPTOMS.

FALSE

- Many STD's/STI's have no symptoms at all and can be detected only by a medical test.
- Is it possible to have an STD/STI and still feel completely healthy.
- Even if an STD/STI has no symptoms, it can harm an infected person's health and be passed on to a sexual partner.

PEOPLE WHO ARE SEXUALLY ACTIVE SHOULD
BE TESTED REGULARLY FOR STD'S/STI'S.

TRUE

- Anyone who is sexually active should be tested regularly for STD's/STI's.
- Many STD's/STI's are curable, and all are treatable.

PEOPLE WHO ARE SEXUALLY ACTIVE SHOULD ONLY
GET TESTED FOR STD'S/STI'S IF THEY HAVE
SYMPTOMS OF AN STD/STI.

FALSE

- People who are sexually active should be tested regularly, even if no symptoms are present.
- If symptoms occur, they should be tested as soon as possible.

**THE MOST EFFECTIVE WAY TO AVOID
GETTING AN STD/STI IS TO USE CONDOMS.**

FALSE

- Abstaining from sexual contact of any kind is the most effective way to avoid getting an STD.
- Some STD's/STI's can be spread through skin-to-skin contact even if a condom is used.

IF A HEALTHCARE PROVIDER DOES NOT ASK IF A
PERSON WANTS AN STD/STI TEST, IT IS OK TO ASK
FOR ONE.

TRUE

- It is not just ok to ask for an STD/STI test, it is the healthy and responsible thing to do if someone is sexually active.
- Just because a healthcare provider takes a swab, urine, or blood sample, do not assume they are testing for STD's/STI's. You can ask to make sure.

IF A PERSON HAS HAD AN STD/STI ONCE, THEY
CAN'T GET IT AGAIN.

FALSE

- For many STD's/STI's, a person can be treated and cured, then get it again.
- If someone is sexually active, they should be tested regularly for STD's/STI's.
- If someone finds out they have an STD/STI, they need to tell their sexual partner(s) so they can be treated as well.

SEXUALLY TRANSMITTED DISEASES/INFECTIONS INFORMATION

- The following slides will give information on specific STD's/STI's.
- Please write any questions you have on the paper on your desk, and I will answer them tomorrow in class.

CHLAMYDIA

- Bacterial infection (curable with antibiotics)
- Transmitted by vaginal fluids and semen
- Contracted by having unprotected intercourse or oral sex with someone infected.
- **Symptoms:**
 - Thin white or gray discharge
 - Pain, itching, burning inside or outside the vagina and during urination
- **Possible complications:**
 - Pelvic inflammatory disease
 - Infertility
 - Long term pelvic pain
- **Prevention:**
 - Abstinence and monogamy between uninfected partners

GENITAL HERPES

- Viral (NOT curable)
- Transmitted by semen and vaginal fluids
- Contracted by having unprotected intercourse or oral sex with someone who is infected.
- Can be passed to a baby at childbirth
- **Symptoms:**
- Often no symptoms
- Painful blisters on the genitals, mouth, or face
- **Prevention:**
- Abstinence
- Monogamy between uninfected partners
- **Complications:**
Severe and painful sores on the genitals
- If someone touches the sores or the fluids from the sores, they may transfer herpes to another part of the body, such as the eyes.

GONORRHEA

- Bacterial (treatable with antibiotics)
- Transmitted by semen and vaginal fluids
- Contracted by having unprotected vaginal or oral sex with someone infected.
- Can be passed to a baby during childbirth
- **Symptoms:**
 - May not show any symptoms
 - Discharge from the vagina or penis
 - Burning during urination
- **Possible complications:**
 - Pelvic inflammatory disease
 - Epididymitis (testicular infection)
- **Prevention:**
 - Abstinence and monogamy between partners

HEPATITIS B

- Viral (no treatment but may clear on its own)
- Transmitted by blood, semen, or vaginal fluids
- Contracted when body fluids infected with the virus enters the body of a person who is not affected.
- **Symptoms:**
- Often no symptoms shown
- Nausea, loss of appetite, fever, jaundice, fatigue, dark urine, clay-colored stool.
- **Possible complications:**
- In chronic carriers, liver scarring can occur over time
- Increased risk of liver cancer
- Liver failure and death
- **Prevention:**
- Immunization
- Abstinence or monogamy between unaffected partners
- No using needles, syringes, or personal items that have come in contact with an infected person's blood.

HEPATITIS C

- Viral (Virus may stay in the body or clear on its own. Treatment can cure about 70% of those treated.)
- Contracted when blood, semen, vaginal fluids come in contact with someone who is uninfected.
- **Symptoms:**
- often no symptoms
- Nausea, loss of appetite, fever, jaundice, fatigue, dark urine

Possible Complications:

Cirrhosis

Liver cancer

Need for liver transplant

Prevention:

Abstinence

Monogamy between uninfected partners

Do not use items that may have come in contact with an infected person's blood, including needles, syringes, or other personal items.

Do not get tattoos or body piercings from an unlicensed facility.

HUMAN IMMUNO-DEFICIENCY VIRUS (HIV)

- Viral (not curable but can be managed with medication)
- Contracted when blood, semen, or vaginal fluids from a person infected with HIV come in contact with an uninfected person through open sores, sexual intercourse, or a damaged mucous membrane.
- **Symptoms:**
 - Often no symptoms shown
 - Flu-like illness, swollen lymph nodes, skin rash, mouth ulcers.
- **Complications:**
 - Increased risk of infections or cancers that rarely occur in people with healthy immune systems
 - May lead to AIDS which is the final stage of HIV infection
 - Not everyone with HIV gets AIDS
- **Prevention:**
 - Abstinence
 - Monogamy between uninfected partners
 - Not sharing needles or drug related equipment

HUMAN PAPILLOMA-VIRUS (HPV)

- Virus (No cure but warts may be treated- more than 80% of HPV infections clear on their own within 24 months.)
- Transmitted by semen and vaginal fluids
- Contracted by close skin-to-skin contact and or having sexual intercourse or oral sex with someone infected.
- **Symptoms:**
 - Often no symptoms
 - Painless bumps around genitals or buttocks
 - Genital warts
 - Cancer
- **Possible Complications:**
 - Cervix, Penile, Vulva, and throat cancer
 - Cervical cancer is the most likely
 - Cancers can be treated if caught early
- **Prevention:**
 - Immunization with HPV vaccine prevents some HPV strains but not all. Available for males and females.
 - Abstinence or monogamy between uninfected partners

PUBIC LICE (CRABS)

- Parasite (curable with lotion or cream rinse. Also need to wash all clothing and bedding that came in contact.)
- Transmitted by contact with the parasite
- Contracted by intimate contact and / or sharing clothes, bedding, or personal items
- **Symptoms:**
 - Genital itching
 - Lice in and around pubic hair
- **Possible Complications:**
 - Scratching can lead to skin infections
- **Prevention:**
 - Abstinence
 - Monogamy between uninfected partners
 - Avoid skin to skin contact with an infected person or with items such as clothing, bedding, towels, or personal items used by the infected person.

SYPHILIS

- Bacterial (can be treated and cured with antibiotics)
- Transmitted by fluids from a syphilis lesion
- Contracted by direct contact with a syphilis sore during vaginal or oral sex. Can be passed to an unborn child.
- **Symptoms:**
 - Individuals often do not notice symptoms
 - Sores at the sight of infection
 - Skin rash
 - Swollen lymph nodes
 - Fever
- **Possible Complications:**
 - Damage to the brain, heart, and other organs
 - Infection of the Central Nervous System
 - Pregnancies can result in stillbirth, preterm birth, and abnormalities.
- **Prevention:**
 - Abstinence
 - Monogamy between two uninfected partners

TRICHOMONIASIS

- Viral (curable with antibiotics)
- Transmitted by semen and vaginal fluids
- Contracted by having unprotected vaginal or oral sex with infected person.
- **Symptoms:**
- About 70% of people do not have symptoms
- Vaginal discharge
- Pain or burning during urination or sex
- **Possible Complications:**
- Increased risk of pelvic infection or other STD's/STI's
- Lower sperm count
- During pregnancy, can cause premature birth or low birth weight.
- **Prevention:**
- Abstinence
- Monogamy between uninfected partners