

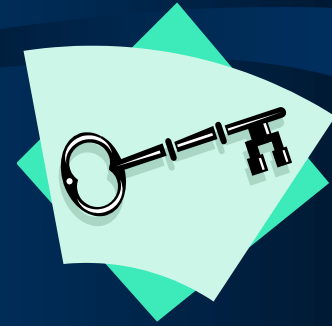


Sexually Transmitted Infections

What is a Sexually Transmitted Infection or STI?

- STI's are infections that are spread from person to person through intimate sexual contact.
- STI's are dangerous because they are easily spread and it is hard to tell just by looking who has an STI.
- **1 in 4 sexually active teens has an STI.**

Prevention is the Key



- Abstinence, or not having oral, vaginal or anal sex, is the best way to protect yourself.
- It is possible to get an STD even without having intercourse through skin-to-skin contact.
- Use latex condoms correctly for any type of sex (vaginal, oral or anal) from start to finish.

Common STI's

- Chlamydia
- Gonorrhea
- Genital Herpes (HSV-2)
- Genital Warts (HPV)
- Hepatitis B
- HIV and AIDS
- Pubic Lice
- Syphilis
- Trichomoniasis

How do I know if I have an STI?

- Most people who have an STI have no symptoms. A test from your health care provider or local health clinic may be the only way to tell for sure if you're infected.
- If you do become infected, symptoms may appear right away. Or, they may not show up for weeks or months or even years. They may come and go. Even if the signs and symptoms go away, you can still infect other people if you have sex with them. Or, they can still infect you!

Common Symptoms for Girls

Some symptoms you may have are:

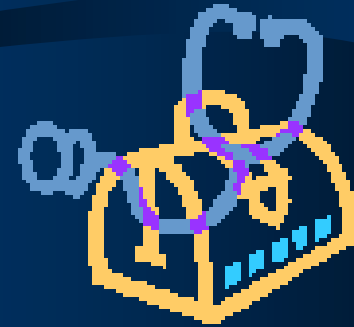
- Sores, bumps or blisters near your genitals, anus (butt hole) or mouth
- Burning or pain when you urinate (pee)
- Itching, bad smell or unusual discharge from your vagina or anus (butt hole)
- Bellyache (pain in your lower abdomen)
- Bleeding from your vagina between your menstrual periods
- ***Remember:*** Sometimes symptoms don't show up for weeks or months or years.

Common Symptoms for Guys

Some symptoms you may have are:

- Sores, bumps or blisters near your genitals, anus (butt hole) or mouth
- Burning or pain when you urinate (pee)
- Drip or discharge from your penis
- Itching, pain or discharge from your anus (butt hole)
- ***Remember:*** Sometimes symptoms don't show up for weeks or months.

What do I do if I have symptoms?



1. Stop having sex!
2. Make an appointment with your health care provider or clinic.
3. Nurse or clinician will examine your genitals. Don't be nervous, this is they're job.
4. Lab examinations may be administered to pinpoint the exact infection.
5. Wait for results, then get medication prescribed.

How will they know I have an STI?

- Urine Analysis: Nurse will send urine sample to a lab to analyze for bacteria, viruses or parasites.
- Swabbing the vagina or penis for secretions or pustules.
- Examination of bumps or sores on your genitals.
- Blood analysis for infectious organisms or viruses.



Treatment and Facts

Know the Facts!

Chlamydia

- Caused by bacteria called Chlamydia Trachomatis.
- Chlamydia is one of the most common sexually transmitted infections.
- Chlamydia is curable.
- Your healthcare provider will give you antibiotics for treatment.
- Anyone with whom you've had sex will also need to be treated

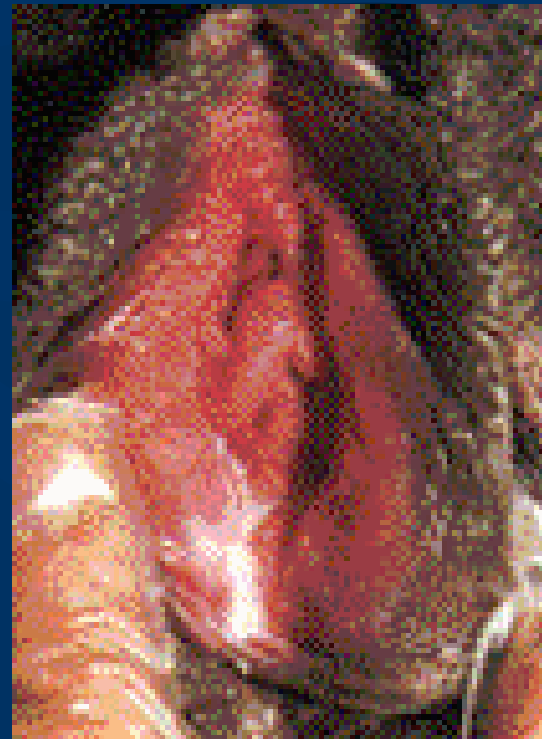


Gonorrhea

- Caused by a bacteria known as *Neisseria gonorrhoeae*.
- Gonorrhea is treatable.
- Your healthcare provider will give you antibiotics for treatment.
- Anyone with whom you've had sex will also need to be treated



www.afraidtoask.com



Genital Herpes (HSV-2)

- HSV-2 is caused by the herpes virus.
- You can still get HSV-2 even when you use a condom.
- After contracting the herpes virus you will have it FOREVER. There is NO cure.
- A doctor can prescribe antiviral medication to help control recurring outbreaks and clear up painful sores.



Genital Warts (HPV)

- Genital warts are caused by human papillomavirus (HPV).
- There is **NO** cure for the virus. You may have more outbreaks and you can spread the virus to anyone you have sex with.
- You can still get HPV even when you use a condom.
- Some warts can be dissolved with special medication or the doctor can “freeze” them off with a special chemical.



Hepatitis B

- Hepatitis is a disease of the liver.
- Hepatitis B is transmitted person to person through blood and body fluids.
- There is no treatment for the virus after it has been contracted.
- The only treatment is prevention:
 - Abstain from sex
 - Always use latex condoms
 - Avoid contact with other people's blood
 - Get immunized

HIV and AIDS

- AIDS is one of the most deadly diseases in history.
- AIDS is caused by HIV (Human immunodeficiency virus).
- HIV destroys the body's defense system (the immune system).
- Thousands of teens in the U.S. become infected each year.

How do you get HIV?

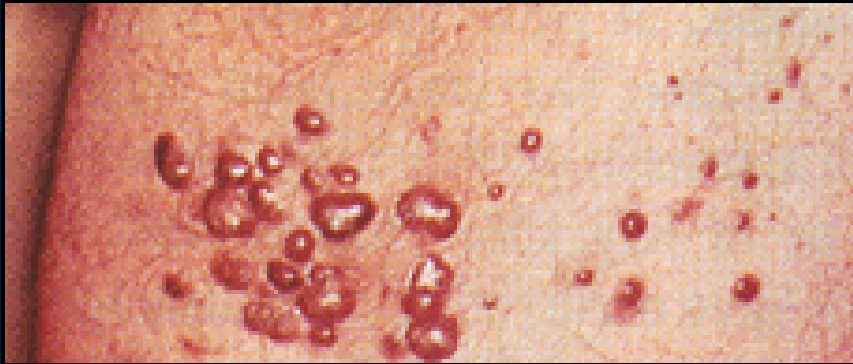
- HIV can be transmitted from an infected person to another person through blood, semen, vaginal fluids, and breast milk.
- People who have another STD are at higher risk for contracting HIV during sex with infected partners.

How do people know they have HIV?

- Many people do not know they have it.
- Symptoms may not appear for up to 10 years.
- Some people may feel and look healthy for years while they are infected with HIV.
- It is possible to infect others with HIV, even if the person has absolutely no symptoms.

Symptoms of AIDS

- Extreme weakness and fatigue
- Rapid weight loss
- Frequent fevers with not explanation
- Heavy sweating at night
- Swollen lymph glands
- Minor infections that cause skin rashes and mouth, genital, and anal sores.
- White spots in the mouth or throat
- Chronic diarrhea
- A cough that won't go away
- Short-term memory loss



Kaposi's sarcoma
(Cancer associated with AIDS)



Oral Leukoplakia



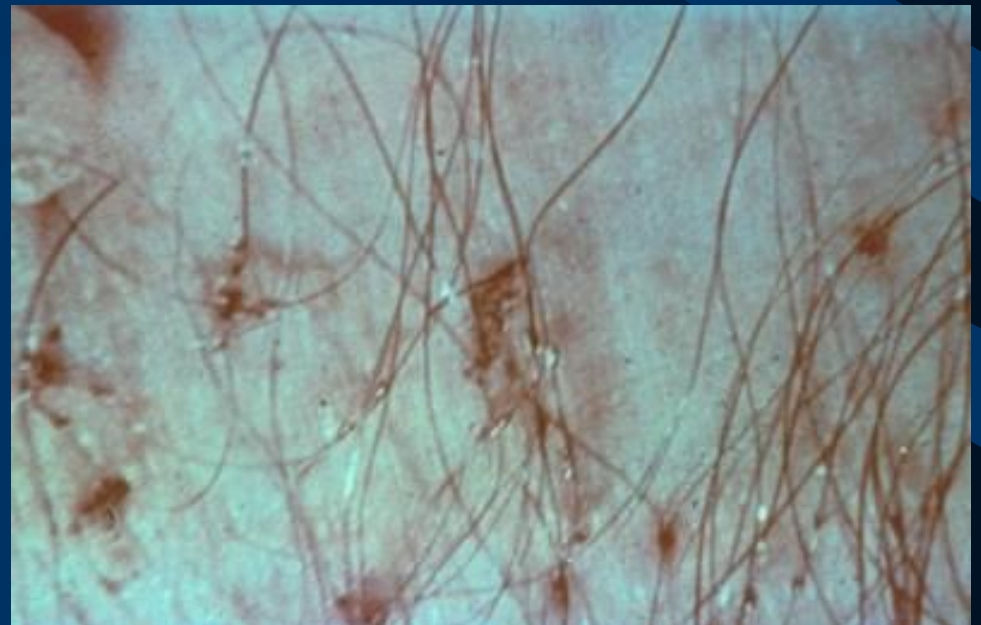
Oral Thrush (yeast infection)
Common infection associated with AIDS

How is HIV treated?

- There is NO cure.
- If you think you or your partner may have HIV or AIDS you need to see a healthcare provider who can do blood tests.
- Prevention is the only way to protect yourself from contracting the virus.

Pubic Lice (Crabs)

- Pubic lice are tiny insects that can crawl from the pubic hair of one person to the pubic hair of another person during sex.
- You will be prescribed or told to buy medication that kills the lice and their eggs.
- You will also need to dry clean or use very hot water to wash all of your bedding, towels, or recently worn clothing to kill the lice.
- Tell your partner.
- Pubic lice can be spread even when you use a condom.



Syphilis

- Caused by bacteria called *Treponema pallidum*.
- If not treated Syphilis can be very dangerous and can cause brain damage and other serious health problems.
- If you are diagnosed as having the disease you can be treated with antibiotics.
- Anyone with whom you've had sex will also need to be treated



Trichomoniasis

- Sometimes called “trich” it is a parasite that can be passed from person to person during sexual intercourse.
- One of the most common STD’s
- Can be passed on via damp towels, washcloths, and bathing suits if someone has the parasite.
- If you have the disease your healthcare provider will give you antibiotics.
- Anyone with whom you’ve had sex will also need to be treated.



Trichomonal Vaginitis
(Tric)

What Happens if I don't get treated?

- If you have an STD and don't get treatment you can have some long-term effects such as:
 - Infertility (Unable to have babies)
 - Cancer
 - Long-term pain
 - Can pass disease from mother to baby
 - Death

Conclusion

- It is much easier to prevent an STI than to cure one.
- The ONLY way to prevent STI's is to abstain from ALL types of sexual intercourse.
- However, if you have sex, you must use a latex condom, EVERY TIME. However, condoms do not always protect you from STI's such as HSV-2, HPV, and Pubic Lice.
- Remember, just because you and your partner may be monogamous with each other, the risk of getting an STI is increased by the number of previous sexual partners either partner has had.

References

- www.iwannaknow.org
- www.kidshealth.org
- www.lib.uiowa.edu
- www.healthac.org
- www.afraidtoask.com
- www.herpescoldsores.com/std/pictures
- www.nehc.med.navy.mil/hp/images/std_pictures

Developed by Bridget Robinson, RN, BSN,SNM

University of Kansas School of Nursing HETC Project