

# **STDs**

## **Sexually Transmitted Diseases**

### **Questions: (Ask Yourself)**

What would you do if you found out you had an STD? Who would you tell? Would you be angry at your partner? Is it their fault or yours?

# MYTHS OR FACTS OF STD's

## True or False

1. Most people with an STD experience painful symptoms. **True-But not always**
2. Abstinence is the best way to prevent STDs. **True**
3. If you get an STD once, and are treated, you can't get it again. **False**
4. A person does not need to see a doctor if they notice sores on their genitals once, but then they go away. **False**
5. There is no cure for herpes or AIDS. **True**

# MYTHS OR FACTS OF STD's

## True or False

6. Birth Control Pills prevent the spread of STD's.

**False**

7. Douching will cure an STD. **False**

8. Condoms help prevent the spread of STD's.

**True**

# What are STD's?

- Sexually Transmitted Diseases (STD's) are diseases and infections which are capable of being spread from person to person through:
  - Sexual intercourse
  - Oral, anal, genital, or digital contact
  - IV drug use/blood to blood contact
- There are three categories of STD's:
  - BACTERIAL (Can be cured if caught early enough)
  - VIRAL (Have NO cure...yet, but are controllable)
  - PARASITIC (Can be cured if caught early enough)

# Consequences of Contracting an STD

- Some are incurable.
- Some cause cancer.
- Some cause complications that affect the ability to reproduce.
- Some can be passed from an infected female to her child before, during or after birth.

# Abstinence

- Abstinence is the **BEST** way to prevent exposure to an STD.  
Abstinence is:
  - The deliberate decision to avoid harmful behaviors, including sexual activity before marriage and the use of tobacco, alcohol, drugs or other harmful activities.

# Chlamydia

# Chlamydia

It is known as the silent epidemic because it often produces NO symptoms. It can cause pelvic inflammatory disease (PID), a potentially fatal condition in women.

- TYPE: Bacterial
- Occurrence: One of the most common STDs in the United States, with over 2 million new cases each year.
- Early symptoms, if they occur, will usually do so within 3 weeks of exposure.

# Chlamydia Symptoms

- Women: 80% of women have no symptoms until serious complications occur. Early symptoms include:
  - unusual vaginal discharge
  - a burning sensation with urination
  - unusual vaginal bleeding
- Men: 50% of men show no symptoms. The most common include:
  - unusual discharge from the penis
  - a burning sensation on urination
  - itching and burning around the urethral opening
  - pain and swelling of the testicles
  - a low-grade fever

# Chlamydia Complications

## Chlamydia May Increase a Woman's Risk of Cervical Cancer

- It is a common cause of pelvic inflammatory disease (PID) and fallopian tube scarring which subsequently can lead to infertility and ectopic pregnancies.
- Infants of infected mothers can develop dangerous eye infections during birth, if left untreated.



# Chlamydia Treatments

- Treatment: Antibiotics

## Other Information

- 48% of all cases are reported in teens 15 to 19 years old.

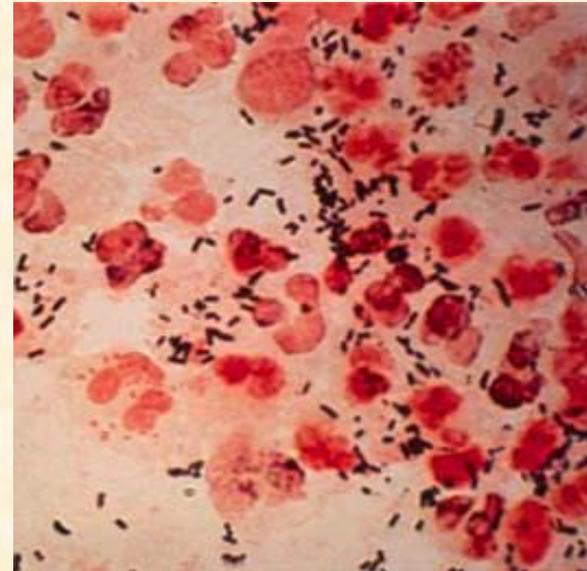
# Gonorrhoea

# Gonorrhea

Also known as “Drip” or “The Clap”

- Type: Bacterial
- Occurrence: Now the most common STD in America.
- There are over 5 million *new* cases a year in the United States.
- If symptoms appear, they will usually do so within 2-21 days after exposure.

**Gonorrhea Bacteria**



# Gonorrhea Symptoms

- Anyone:
  - Sore or red throat
  - Rectal pain
  - Blood and pus in bowel movements
- Men:
  - A watery discharge from the penis, which can become a thick yellow/green discharge
  - Itching or burning at the urethral opening
  - Pain with urination
- Women: 80% of infected women will notice no symptoms; among those that do:
  - Thick yellow or white vaginal discharge
  - Burning sensation with urination
  - Unusual lower abdominal pain

# Gonorrhea Complications

- Causes damage to the reproductive system of both men and women, frequently leading to infertility.
- Most common in the genital area, but can also infect the eyes, throat, and rectum.
- If left untreated it can cause a form of blood poisoning that can lead to arthritis, skin problems and heart and brain infections.
- Babies born to infected mothers can develop blindness due to infection of the eyes during birth (hence the requirement of most states that infants' eyes be treated with antibiotics after birth).

# Gonorrhea Treatments

- Treatment: Antibiotics

## Other Information

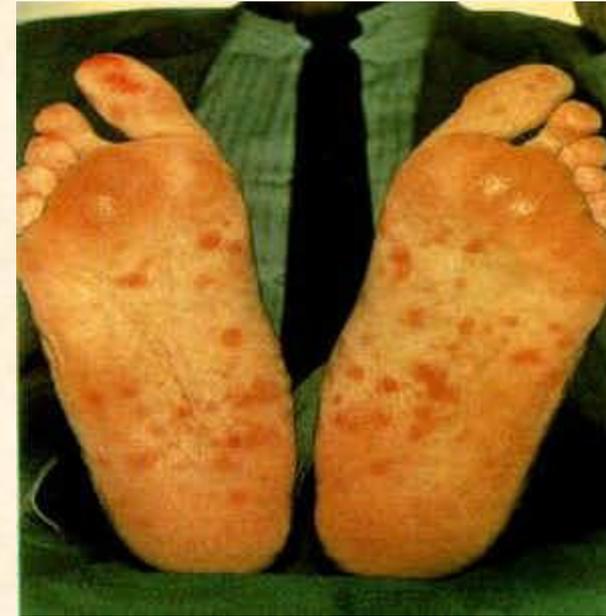
- Highest rates of gonorrhea infection are found in females from 15 to 19 and in males from 20 to 24 years old.

# Syphilis

# Syphilis

- Type: Bacterial
- Occurrence: Over 150,000 new cases a year in the United States.
- Symptoms will occur 1-12 weeks after exposure.
- Symptoms of secondary syphilis will appear about 6 weeks after the chancre has disappeared.
- The secondary symptoms will disappear within 2-6 weeks, beginning the latency stage.
- Tertiary symptoms appear years after the initial infection.

## Rash caused by Syphilis



# Syphilis Symptoms

- Primary Syphilis: A small, painless, red bump at the site of infection, known as a chancre.
- Secondary Syphilis: Flu-like symptoms and a rash that resembles measles but doesn't itch or hurt.
- Latency: No symptoms for years.
- Tertiary Syphilis: Large ulcers devastate the muscles, mouth, liver, lungs, eyes, heart, brain and spinal cord.
- Congenital Syphilis: The infant is born with brain damage, blindness, deafness, and/or deformities of the bones and teeth.

# Syphilis Complications

- If untreated, syphilis can eventually lead to brain damage, psychosis (mental disease), heart disease, organ damage, paralysis, blindness and death.
- In pregnant women, it can lead to miscarriage as well as severe birth defects.

## Effects of Syphilis

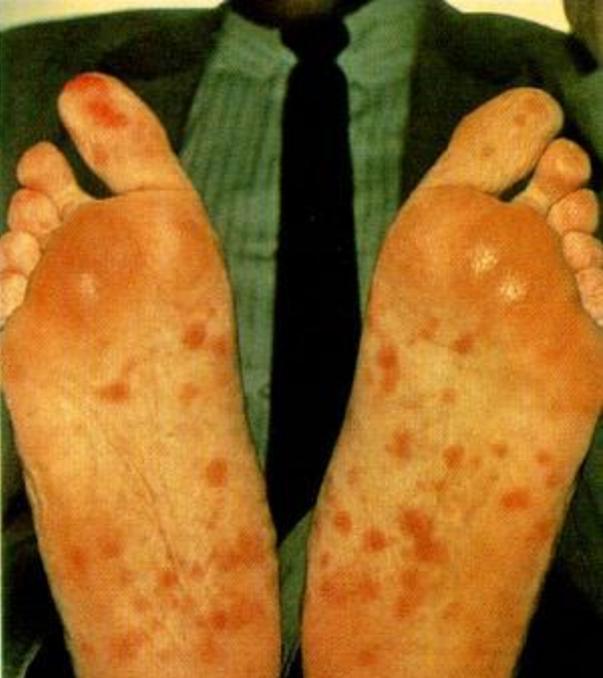


# Syphilis Treatments

- Treatment: Antibiotics

## Other Information

- It has often been called “The Great Imitator” because so many of the signs and symptoms are indistinguishable from those of other diseases.



# Genital Herpes

# Genital Herpes Simplex Type 2

- Type: Viral-(NO CURE!)
- Occurrence: 45 million people, ages 12 and up, (1 out of 5 teens) have Genital Herpes.
- Not every form of herpes is an STD. Cold sores are a type of herpes, (Type 1).
- Symptoms show 2-20 days after contact and may be extremely painful or mild.
- The symptoms usually disappear within a week or two, but may flare up later.

# Genital Herpes Symptoms

- Anyone:
  - Fever
  - Small, painful red spots that turn into yellow blisters.
  - The blisters burst, leaving painful ulcers that heal in about ten days.
  - Then, the virus becomes dormant, but symptoms can reoccur for the rest of one's life; however, the first outbreak is usually the most severe.
- Male:
  - Small sore or cluster of blisters on the penis
- Female:
  - Internal sores
  - Itching, burning and blisters in or around the vagina
  - Fever
  - Headaches

# Genital Herpes Complications

- Genital herpes cannot be cured.
- It may cause cervical cancer in women.
- A pregnant woman with active herpes can infect her baby during delivery.
- To prevent herpes in the newborn, a mother may have to have her baby C-Section.
- A baby who survives severe infection usually suffers physical or mental damage.



# Genital Herpes Treatments

- Treatment: There is NO cure, but medication can help relieve the symptoms

## Other Information

- Nationwide, 35% of the adolescent population is infected with genital herpes.

# Genital Warts

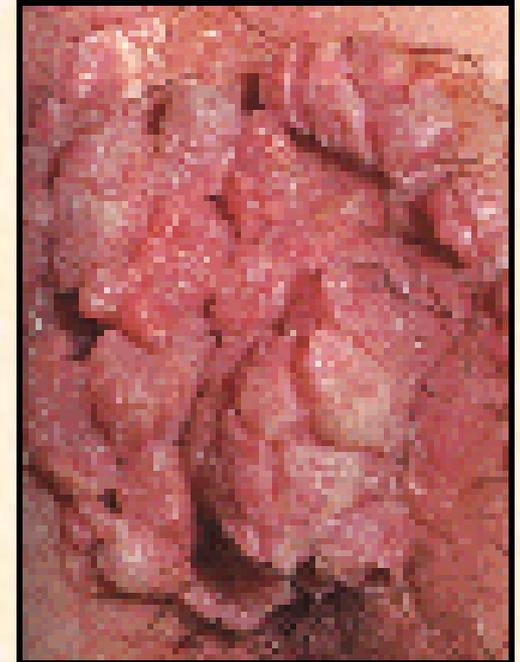
# Genital Warts

Human Papilloma Virus (HPV), commonly known as genital warts, can remain in your system for years.

- Type: Viral (NO CURE!)
- Occurrence: It is one of the most common STD's in the U.S., with over 3 million new cases a year.
- Symptoms are likely to appear 1 to 3 months after exposure.
- Warts can be removed via laser, freezing, acid solution, or surgery. However, the virus that causes the warts is still there.

# Genital Warts Symptoms

- **Both Men and Women:**
- Flat, smooth, bumpy, or round warts on the genital region (either internal or external) which can be invisible to the naked eye.
- Can spread and develop a cauliflower-like appearance.
- 50% of those infected never develop warts, but may still be infectious to others.



# Genital Warts Complications

- Has been associated with precancerous and cancerous cell changes on the cervix or other genital areas.
- If left untreated, can block the opening to the urethra, vagina or anus, causing great discomfort.
- There is no cure for genital warts.

# Genital Warts Treatments

- Treatment: There is NO cure, but medication and surgery can help relieve the symptoms

## Other Information

- A person infected with the wart virus may never see symptoms or have complications and can continue to spread the disease to others.

# Pubic Lice

# Pubic Lice or Crabs (Scabies)

- Type: Parasitic
- Crab lice are small, light brown, flat insects that cling to the pubic hairs, suck blood for nourishment, and fix their eggs (nits) to the pubic hairs.
- The blood sucking may cause little red sores and itching.
- Crab lice are almost always spread by close physical contact. They prefer the pubic hair and do not voluntarily leave the body.



# Crabs Symptoms/Complications

- Although some people infected with pubic lice have no symptoms, others may experience considerable itching around the genitals.
- You may see light-brown insects the size of a pinhead moving on the skin or oval eggs attached to your body hair.
- The main symptom of scabies is itching, especially at night. A rash may appear in the folds of skin between the fingers or on the wrists, elbows, abdomen, or genitals.

# Crabs Treatments

- The most effective treatments include shampoos and creams. Follow directions carefully.
- The infestation may be stubborn, and you may need to repeat the treatment.
- Avoid close contact with others if you have scabies or pubic lice. Wash clothes and bed linen in hot water, or dry-clean or press them with a very hot iron.

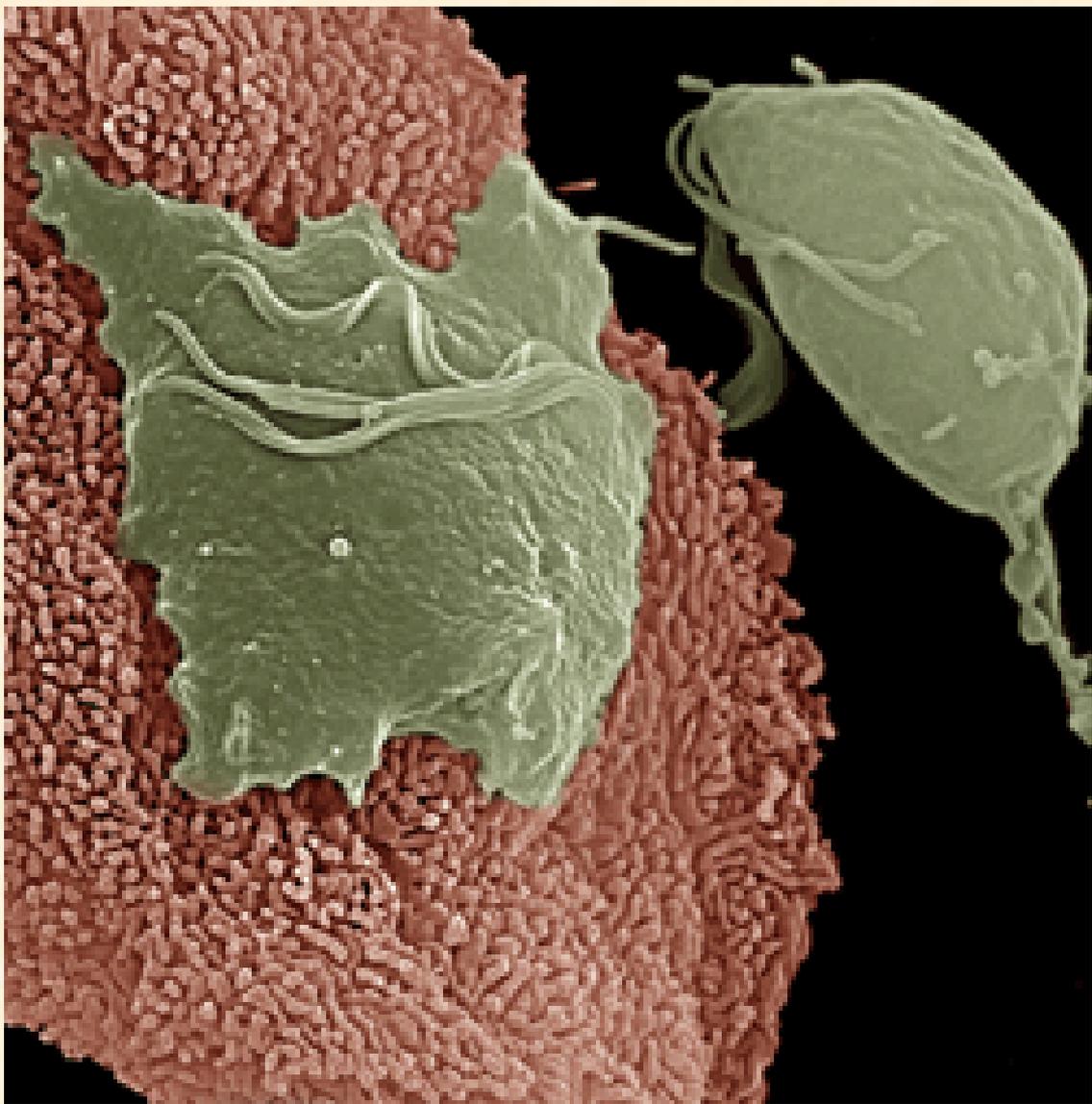
# Other Information

- None

# Trichomoniasis

# Trichomoniasis

- Type: Parasitic
- Occurrence: About 5 million Americans develop trichomoniasis every year.
- The disease is harder to diagnose in men than in women and women are more likely to get it.
- The infection often has no symptoms so many people don't know that they have it.



# Trichomoniasis Symptoms

- Men:
  - Irritation or burning feeling inside the penis.
  - Yellowish-green discharge
- Women:
  - Unusual discharge, with a strong smell, from the vagina.
  - Irritation or itching around the genitals.

# Trichomoniasis Complications

- Has been associated with increased risk of transmission of HIV
- May cause pre-maturity and low birth weight in infants

# Trichomoniasis Treatments

- Medications and antibiotics

## Other Information

- None

HIV

# HIV

## (Human Immunodeficiency Virus)

- Type: Virus (NO Cure!)
- "H" is for Human, meaning that only humans get this virus. You can't get infected from a pet or mosquito.
- "I" is for Immunodeficiency, meaning that this virus causes your immune system to have some serious problems. It makes it easier for you to get sick and harder for you to get well.
- "V" is for Virus, which refers to the specific type of germ that causes the disease. Unfortunately, viruses can't be killed because they aren't alive. You can't take medicine like an antibiotic to get rid of HIV. Viruses stay with you forever.

# HIV Symptoms/Complications

- The virus destroys the cells that are the primary infection fighters. Once the immune system weakens, a person infected with HIV can experience the following:
  - Lack of energy
  - Weight Loss
  - Frequent fevers and sweats
  - Skin rashes or flaky skin
  - Short-Term memory loss

# HIV Treatments

- There is no cure for HIV, but medications can help relieve the symptoms.

# Other Information

- HIV is linked to an immune system malfunction and ultimately results in the condition known as AIDS.

# AIDS

# AIDS

(Acquired Immunodeficiency Syndrome)

- Type: Viral – (NO Cure!)
- It is estimated that the diagnoses of AIDS cases in the US is around almost 900,000 and rising.
- Of those, the adolescent AIDS cases estimates around 215,000.
- Almost 9,300 AIDS cases were estimated in children under the age of 13.

# AIDS, cont.

- Worldwide, **40 million people are estimated to be living with AIDS**. Of these, 37 million are adults and **2.5 million are children under 15**.
- Symptoms develop within months or sometimes years after exposure.

# How did it all start?

- Although research is still being done to find the root cause of the outbreak, many scientists believe that the virus is similar to one found in chimps and monkeys in Southern Africa.
- In the late 1920's, Africans began hunting and eating these animals "infected" with the virus. In the animals themselves, the virus strain was perfectly normal. In humans, however, it attacks the immune system.
- Once this virus passed into the blood stream, either from eating the infected food or cross-contaminating blood streams through cuts or sores, it began to attack the immune system. It is presumed that this virus has taken on several forms to become the deadly disease that we know it as today.

# AIDS Symptoms/Complications

- Possible flu-like symptoms following infection, but generally no symptoms during the early phase. A variety of later symptoms include fever, fatigue, weight loss, night sweats, diarrhea, swollen lymph nodes, cough, dementia, skin blotches, vision loss, coma and death.
- The compromised immune system becomes open to opportunistic infections, ultimately leading to death in most cases.

# AIDS Treatments

- Although there is no cure, new antiviral and combination therapies have been shown to be remarkably effective in reducing the level of the active virus in many individuals.

# Other Information

- AIDS is diagnosed when a person tests positive for HIV and also has one or more of the "opportunistic infections" of AIDS (there are 27) and/or has a laboratory marker test of 200 or less T-cells.