

# Sexually Transmitted Infections

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# STD or STI?

- Terms are used interchangeably
  - Infection: a germ that can cause disease is in your body
  - Disease: Symptoms of infection, making you feel sick

Are STDs really that big of a deal?

**YES**

- A 2008 study showed that 1 in 4 teen girls has an STD.
- Every year 3 million teens--about 1 in 4 sexually active teens-get a STD
- Chlamydia and Gonorrhea are four times as prevalent in young people (15-24) than the rest of the population
- These STDs can be transmitted through activities other than intercourse, including oral sex, and in some instances, skin to skin contact.

# So...Who's at Risk?

Anyone who has had sex or used recreational drugs is at risk for a STD and HIV

The more sexual partners, the greater your risk. It also increases if you have ever been under the influence of a substance, even alcohol, while having sex.

Contracting an STD increases your chances of getting HIV, and vice versa.

# General Symptoms

- Many people with an STD have no symptoms
  - Up to 50% of women and 10 % of men with Gonorrhea have no symptoms
  - 75% of women and 50% of men have no symptoms of Chlamydia infection

Even though you may not have symptoms, the infection can be causing long term damage including damage to reproductive tract which could make reproduction more difficult, and internal organ damage.

# Symptoms

If you have these symptoms, go to a doctor or STD clinic:

- Unusual discharge
- Pelvic pain
- Burning or itching
- More frequent urination
- Swelling or redness in your throat
- Flu-like feelings
- Swelling in your groin

# Virally Transmitted STDs

- Genital Warts (HPV)
- Herpes (HSV)
- Human Immunodeficiency Virus (HIV)
- Can not be cured, but symptoms can be treated.

# Genital Warts

## Human Papillomavirus

- Highly contagious, spread through direct skin-to-skin contact during oral, genital, or anal sex with an infected partner
- There are over 40 different strains of HPV. Many cause minor or no symptoms in the body. A few strains lead to genital warts.
- A few other strains can lead to cancers of the cervix, vulva, vagina, penis, anus, and head and neck
- Cervarix and Gardasil
  - Most effective before first sexual encounter
  - Cervarix or Gardasil for women ages 11-26
  - Gardasil recently approved for men ages 9-26
- Wart removal is possible treatment

# Herpes

## Herpes Simplex Virus

- Two types, HSV-1 and HSV-2
- Genital Herpes is an extremely common; one in six people nationwide are infected
- Genital Herpes is transmitted through sexual contact, including oral sex, and in some cases skin to skin contact. Blisters don't have to be present in order to spread the virus
- Blisters are very painful, last 1-3 and are recurring

# HIV

- Four fluids transmit HIV
  - Blood
  - Semen
  - Vaginal Fluids
  - Breast Milk
- Generally transmitted through sex or drug use
- HIV- Human Immunodeficiency Virus
- AIDS- Acquired Immunodeficiency Syndrome
- Attacks immune system (CD4 or T-cells), reproduces, kills cell, and repeats
- Weakens immune system to leave person susceptible to infection and disease

# HIV

- In the US, the CDC estimates that 1 in 220 people were living with HIV in 2006.
- 1 in 5 people who have HIV are undiagnosed
  - They account for about 54% of transmission each year.
- The North Central Region had 24 people newly diagnosed with HIV or AIDS in 2010 with over 450 people living with the disease.
- 18 people were diagnosed with HIV in 2010. 39% (7) were under the age of 24.

# Bacterially Transmitted STDs

- Gonorrhea
- Chlamydia
- Syphilis
  
- Trichomoniasis (*technically a protazoa, but very easily treated*)

# Gonorrhea

- The CDC estimates there are more than 700,000 new cases of Gonorrhea each year
- Boone County had 274 reported cases in 2010
  - it is estimated that only half of the actual number of cases are reported.
- Cooper County had 6 reported cases.

# Gonorrhoea

- People under the age of 24 are four times as likely to have Gonorrhoea as the rest of the population
- Gonorrhoea can lead to Pelvic Inflammatory Disease (PID) and to ectopic pregnancy in women, and epididymitis in men, both of which can lead to infertility

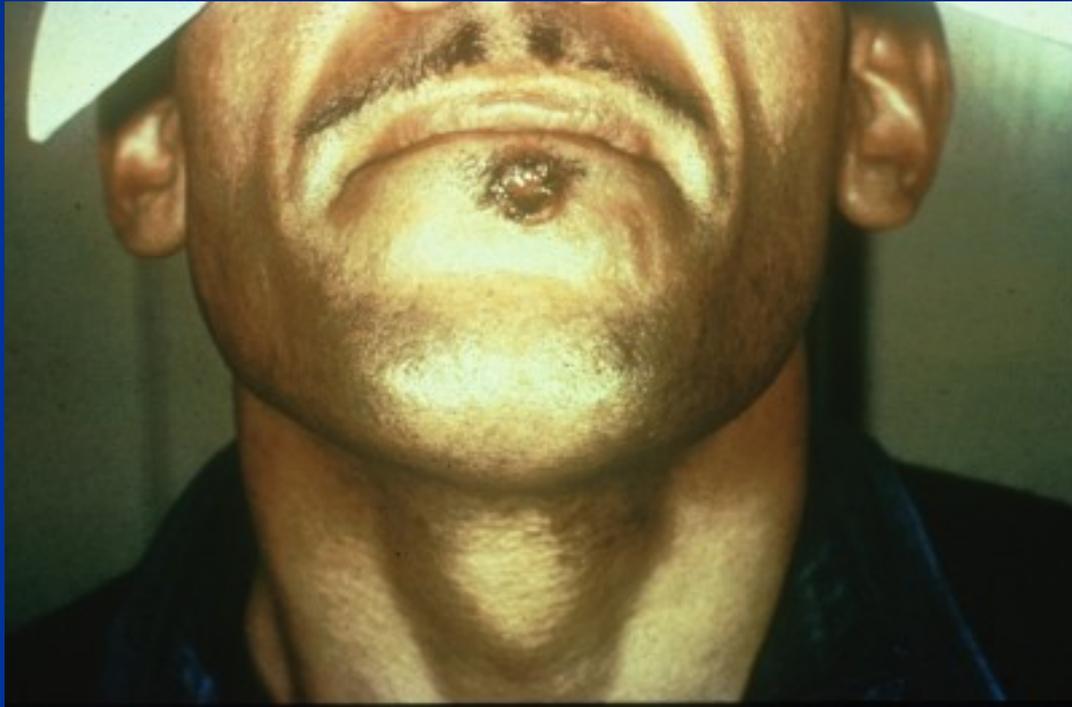
# Chlamydia

- Chlamydia is known as a "silent" disease because about three-quarters of infected women and about half of infected men have no symptoms.
- Women infected with Chlamydia are up to five times more likely to become infected with HIV, if exposed.
- Boone County had 973 cases in 2010, a 119% increase from 2000
- Cooper County had 34, a 100% increase

# Syphilis

- Syphilis has three stages, primary, secondary, and tertiary
  - Primary symptoms include a chancre. This open sore is the area in which the syphilis bacteria entered the body. It increases the risk of contracting HIV 2- to 5-fold
  - Secondary symptoms appear a few weeks after the primary symptoms and include localized rashes
  - Tertiary Syphilis occurs years after P&S syphilis. In this stage, the bacteria have infected the brain, causing blindness and dementia, and destroy the heart valves. If not treated, it will lead to death
    - Al Capone died of Syphilis
- Boone County saw a 175% increase in diagnoses from 2000 to 2010

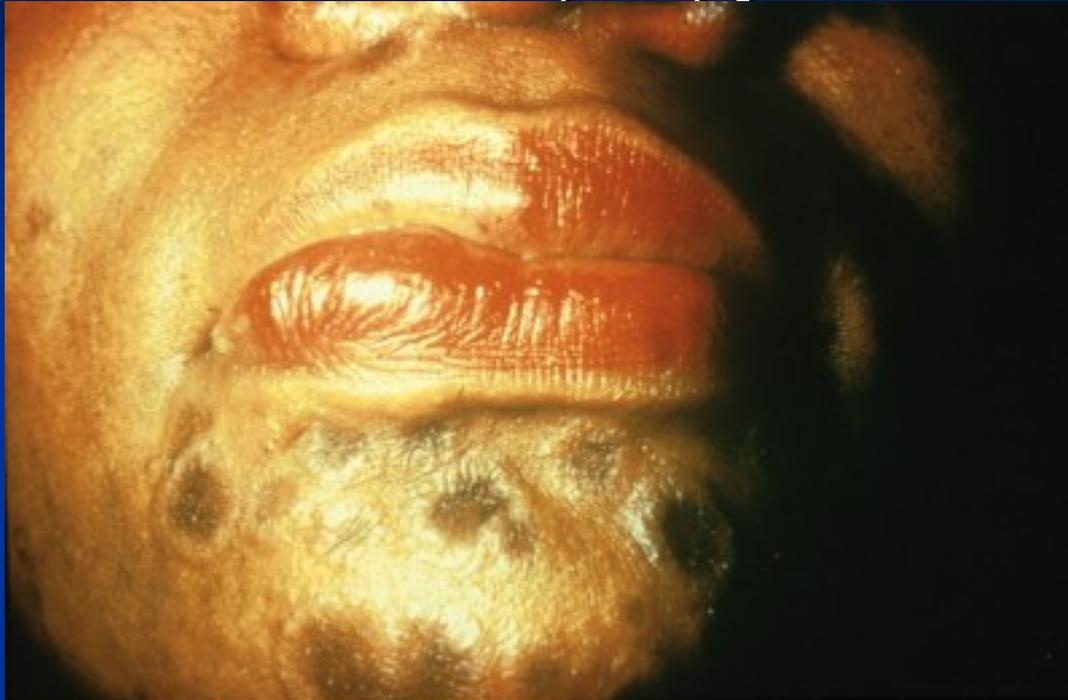
# Primary syphilis - chancre



# Secondary syphilis



# Secondary syphilis



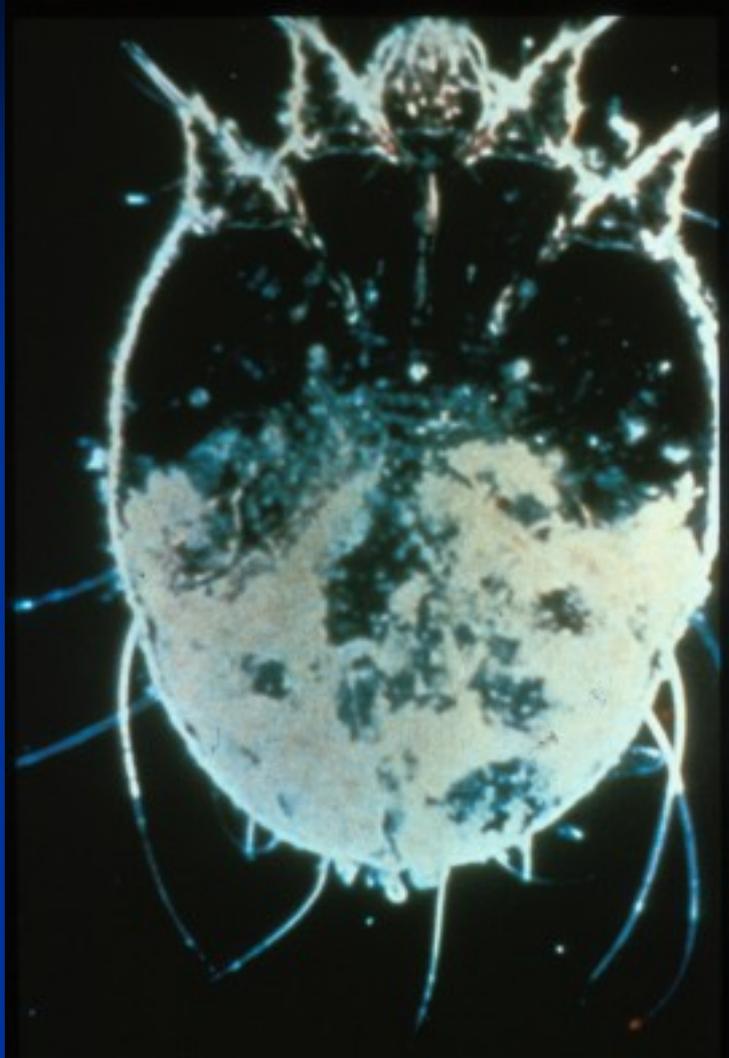
# Trichomoniasis

- Trichomoniasis is the most common curable STD in young, sexually active women. An estimated 7.4 million new cases occur each year in women and men.
- Most men with trichomoniasis do not have signs or symptoms. Because of this, men can unknowingly infect or reinfect their partners
- Discharge, pain, itching and irritation

# Lice and Scabies

# Female Crab Louse





# Reducing Your Risk

- Abstinence
- Monogamous Relationships
  - Condoms

# Other Barrier Methods

- Polyurethane Condoms
- Female Condoms
- Dental Dams

# DON'T FORGET

- No grease, oils, or lotions. Use only water-based lubricant
- Use a new condom each time you have sex and each time you change the type of sex you are having
- Check the expiration date and never use old condoms
- Store condoms in a cool, dry place. Never in your back pocket or glove compartment

## **Do not use a condom if:**

- The package is broken.
- The condom is brittle or dried out.
- The color is uneven or has changed.
- The condom is unusually sticky

# Finally.....

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