

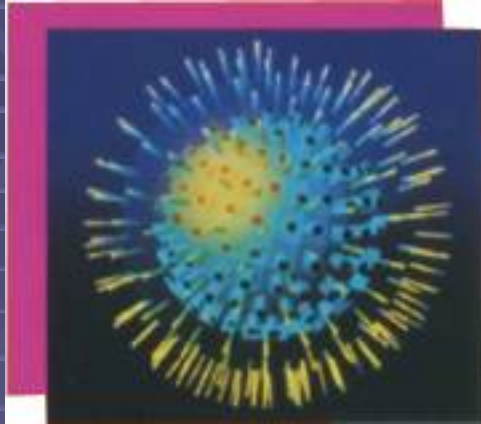
SEXUALLY TRANSMITTED INFECTIONS

April is STI AWARENESS MONTH

WHAT IS A SEXUALLY TRANSMITTED INFECTION?

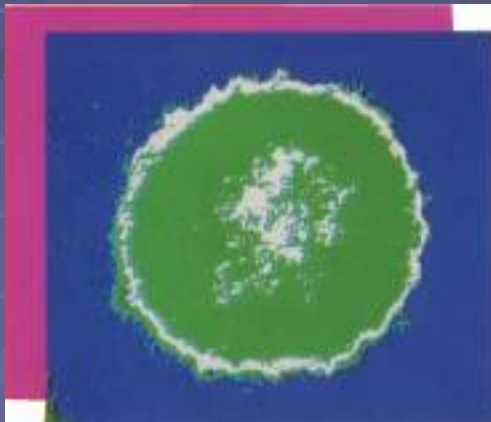
- A sexually transmitted infection (STI) is an infection that is almost always spread by sexual contact.
- STIs have been called a "hidden epidemic" in the United States.
- STIs don't discriminate — they infect sexually-active people from all races, social classes and religions.
- Certain STIs can be spread even without sexual intercourse — by intimate skin-to-skin contact or by touching infected clothes, sheets or towels.
- If not treated, many STIs can cause health problems such as pelvic inflammatory disease (PID), infertility, ectopic pregnancy, and an increased risk for HIV transmission.

BACTERIA OR VIRUS?



BACTERIAL STIs

gonorrhea
chlamydia
syphilis



VIRAL STIs

genital herpes
genital warts
hepatitis B
HIV

- An STI that is caused by bacteria can be treated with antibiotic pills or injections.
- Bacterial STIs can be cured, but they can also be re-acquired if safer sex practices are not followed.
- An STI that is caused by a virus cannot be cured. This means that the infection — and the risk of spreading the virus — lasts a lifetime.
- At least 65 million people are believed to be infected with a viral STI. That is more than **one in five** Americans.

WHO GETS INFECTED?



1 in 3

□ Young people between the ages of 15 and 25 are at the highest risk of contracting an STI. More than 15 million new STI cases are diagnosed each year in the US. Approximately one-fourth of these infections occur among teenagers.

That means:

- 3,750,000 teens every year
- 10,273 teens every day
- 428 teens every hour
- One teen every seven seconds

By the age of 24, **ONE IN THREE** sexually active people will have contracted an STI.

WHO IS AT RISK?

- You can't tell by looking if someone has an STI. In fact, many people who are infected don't even know it themselves!

You are at risk of contracting an STI if:

- You are sexually active
- You have multiple sex partners
- You rely on condoms or other forms of birth control for STI protection
- You have sex under the influence of alcohol or drugs
- You trust that someone doesn't have an STI because he or she "looks healthy"

SEE A DOCTOR IF YOU EXPERIENCE...

- Pelvic pain
- Burning or pain during urination
- Swelling or rash in the groin area
- Unusual odor from the genitals
- Sores, bumps or blisters near the mouth or genitals
- Soreness or inflammation of the genitals or groin
- Burning or itching around the genitals
- Flu-like symptoms such as fever, chills and aches
- Pain during intercourse
- Irregular menstrual cycles
- Unusual discharge from the genitals

Don't try to diagnose the problem by yourself.
See a doctor immediately if you experience any of these symptoms.

DON'T WAIT – GET TESTED!



Early detection is very important. If an STI is left untreated for a longtime, it may cause permanent damage.

Sexually active people should have annual physical exams that include a screening for STIs.

Many STIs are "silent" — they have no symptoms. Regular screening is the only way to know if you're infected.

Being infected with an STI makes you three to five times more likely to contract HIV than non-infected individuals.

TRANSMISSION MYTHS & FACTS

For most STIs (including HIV)
you cannot get infected by:

...Casual contact ...shaking hands ...sitting on a toilet ...hugging someone

...Drinking from a water fountain

...Sharing food or utensils

...Touching a doorknob

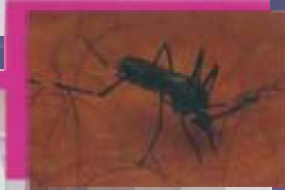
...Being bitten by an insect

...Being coughed or sneezed on

...Using a sauna, Jacuzzi or swimming pool

...Touching a person's tears or sweat

HIV is **not** transmitted by day-to-day contact in the workplace, schools, or other social settings.



ABSTINENCE

The only 100% risk-free behavior is abstinence.

Abstinence means not engaging in oral, vaginal, or anal sex, or any kind of intimate sexual contact.

Being abstinent doesn't mean that you can't show affection. There are many positive ways to express your feelings for another person without having sex or intimate physical contact. For instance:

- Flirt with each other
- Watch a sunset together
- Send flowers
- Play footsie
- Throw a party together
- Write letters to each other
- Choose a special song together
- Eat dinner by candlelight
- Hold hands
- Go dancing

SAFER SEX

- **"Safer sex" means** using a latex condom to lower your risk of contracting an STI.
- A latex condom gives some protection against certain STIs, but it can still break or slip off.
- Washing the genitals, urinating or douching after sex does not prevent STIs.
- Anyone who chooses to have sex is taking a risk. The only way to lower the risk is to use a latex condom for any kind of sexual activity.
- Sexual responsibility means telling your partner if you have an STI.
- Your partner has the right to know before you have sex.

**Abstinence provides the only 100%
sure protection against STIs.**

THINKING ABOUT SEX?

If you are thinking about having sex, answer these questions first:

- Am I ready for this kind of relationship?
- Am I considering the physical and emotional impact this will have on my life?
- Am I making this decision freely without pressure from others?
- Is my partner willing to share the responsibility of preventing STIs and pregnancy?
- Are my partner and I fully aware that condoms do not give full protection against STIs?
- Am I willing to be tested regularly for STIs at my local health clinic?

If your answer to any of these questions is NO, you would be wise to reconsider your decision.

GONORRHEA CAUSED BY THE BACTERIUM *NEISSERIA GONORRHOEAE*

- Each year, doctors report over 650,000 new cases of gonorrhea (also known as the "clap") in the United States.
- Females in the 15 to 19 year-old age group have the highest rates of gonorrhea in the nation.
- Gonorrhea is extremely infectious – there is a 50 percent chance of contracting the disease from a single sexual encounter with an infected person.
- Gonorrhea is usually curable with antibiotics, but the damage done to internal organs may be irreversible.
- Symptoms of infection may not appear in women, but are common among men. Symptoms include a painful, burning sensation during urination, and pus in the urethra.
- Untreated gonorrhea can lead to infertility, blindness, arthritis, and pelvic inflammatory disease in women.

SYPHILIS CAUSED BY THE BACTERIUM *TREPONEMA PALLIDUM*

- Each year, an estimated 101,000 new syphilis cases occur in the United States.
- Syphilis is usually transmitted by sexual contact, or via a sore on the mouth.
- **If left untreated, syphilis progresses in three stages:**
 - In the primary stage, a painless red sore (called a "chancre") appears. The sore will eventually heal, but it is filled with highly contagious bacteria.
 - In the secondary stage, there are flu-like symptoms and contagious sores all over the hands, feet and mouth.
 - In the tertiary stage, there is damage to the liver, brain and heart. Paralysis and death are likely.
- Syphilis can be cured with a long cycle of penicillin treatments if diagnosed early enough.
- Syphilis has been called "the great imitator" because so many of the signs and symptoms of the disease are indistinguishable from other diseases.

CHLAMYDIA CAUSED BY THE BACTERIUM *CHLAMYDIA TRACHOMATIS*

- Chlamydia is the most common bacterial infection in the United States. It's known as a "silent STI" because an individual may not even be aware of the infection or the need for medical treatment.
- The Centers for Disease Control (CDC) estimates more than three million new chlamydia cases occur each year. Nearly 40 percent of these cases are reported among those ages 15-to-19 years old.
- Chlamydia can be cured with antibiotics if diagnosed early. An untreated chlamydia infection can cause infertility.
- In women, untreated chlamydia often spreads from the cervix into the uterus, where it can lead to pelvic inflammatory disease.

GENITAL WARTS CAUSED BY *HUMAN PAPILOMA VIRUS (HPV)*

- Human Papilloma Virus (HPV) infection is the most common viral STI today. As many as one million new infections occur each year.
- Up to 20 million Americans are infected with HPV. People infected with HPV may not show any symptoms.
- HPV is transmitted by direct skin-to-skin contact with an infected individual. Transmission can occur even if genital warts are not present.
- Genital warts usually start as small bumps in the genital area or anus. They may have a cauliflower-like appearance as they grow larger. They are very contagious.
- Although doctors can remove the warts with liquid nitrogen, the virus remains active in the body.
- HPV can lead to cancer of reproductive parts of both male and female. Cervical cancer is the second leading cause of cancer deaths among women in the U.S.

TRICHOMONIASIS CAUSED BY THE PARASITE *TRICHOMONIASIS VAGINALIS*

- Trichomoniasis, or "trich," is caused by a single-celled protozoan that uses its whip-like tail to propel itself through vaginal and urethral mucus.
- An estimated five million new cases occur each year.
- The symptoms of trichomoniasis are different in men than in women. Some men may experience a mild urethral itching or discharge and a burning sensation after urination or ejaculation.
- Women develop a frothy, foul smelling, green-white or yellowish vaginal discharge. There may be discomfort during intercourse.
- Trichomoniasis can be successfully treated with antibiotics. Sexual partners should be treated at the same time, even if they have no symptoms.

ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS) CAUSED BY *HUMAN IMMUNODEFICIENCY VIRUS* (HIV)

- HIV can be transmitted only if contaminated blood or body fluids are present. HIV particles can exist in body fluids such as semen, vaginal fluids and breast milk, as well as in human saliva (although in negligible amounts). HIV cannot live long outside the body.
- HIV is spread by sexual contact or by sharing needles with an infected individual. It is now less commonly spread through infected blood transfusions.
- Young people under the age 24 are the fastest growing segment of the population with HIV infection.
- Nearly 70 percent of infected persons will show initial symptoms of infection, but these symptoms — sore throat, headache, fever, swollen lymph nodes — are easily mistaken for the flu.

ACQUIRED IMMUNE DEFICIENCY SYNDROME (AIDS) CAUSED BY *HUMAN IMMUNODEFICIENCY VIRUS* (HIV) (continued)

- The term AIDS refers to the most advanced stages of HIV infection.
- AIDS was once considered a disease that affected only certain risk groups, but in recent years it has become a concern for anyone who is sexually active.
- AIDS is the leading cause of death for people between the ages of 24 and 44. Nearly one million Americans are infected with sexually-transmitted HIV today.
- Although new drugs can suppress how quickly the virus spreads through the body, **AIDS is still an incurable and eventually fatal disease.**

VIRAL HEPATITIS B CAUSED BY *HEPATITIS B VIRUS (HBV)*

- Hepatitis B (HBV) is the only STI that can be prevented with a vaccine.
- It is estimated that 120,000 infections occur through sexual transmission annually. Young adults are the risk group most commonly infected with HBV.
- Symptoms include jaundice, fatigue, muscle aches, abdominal pain, nausea, vomiting and dark urine.
- About 30 percent of those infected with HBV show no symptoms of the disease.
- There is no cure for HBV if the preventive vaccine is not given before infection can occur.
- Hepatitis B is spread via sexual contact with an infected person, sharing intravenous needles, or other contact with the body fluids of an infected person.
- Hepatitis B infects the liver. In its later stages, it can cause death due to cirrhosis or liver cancer.

PUBIC LICE CAUSED BY *PTHIRIS PUBIS*

- Pubic lice — also known as "crabs" — are small, wingless insects that burrow into the skin and survive on human blood.
- Pubic lice are usually transmitted through close sexual contact, but they can also be transmitted by sharing towels, sheets, or clothes with someone who is infected.
- Using a condom will **NOT** protect against pubic lice.
- Common symptoms include redness, swelling, and itching in the infected area where the insects burrow.
- Lice don't stay confined to the pubic region. They can move to the anus, eyelashes, and other parts of the body.
- These parasites can be killed with an insecticide lotion.

CANDIDIASIS CAUSED BY *CANDIDA ALBICANIS*

- Candidiasis is a common fungal infection caused by a yeast that lives in the intestines, mouth and vagina.
- Candidiasis (also known as "thrush" or "yeast infection") is not a classic STI, but is seen most commonly in sexually active people. Certain antibiotics, feminine hygiene products, and spermicides may also cause an overgrowth of the *Candida* fungus because they alter the pH balance in the vagina.
- Women with candidiasis usually experience genital itching or burning and may also develop a "cottage cheese-like" vaginal discharge.
- Males with candidiasis may experience inflammation or an itchy rash on the genital. Even if males do not develop symptoms, they can still be infected and transmit the infection to others.
- Candidiasis can be treated with over-the-counter medications, but you must see a doctor to confirm the diagnosis.

SCABIES CAUSED BY *SARCOPTES SCABIEI*

- Scabies is an infestation of the skin by a tiny parasitic mite. Symptoms include itching and welts in the genital area and burrowed lines beneath the skin.
- Infestation occurs through direct, skin-to-skin contact with an infected person. Contact must be prolonged. A quick handshake or hug usually will not spread the infestation.
- Infestation is easily spread to sexual partners and may also occur by sharing clothing, towels and bedding.

LEARNING MORE ...



To find out more about STIs and their symptoms, treatment and prevention, contact your doctor or local health clinic. Many state and county health departments sponsor free or low-cost clinics. Look in the Yellow Pages under "clinic" to find a clinic near you.

CDC National AIDS Hotline
800 CDC-INFO (800 232-4636)

<http://www.cdc.gov/hiv/resources/factsheets/index.htm>

CDC National STI Hotline
800 227-8922

<http://www.cdc.gov/std/>

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Thank you!

Questions?