Objectives:

You will learn about:

- Sexually Transmitted Infections (STI’s).
- How they are transferred.
- High risk behavior.
- The most common STI’s.
- How to protect yourself.
What is it?

- A contagious infection that’s transferred from one person to another through sexual intercourse or other sexually-related behaviors.
How is it Transferred?

- The organisms live on the mucous membranes that line the urethra, vagina, anus, and mouth.
- It is transferred by direct contact with a sore or lesion on the genitals or mouth.
- They can be transferred to another person during oral, vaginal, or anal intercourse.
Non Sexual Transmission:

- Some STI’s can also be transferred by direct nonsexual contact with infected tissue or fluids, like blood:
  - Hepatitis B
  - HIV

- Transmission includes:
  - Sharing needles
  - Contaminated blood transfusion
  - Child Birth
  - Breastfeeding (rarely)
High Risk Behaviors:

- Multiple sexual partners.
- A past history of any STI.
- A partner with a past history of any STI or with an unknown history.
- Using drugs or alcohol in a situation where sex might occur.
- Having a partner who is an IV drug user.
- Unprotected sex - anal/ oral/ vaginal.
Sex and Drugs:

Studies Show:

- Most people begin experimenting with alcohol during adolescence. The use of alcohol and sexuality often coincide.

- Important to know and understand that alcohol and drug use may impair one’s ability to make healthier choices.
Most Common STI’s:

- **Parasitic and fungal**: treated and cured
  - Trichomoniasis
  - Pubic Lice/Scabies
  - Candidiasis

- **Bacterial**: treated and cured
  - Chlamydia
  - Gonorrhea - Dose/Clap
  - Syphilis

- **Viral**: treated and controlled
  - Genital Herpes: Herpes Simplex
  - Genital Warts: Human Papilloma Virus
  - Hepatitis B
  - HIV/ AIDS
Who is at Risk?

Everyone who has unprotected sex.
General Symptoms - STI:

- Burning
- Rashes, warts or sores
- Painful intercourse
- Unusual discharge
- Itching
Chlamydia - Bacterial:

- One of the most common STI’s.
- **Transmission**: unprotected sex.
- No Symptoms: 80% of women, 50% of men
- **S/S**: itching, discharge, bleeding after sex, lower abdominal pain, painful urination.
- **Diagnosis**: swab
- **Complications**: Pelvic inflammatory disease.
- **Treatment**: Antibiotics: follow-up 4 weeks.
Chlamydia and Gonorrhea

- Most women have NO symptoms at first
- Sexually transmitted bacteria

Can spread upwards to cause scarring or blockage of tubes

Treatment:
Antibiotics. All sex partners must be treated.
Chlamydia - Male
Chlamydia - Female
Syphilis - Bacterial

- **Transmission**: Direct contact with a syphilis sore (Vaginal, anal or oral sex).

- **S/S**:
  - Primary Stage
  - Secondary Stage
  - Late and Latent Stages

- **Diagnosis**: Blood test, examining contents of chancre under a microscope.

- **Complications**: Can be passed from mother to baby during pregnancy and can lead to birth defects or death.

- **Treatment**: Easier to cure in early stages.

  - Treatment in later stages cannot reverse previous damage.
Syphilis - Male
Syphilis - Female
Gonorrhea - Bacterial

- **Transmission**: Contact with penis, vagina, mouth or anus. **Ejaculation does not need to occur for transmission.**

- **Diagnosis**: Sample from infected area, may be diagnosed by a urine test in women.

- **Male S/S**: Burning when urinating, white, yellow or green discharge from penis. May have painful or swollen testicles.
• **Female S/S:** Burning when urinating, increased vaginal discharge, bleeding between periods.

• **Complications:**
  - Women: Pelvic Inflammatory Disease.
  - Men: Epididymitis.

• **Can result in infertility for both men and women.**

• **Treatment:** Antibiotics, however new drug resistant strains of gonorrhea are emerging.
Gonorrhea - Male
Genital Herpes - Viral

- **Cause:** Herpes simplex virus.
- **Transmission:** Direct contact with the rashes, sores, or blisters of an infected person.
- Babies can be affected during birth.
- **S/S:** Blisters, rashes, sores. Can appear on any body part that was in contact with infected lesion.
- Sores and blisters are very painful.
- **Diagnosis:** Swab.
- **Treatment:** Is available.

No cure
Herpes - Male
Herpes - Female

Herpes

- Small, painful sores or blisters
- Usually heal in 1-3 weeks
- Can come back weeks, months, or years later
- Sexually transmitted virus

Treatment: Antiviral ointment or pills to alleviate symptoms (not a cure). Regular Pap smears needed.
Genital Warts/HPV - Viral

- **Transmission**: Direct contact with infected area.
- **S/S**: May appear from 1 month up to 2 yrs. after exposure. Some show no symptoms. Looks like cauliflower.
- **Diagnosis**: May be detected with Pap Test, visual inspection.
- **Complications**: Can cause cell changes that may be linked to cancer.
- **Treatment**: Is available for genital warts.

*No cure*
Genital Warts

- Small, painless bumps (often cauliflower-like)
- If untreated, can spread to new areas
- Sexually transmitted virus

**Treatment:** Surface medication, antiviral injection, freezing, or laser. Regular Pap smears needed; biopsy may be needed.
Genital Warts - Female
Genital Warts - Male
HIV/AIDS:

- A serious condition that reduces the body natural ability to fight disease.
- **Transmission**: HIV is present in body fluids. (blood, vaginal secretions, semen).
- **S/S**: none at first, may take months or years to develop.
- **Diagnosis**: Blood Test.
- **Complications**: Death.
- **Treatment**: Medication is available.

No cure
AIDS Stats: NL – May, 2010

<table>
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<th>#HIV +</th>
<th>Male</th>
<th>Female</th>
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Highest risk category is:
- MSM (men who have sex with men): 122
- Heterosexual contact: 61
Trichomoniasis - Parasite

- The most common, curable STI in sexually active women. It can affect men too.

- **Transmission**: A parasite is transmitted to either the vagina or the male urethra through penis-vagina contact or vulva-vulva contact.
- **Male S/S:** mild to none. May have temporary irritation inside the penis, burning after voiding/ejaculating and mild discharge.

- **Female S/S:** frothy yellow/green discharge with a strong odor. Discomfort during intercourse and urination, itching in the genital area.

- **Diagnosis:** Physical exam and laboratory tests.

- **Complications:** Can increase a woman’s susceptibility of contracting HIV and transmitting HIV to her partners.

- **Treatment:** Prescription drugs.
Contact Tracing:

- Identification and diagnosis of persons who may have been in contact with an infected person.

- Notifying sexual partners of possible STI/ HIV.
How to Protect Yourself:

- Abstinence.

- Safer Sex:
  - Mutual Monogamy
  - Latex Condoms
  - Get Tested
  - Know the S/S
Summary:

- STIs can affect anyone
- You could have an STI and not have any symptoms.
- It’s important to use condoms and practice safer sex with every partner, every time you have sex.
For more information:

- Health Care Provider

- Western Health
  - Communicable Disease Control
  - Public Health Nurse

- AIDS Committee of NL: 1-800-563-1575

- AIDS Committee of Western NL [www.acwn.org]