



Western
Health

Sexually Transmitted Infections

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Objectives:

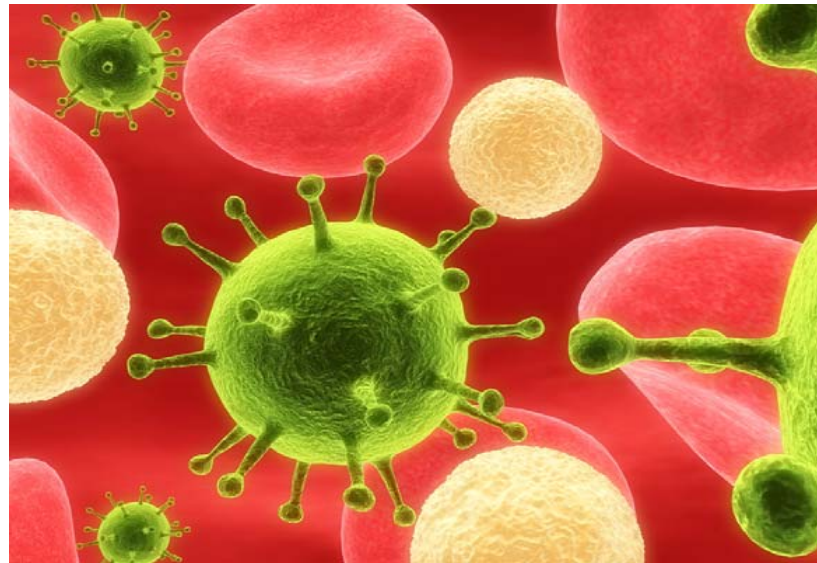


You will learn about:

- 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

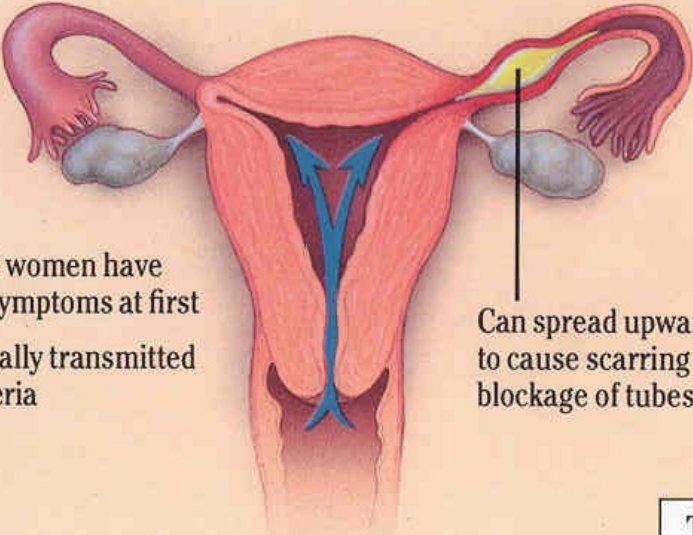




Chlamydia - Bacterial:

- 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

Chlamydia



Gonorrhea



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.

Gonorrhoea - 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



When sores are present, either inside or outside, you can give herpes to...



infant during delivery

sex partner

Treatment: Antiviral ointment or pills to alleviate symptoms (not cure). Regular Pap smears needed.

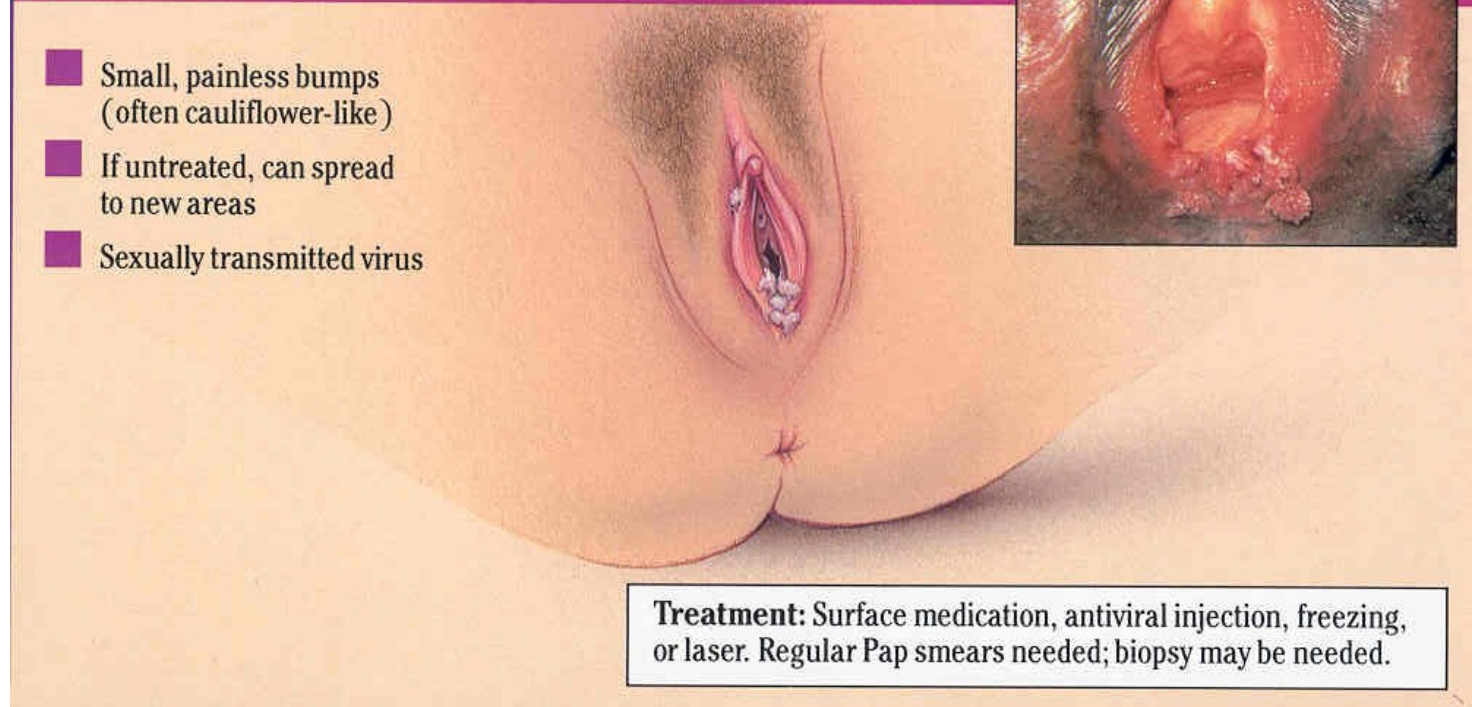
Genital Warts/HPV - Viral

- **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

#HIV +	Male	Female
256	202	54

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 to.
- **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

