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# Sexually Transmitted Infections Update

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may cause scarring and prokage of

automatic stages of MEX infections

## Sexually Transmitted Infections

Sexually transmitted infections are diseases spread from infected person to another through sexual intercourse or intimate skin to skin contact.

- / A. Many people (male or female) do not show symptoms of STDs, or they may not recognize the symptoms.
- B. People regard those who have an STD as "dirty, a slut, many sex partners, gross". These description may create a barrier for people to seek out diagnosis due to being classified negatively.
- / C. People who contract an STD are not bad people. They simply have come in contact with a disease that is contracted through sexual contact.
  - / 1. Modes of transmission include
    - a. skin to skin contact of infected site
    - b. exchange of bodily fluids
    - c. vaginal, oral or anal intercourse
- D. Ethnicity, culture economic status, gender and age.
  - 1. Approximately 12 million individuals are infected with an STD annually.
    - / a. one in 4 Americans aged 15-55 will become infected during their lifetime
    - b. one in 4 sexually active teenagers will graduate high school having been infected with a sexually transmitted infection
  - 2. / Native American have higher reported gonorrhea rate and higher death rate from syphilis.
  - 3. / Hispanic Americans, African Americans, and males who have sex with males all have higher incidence of syphilis.
    - a. Hispanic men may be reluctant to use condoms due to cultural reasons.
  - 4. / Low income individuals in urban areas are more likely to have sexually transmitted infections.
  - 5. / Sexually transmitted infections are considered epidemic among reproductive aged individuals.
    - / a. women at risk
      - 1) a woman is more likely to contract an infection from a one time encounter with an infected partner, than a man will contract it from a woman

- ✓ 2) women are less likely than men to have symptoms (asymptomatic)
- ✓ 3) it may be more difficult to diagnose STIs in women than in men
- ✓ 4) More women than men live below the poverty level than men, therefore impacting their ability to get to or receive health care.
- ✓ 5) women with frequent or chronic STIs are at higher risk for
  - a) ectopic pregnancies
  - b) infertility
  - c) perinatal infections
  - d) miscarriage
  - e) fetuses and children of women with STIs are often at risk for development of congenital abnormalities, mental retardation, illness and death

✓ 6. **It is estimated that 50% of infected individuals are between the ages of 15-24 years.**

✓ a. adolescents are less likely to take precautions to avoid transmission of an STI

✓ b. one in four sexually active people will have an STI at any given time  
1 in 4 sexually active teenagers will graduate high school having had an STI.

✓ c. two thirds of reported cases of gonorrhea and chlamydia are to individuals under 24 years.

**E. Treatment is vital for those that can be cured.**

a. diseases that are untreated can have life long affects

✓ b. untreated disease continues affecting the body even if symptoms disappear

**F. "Birth control" methods do not prevent transmission of STI.**

✓ 1. Proper use of a condom, female condom or dental dam may reduce the risk of spread of such diseases as gonorrhea, chlamydia, and HIV, Hepatitis B

✓ 2. The use of condoms may not reduce risk of skin to skin transmitted diseases if the location of infection is not on

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/ the penis or inside the vagina. Including Syphilis (1<sup>st</sup> stage), Herpes and Human Papilloma Virus (genital warts)

G. ✓ Abstinence is seen as the only method that is 100% effective for prevention of infection.

✓1. STI's can be transmitted through skin to skin contact.

✓2. Intercourse does not have to occur to become infected.

✓3. Intimate sexual contact such as kissing an infected area, or rubbing on an infected area may result in transmission of such viruses as genital herpes or cold sores.

✓4. STI's can be transmitted through vaginal, oral, and anal intercourse.

✓H. For best protection to prevent transmission is to maintain a long term mutually monogamous relationship.

1. Know your partner well prior to sexual contact.

2. And use a condom and spermicide to reduce risk.

3. Symptoms do not always need to be present for infection to be transmitted.

I. Infections & Pregnancy

✓1. Many infections can cause severe complications to a pregnancy, the fetus, or the baby during delivery.

✓2. Common vaginal infections and sexually transmitted diseases should be diagnosed and treated as soon as possible.

a. bacterial vaginosis has been linked to increased risk of miscarriage

## FACT SHEETS

### Viral V.S. Bacterial

- ✓✓ Viral infections can not be cured but symptoms may be treatable
- ✓✓ Four of the seven common sexually transmitted infections can not be cured.
- ✓✓ Viral infections may not develop symptoms for many years.
- ✓ Bacterial infections can be cured with antibiotic treatment, but may recur with repeated contact with infection.
- ✓✓ Some viral infections can be prevented with vaccine injections

### Symptoms

- ✓✓ Do not self diagnose, symptoms may include
  - ❖ Fever
  - ❖ flu like symptoms, fever, chills, aches
  - ❖ swelling in groin area
  - ❖ headaches
  - ❖ burning or pain during urination or a bowel movement
  - ❖ painful intercourse
  - ❖ abnormal discharge from penis or vagina
  - ❖ abnormal odor from the vagina
  - ❖ abnormal bleeding between periods, increase in menstrual cramps
  - ❖ blisters or sores
  - ❖ warts on genital area or mouth and throat
  - ❖ chronic itching of genital area
  - ❖ abdominal pain
- ✓✓ Symptoms may be mistaken for common illnesses
- ✓✓ Many people remain asymptomatic (without symptoms) or symptoms may not occur for years.
- ✓✓ Even though no present symptoms a person may still be infectious

### Behaviors

- ✓ Sexually transmitted infections can be transmitted through close intimate contact of infected areas or through exchange of bodily fluids containing infection.
- ✓ Anal, oral and vaginal intercourse, skin to skin contact of infected areas.
- ✓ Unprotected sexual contact with multiple partners
- ✓ Use of contaminated needles from IV drug use, or contaminated equipment from tattooing, body piercing, or manicure utensils.
- ✓ Any situation where blood may come into contact with non-intact skin.

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## SEXUALLY TRANSMITTED INFECTIONS

### Prevention

- ✓ Abstaining from contact of infected areas or exchange of infected bodily fluids.
- ✓ Condoms (male or female) will decrease the risk of transmission only if the infection is associated with the penis shaft or inside the vagina. Only use latex or polyurethane condoms.
- ✓ Many skin to skin diseases will not be covered by condoms & therefore can be transmitted.
- ✓ Have yourself and partner tested for STIs if possible exposure.
- ✓ Open communication with partner about past sexual history.
- ✓ Use reliable clean sources for body piercing, tattooing, and nail treatment.
- ✓ Use latex barriers if you think you will encounter blood or blood products.
- ✓ Perform genital self exams to recognize signs of infection early.
- ✓ Perform genital self exams to recognize signs or changes that may indicate infection.
- ✓ Females more likely to become infected with a single exposure from a male than a male will become infected by a female. Except for skin to skin transmitted disease.
- ✓ Get vaccinated for HPV, Hepatitis A and B
- ✓ Increase risk for infection is a spermicide is used and a female has an allergic reaction

### Communication

- ✓ Discuss with partner about past sexual history
- ✓ Since many people are asymptomatic awareness of infection may not occur for years.
- ✓ Recurrence of symptoms or related complications from infection does not indicate unfaithfulness.
- ✓ Long term consequences of an infection may affect current relationship
  - ✓ Inability to become pregnant from Pelvic Inflammatory Disease (PID)
  - ✓ PID- infection that has moved through the reproductive organs into the abdominal cavity, may cause scarring and blockage of fallopian tubes.

Periods of abstinence during symptomatic stages of viral infections

# CHLAMYDIA

## Facts

- ✓ Most common bacterial sexually transmitted infection
- ✓ Estimated more than 3 million people infected every year in the United States
- ✓ Many males and females may be asymptomatic, 75% or more
- ✓ 20-40 percent of women infected may develop Pelvic Inflammatory Disease

## How it is spread

- ✓ Direct contact with infected person, oral, anal or vaginal intercourse.
- ✓ Possible transmission to infant at birth.

## Diagnosis

- ✓ Urine sample
- ✓ Culture from penis or cervix.
- ✓ Culture may be taken during routine PAP Smear (need to check with clinician)

## Potential Complications

### Men

- ✓ Infertility (temporary decrease of sperm production while infected)
- ✓ Epididymitis (causing infertility) or prostatitis
  - - (infection of the epididymis or prostate)
- ✓ Reiter's syndrome (autoimmune, arthritis like condition)

### Women

- ✓ PID (causing infertility)
- ✓ Ectopic pregnancy (most common ectopic is tubal pregnancy which can be fatal)
- ✓ Reiter's syndrome (autoimmune, arthritis like condition)
- ✓ Perihepatitis (infection around the liver)
- ✓

### Infant

- ✓ Eye infection causing blindness
- ✓ Ear infection
- ✓ Pneumonia
- ✓ Death

## Treatment

- ✓ Curable with appropriate antibiotics

## Symptoms

- ✓ Pain or burning during urination, frequent urination
- ✓ Abnormal discharge
- ✓ Painful intercourse or abdominal pain (women)
- ✓ Bleeding between periods
- ✓ No symptoms

## GONORRHEA

### Facts

- ✓ 80% of females and 10% of males may be asymptomatic while infected
- ✓ If symptoms are present they will usually occur within 2 - 14 days after exposure
- ✓ As many as over half a million people are infected annually in U.S.
- ✓ Without treatment 10 to 40 percent of women may develop Pelvic Inflammatory Disease
- ✓ Often found in persons with Chlamydia

*Gonorrhoea of the Throat.*

### How it is spread

- ✓ Oral, anal and vaginal intercourse
- ✓ Possible transmission to infant during childbirth

### Diagnosis

- ✓ Culture from penis, vagina, throat or rectum

### Potential Complications

#### Men

- ✓ Epididymitis
- ✓ DGI in 2% of population (disseminated gonococcal infection, fever, skin lesions and arthritis type pain)

#### Women

- ✓ PID
- ✓ Ectopic pregnancy
- ✓ Infertility
- ✓ Perihepatitis (infection around the liver)

#### Infant

- ✓ Eye infections causing blindness

### Treatment

- ✓ Curable with appropriate antibiotic treatment

### Symptoms

- ✓ Painful urination
- ✓ Discharge from penis, vagina or rectum
- ✓ Pain in testicles
- ✓ Painful intercourse or abdominal pain
- ✓ Heavy bleeding during period, abnormal bleeding between periods
- ✓ Rectal pain, itching, bleeding or constipation



# SYPHILIS

## Facts

- ✓ Men and women can be asymptomatic
- ✓ First symptoms (sore at infected site) may appear within 10 to 90 days after exposure
- ✓ Sores often disappear without treatment, but the person is still infectious
- ✓ Is considered communicable for a period of up to two years, possibly longer.
- ✓ Increasing infection rates of men who have sex with men.

## How it is spread

- ✓ Anal, oral or vaginal intercourse
- ✓ Skin to skin contact of sores
- ✓ Congenital

## Diagnosis

- ✓ Blood test (may not be able to be detected for 2 to 3 weeks after exposure)

## ✓ Potential Complications

- ✓ Untreated syphilis can lead to destruction of soft tissue and bone, heart failure, insanity, blindness and a variety of other conditions which may be mild to incapacitating.
- ✓ Can be transmitted to her unborn child, which may result in death or deformity of the child. Tests of newborns or their mothers are required at the time of delivery.

## Treatment

- ✓ Curable with antibiotic treatment depending on what stage the infection is in.

## Symptoms

### Early stage

- ✓✓ Sore(s) which is painless and appears at the site of initial contact, lasting one to five weeks, may be accompanied by swollen glands

### ✓ Second stage

- ✓ Approximately six weeks after the sore
- ✓ Common symptom during this stage is a rash which may appear on any part of the body: trunk, arms, legs, palms, soles, etc.
- ✓ More general symptoms tiredness, fever, sore throat, headaches, hoarseness, loss of appetite and swollen glands
- ✓ These signs and symptoms will last two to six weeks, and will disappear in the absence of adequate treatment These signs and symptoms will last two to six weeks, and will disappear in the absence of adequate treatment

### ✓ Late stage

- ✓ Syphilis of over four years' duration may involve illness in the skin, bones, central nervous system and heart, and may shorten life, impair health and limit occupational efficiency.

## HERPES

### Facts

- \* ✓ 1 in 4 people are infected with Herpes Simplex
- ✓ Common herpes infection is in the form of a cold sore, fever blister which may have been contracted in childhood
- ✓ A cold sore can be transmitted to the genitals during oral sex
- ✓ Outbreaks likely to occur with physical or emotional stress, poor health or nutrition, during times of other illness, or during menstruation and pregnancy

### How it is spread

- ✓ Vaginal, oral or anal intercourse
- ✓ Kissing and touching of infected areas
- ✓ Skin to skin contact of infected areas
- ✓ From mother to infant during childbirth

### Diagnosis

- ✓ Visual exam of infected areas
- ✓ Culture of infection

### Potential Complications

- ✓ Neuralgia
- ✓ Reoccurrences can affect relationships
- ✓ Life threatening to infant

### Treatment

- ✓ No cure
- ✓ Medications to reduce reoccurrence and length of breakouts

### Symptoms

- ✓ Painful, itching rash of blisters
- ✓ Swollen lymph nodes
- ✓ Flu like symptoms, headache, fever, body aches
- ✓ Fatigue
- ✓ Emotional stress with outbreaks

## HIV/AIDS

### ✓ Facts

- ✓ May be most infectious during first month of infection
- ✓ May not be able to detect antibodies for 30 days yet the disease can be transmitted, may take 6 months for some
- ✓ Females are more likely to be infected by male partner, than a male partner will be infected by female partner
- ✓ More people living with HIV than in past years due to drug therapy
- ✓ Uncircumcised males may be at greater risk of infection due to absorption of the virus through the foreskin

### ✓ How it is spread

- ✓ Vaginal, oral or anal intercourse
- ✓ Contact with infected blood and blood products, IV needles, tattooing, piercing
- ✓ Mother to fetus

### Diagnosis

- ✓ Blood test looking for antibodies
- ✓ May not be able to be detected for 30 to 90 days after exposure

### ✓ Potential Complications

- ✓ Life threatening illnesses, associated with HIV
- ✓ Death

### Treatment

- ✓ No cure
- ✓ Treatment for symptoms
- ✓ Treatment to maintain immune system reducing associated illnesses

*10-20 pills everyday for the rest of life!*

### ✓ Symptoms

- ✓ May be asymptomatic while HIV positive
- ✓ Night sweats
- ✓ Frequent persistent cough
- ✓ Loss of weight or appetite
- ✓ Easily affected by illnesses
- ✓ Fatigue
- ✓ Specific illnesses related to AIDS

## HUMAN PAPILLOMA VIRUS (HPV) GENITAL WARTS

### Facts

- ✓ Symptoms may occur within 3 week to 9 months or not for 5 or more years
- ✓ Virus may be inactive for years
- ✓ HPV associated with the development of cervical cancer
- ✓ Increasing numbers of infections are occurring annually
- ✓ Accounts for about 90% of all cervical cancer

### How it is spread

- ✓ Vaginal, oral or anal intercourse
- ✓ Skin to skin contact of infected area
- ✓ Mother to infant during childbirth

### Diagnosis

- ✓ Visual inspection of infected area by clinician
- ✓ Colposcopy
- ✓ May be detected by abnormal pap smear

### Potential Complications

- ✓ HPV related to dysplasia (pre-cancerous changes on the cervix)
- ✓ Associated with 80% of current cases of cervical cancer
- ✓ Rare cases of penile cancer
- ✓ Low risk of obstruction of birth canal

### ✓ Treatment

- ✓ No cure
- ✓ Treatment to remove warts from skin surface
- ✓ Repeated treatments may be necessary if re-growth occurs

### Symptoms

- ✓ Often asymptomatic
- ✓ Small red or white bump around genitalia internal and external
- ✓ Cauliflower like growths on internal or external genitalia

### Prevention

- ✓ Gardasil - 3 shot vaccine will prevent 4 of the 5 most common types of HPV (Types 6, 11, 16, 18)
- ✓ HPV Types 16 and 18 cause 70% of cervical cancer cases, and HPV Types 6 and 11 cause 90% of genital warts cases.

## HEPATITIS VIRUS

### Facts

Hepatitis is a term used to describe liver inflammation caused by any variety of agents, including viruses, and bacteria. There are several kinds of viral hepatitis, hepatitis A and B are the most common.

### How it is spread

#### Hepatitis A

- ✓ Spread by direct or indirect contact with fecal material.
- ✓ You can get hepatitis A by eating contaminated raw or undercooked shellfish, eating food or drinking water contaminated with feces, and through sexual activity, particularly oral-anal contact.
- ✓ There is no danger of transmitting hepatitis A through pregnancy.

#### Hepatitis B

- ✓ Spread by contact with blood, semen, vaginal fluids, or other body fluids of an infected person.
- ✓ The virus can be spread by having sex without a condom or sharing needles with an infected person.
- ✓ Pregnant women who have the virus in their blood can pass it to their babies while giving birth.
- ✓ Sharing a toothbrush, razor, or anything else that might have blood on it can also spread the virus.
- ✓ It is 100 time more contagious than HIV.

#### Hepatitis C

- ✓ Spread by contact with blood and body fluids through sharing needle with a person who is infected.
- ✓ There is low risk that the hepatitis C virus can be spread by sexual contact or that a pregnant woman will pass it to her baby.

## Diagnosis

All hepatitis is diagnosed through a blood test.

## Potential Complications

### Hepatitis A

- ✓ Most people recover from hepatitis without severe consequences.
- ✓ Once you have been infected with hepatitis A you can not get it again, yet you may become infected with other hepatitis viruses.

### Hepatitis B

- ✓ Most adults (90%) who become infected become chronic carriers.
- ✓ Infants born to infected mothers often become chronic carriers.
- ✓ These people can develop chronic liver problems which can lead to liver cancer, cirrhosis (liver failure), and sometimes death.
- ✓ Carriers have the virus in their body fluids and can infect their families, housemates, and sex partners.
- ✓ An infected person should be tested after six months after their first test to see if they have become carriers.

### Hepatitis C

- ✓ A large percentage of people with hepatitis C will carry the virus in their blood for many months or years.
- ✓ A few people will have serious liver disease.

## Treatment

### Hepatitis A

- ✓ No treatment although an injection of gamma globulin before exposure (as for travelers) can prevent infection for five months.
- ✓ The gamma globulin may also prevent or reduce symptoms if given within two to six weeks after exposure.

### ✓ Hepatitis B

- ✓ The symptoms for most people will go away without treatment.

### Hepatitis C

- ✓ For those who have serious liver disease may be treated yet the treatment may not have any impact.

## Symptoms

### Hepatitis A

- ✓ Symptoms for hepatitis A may begin four to six weeks after exposure or a person may be asymptomatic.
- ✓ Symptoms may include diarrhea, nausea, vomiting, fever, achiness, fatigue and loss of appetite. Jaundice will often occur.
- ✓ Symptoms usually end after two weeks, but continued rest is very important to avoid a relapse.

### Hepatitis B

- ✓ Symptoms are similar to hepatitis A although they may not occur for six weeks to six months after infection.
- ✓ Less common symptoms include yellow skin and eyes, muscle pain, dark urine, and feeling depressed.

### Hepatitis C

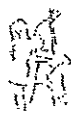
- ✓ Most people do not have symptoms.
- ✓ If symptoms occur they may begin two weeks to six months after infection.
- ✓ Symptoms are similar to A and B.

## Prevention

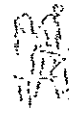
A vaccine is available for Hepatitis B, and Hepatitis A. No vaccine for Hepatitis C.

Disease	Symptoms	Effects on Your Health	Effects on Fetus/Baby	Treatment
HIV/AIDS	long-lasting infections, diarrhea, night sweats, fever, weight loss, swollen glands, coughing, shortness of breath	immune system damage leading to cancer, pneumonia, brain damage, death	fetus can get virus from mother during pregnancy or delivery; immune system damage leading to death in a few years	mother treated with AIDS medication during pregnancy; after birth no effective cure
Chlamydia	itching or burning during urination, vaginal discharge, whitish discharge from penis, pelvic pain or no symptoms at all	pelvic inflammatory disease, sterility	may result in premature birth; baby can catch during vaginal birth, causing ear and eye infections, pneumonia	can be cured with antibiotics
Genital Herpes	sores on penis or vagina, vaginal discharge, fever, tiredness, itching, aches and pains	first attack very painful, recurrent flareups less painful	baby can catch during vaginal birth, causing severe skin infections, nervous system damage, blindness, mental retardation, death	symptoms can be treated; no cure for the disease; flaeups may occur 4 to 7 time per year
Gonorrhea	vaginal discharge, burning during urination; most women have no symptoms	pelvic inflammatory disease, infertility, arthritis	baby can catch during vaginal birth, causing serious eye infections, blindness	can be cured with drugs; babies are treated with eye drops after birth
Syphilis	sore on penis or vagina, mouth, anus or elsewhere; low fever, sore throat, other sores or rashes	if untreated, can cause damage to heart, blood vessels and nervous system, blindness, insanity and death	fetus can catch before birth, damaging bones, liver, lungs, blood vessels; infected fetuses can die before birth	can be cured with drugs; once fetus is damaged, there is no cure
Genital Warts	genital itching, irritation or bleeding; warts may appear as small, cauliflower-shaped clusters; may get worse during pregnancy	warts grow in size and number, may increase risk of cervical cancer	baby can catch virus during birth, causing wart growth inside the voice box and blocking windpipe	can be treated with drugs applied directly to warts, or with surgery to remove them; no cure





# SEXUAL EXPOSURE CHART



Number of Sexual Partners

(if every person has only the same number of partners as you)

Number of People Exposed to

1		1
2		3
3		7
4		15
5		31
6		63
7		127
8		255
9		511
10		1023
11		2047
12		4095

*"When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years."*

C. Everett Koop, MD, Former U.S. Surgeon General

*"Many teenagers, as well as adults, are indirectly exposed to more than one sexual partner each year because their partner has had sex with someone else."*

Acan Guttmacher Institute, 1994

