

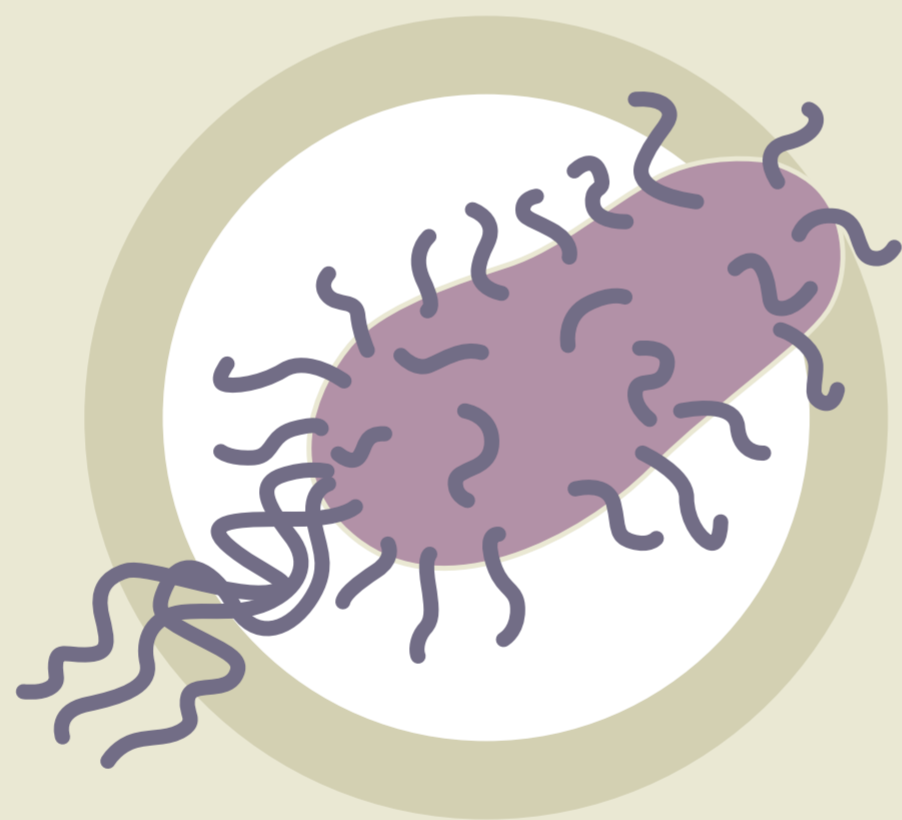
WHAT IS AN STI?

A Sexually Transmissible Infection (STI) is an infection that can be passed on through vaginal, anal or oral sex. Most **STIs** are transmitted through the exchange of sexual fluids, but some can be passed on through skin to skin genital contact.

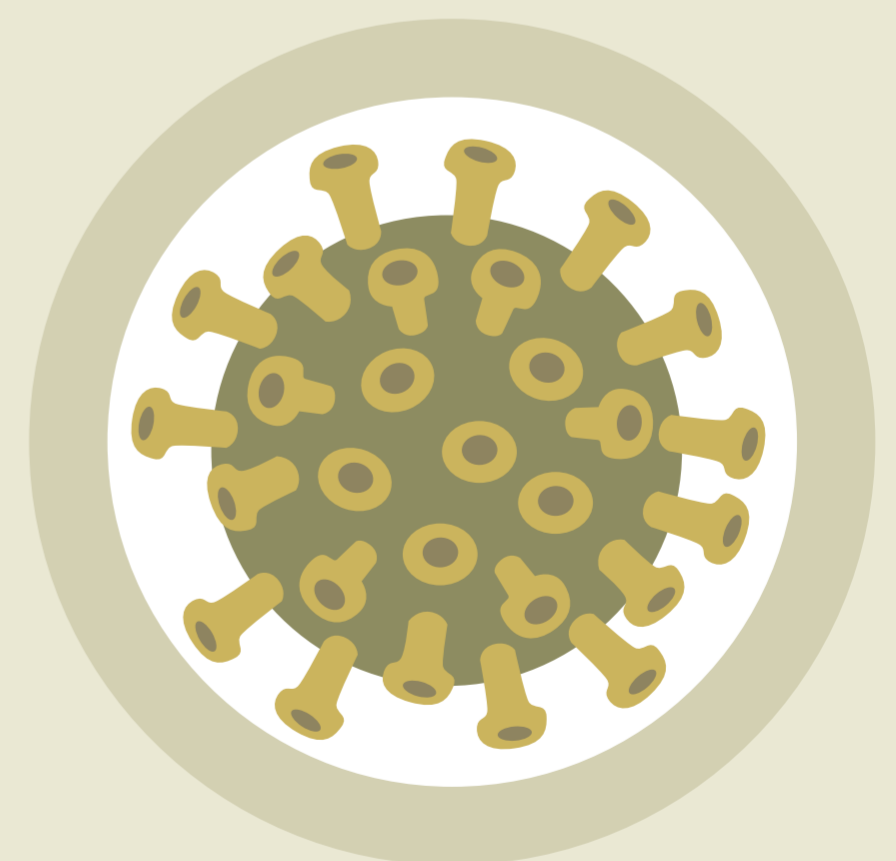
STIs often have no signs or symptoms (asymptomatic). Even with no symptoms, however, you can pass the infection to your sex partners. So it's important to use protection, such as a condom, during sex.

STIs ARE CHARACTERIZED IN **3** CATEGORIES

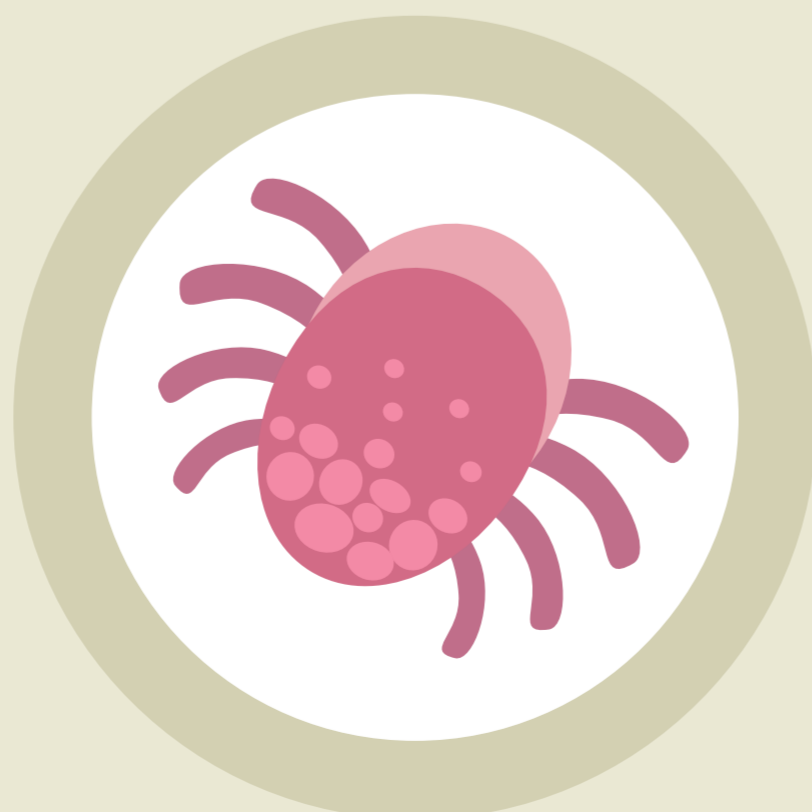
Bacteria



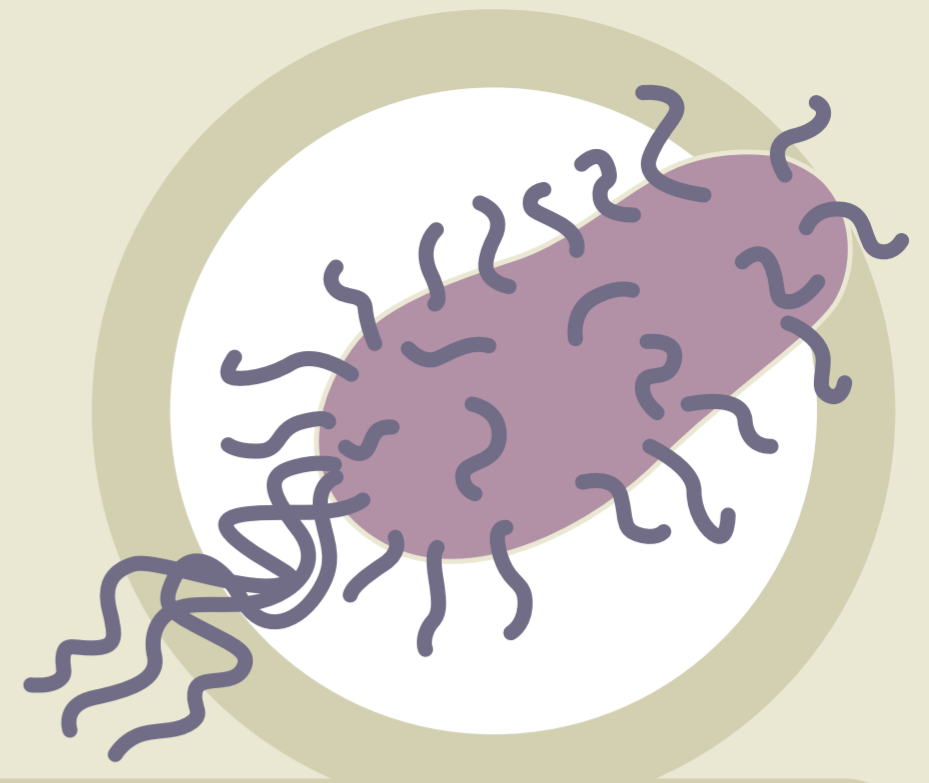
Viruses



Parasites



SYMPTOMS OF BACTERIAL STI



SYPHILIS

The main symptom is a small, painless sore or ulcer on the penis, vagina, or around the anus. They can sometimes appear in the mouth or on the lips, fingers or buttocks. You may also have swollen glands in your neck, groin or armpits.

CHLAMYDIA

In women:

- Burning with urination
- Abnormal vaginal discharge
- Abdominal or pelvic pain
- Blood in the urine
- Urinary urgency

In men:

- Cloudy or watery discharge from the tip of the penis
- Pain, discomfort when urinating
- Inflammation, tenderness and pain in and around the testicles

GONORRHEA

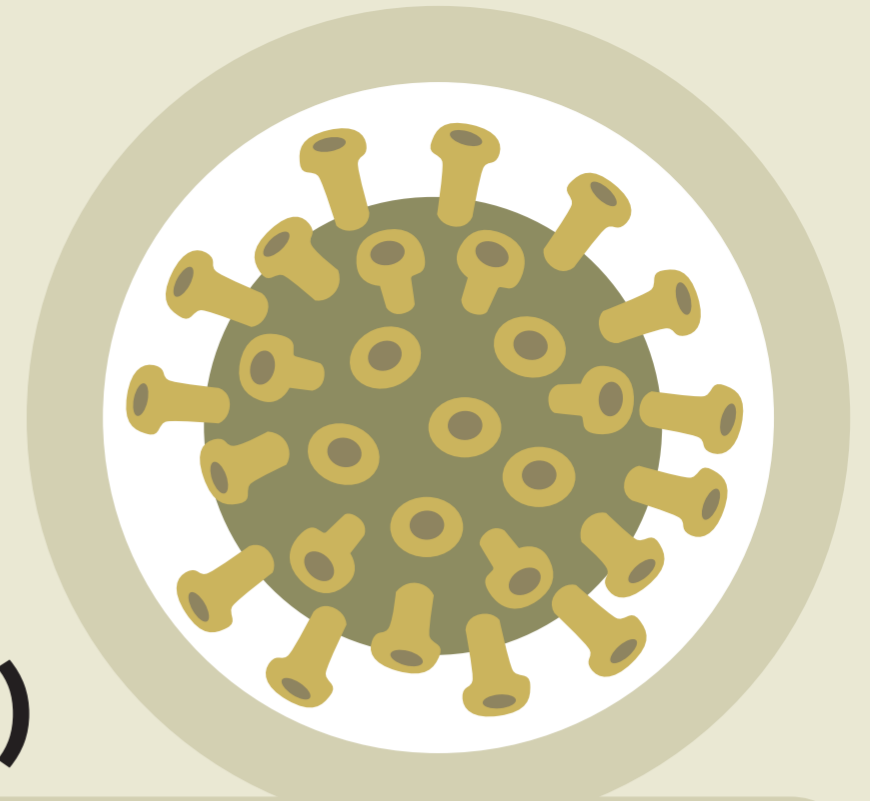
In women:

- Greenish yellow or whitish discharge from the vagina
- Lower abdominal or pelvic pain
- Burning when urinating
- Conjunctivitis (red, itchy eyes)
- Swelling of the vulva (vulvitis)
- Swollen glands in the throat (due to oral sex)

In men:

- Greenish yellow or whitish discharge from the penis
- Burning when urinating
- Painful or swollen testicles
- Swollen glands in the throat (due to oral sex)

SYMPTOMS OF VIRAL STI



HPV (HUMAN PAPILLOMAVIRUS)

The HPV virus lives in mucous membranes, such as those in the genital area, or on the skin. Some HPV types are associated with genital warts that can be raised, flat, pink, or flesh-colored and can even be shaped like cauliflower. They can be on the anus, cervix, scrotum, groin, thigh or penis.

GENITAL HERPES



- Cracked, raw, or red areas around your genitals and anal region without pain, itching or tingling.
- Small blisters that break open and cause painful sores around your genitals, thighs, buttocks or rectal area.
- Pain from urine passing over the sores
- Headaches and backaches
- Flu-like symptoms, including fever, swollen lymph nodes and fatigue

There are 2 types of **HERPES SIMPLEX VIRUS**.

HSV-1 is usually responsible for cold sores or fever blisters around your mouth.

HSV-2 commonly causes genital herpes.

HEPATITIS B

- Abdominal pain
- Dark urine
- Joint pain
- Loss of appetite
- Nausea and vomiting
- Fever
- Weakness and fatigue
- Yellowing of your skin and the whites of your eyes (jaundice)

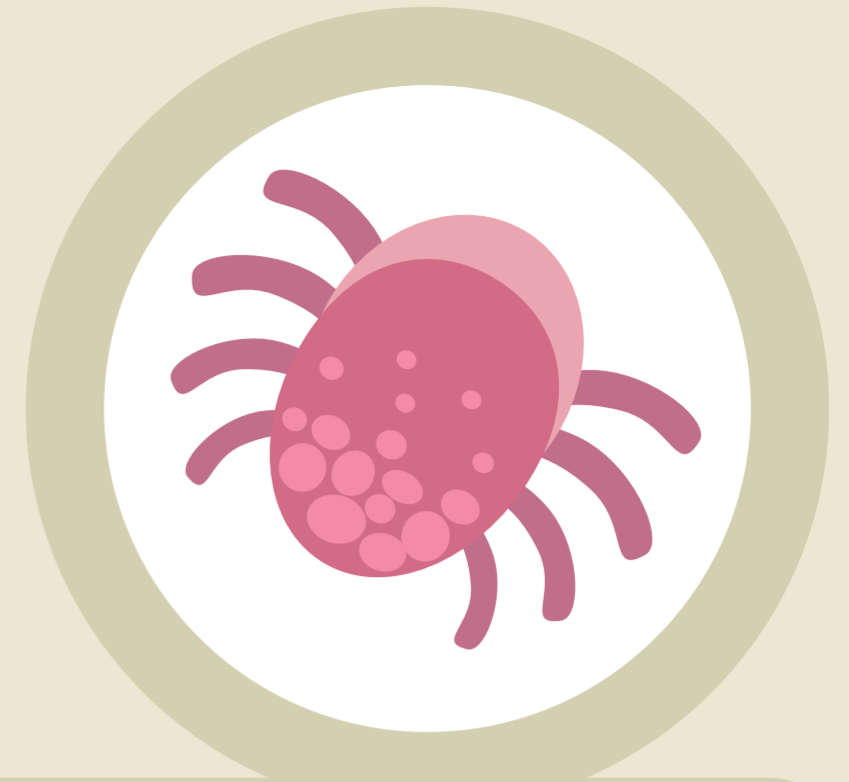
HIV

As the virus continues to multiply and destroy immune cells, you may develop mild infections or chronic signs and symptoms such as:

- Swollen lymph nodes
- Diarrhea
- Weight loss
- Fever
- Cough and shortness of breath

Often one of the first signs of HIV infection

SYMPTOMS OF PARASITIC STI



TRICH

Trichomonas vaginalis is a parasitic bacterium. The parasite is passed from an infected person to an uninfected person during sex. In women, the most commonly infected part of the body is the lower genital tract (vulva, vagina, or urethra), and in men, the most commonly infected body part is the inside of the penis (urethra).

Some people do not have any signs or symptoms.

When symptoms do appear, they may include:

- Mild to severe itching and inflammation
- Vaginal odour described as “fishy”
- Thick greenish discharge

PUBIC LICE (CRABS)

Pubic lice is a form of lice that affects the genitals and pubic region and feeds off blood. Pubic lice are a different form of lice to head or body lice and are commonly contracted from an infected partner during sex.

When symptoms do appear, they may include:

- Intense itching in the genitals or anus
- Mild fever
- Feeling run-down
- The presence of lice or small egg sacs, which are called nits, in pubic hair

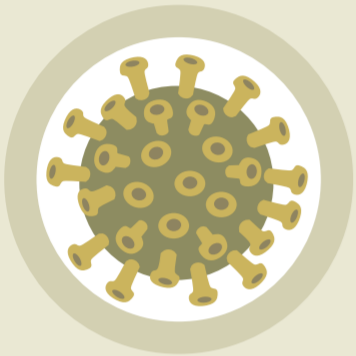
TREATMENTS



BACTERIAL STI

Chlamydia and Gonorrhea are treated with **antibiotics**. You should begin taking them if tests show you have chlamydia or gonorrhea, even though you may not have symptoms. Your sex partners will also have to be treated regardless of whether they have symptoms.

Syphilis is treated with **Penicillin**. Early treatment is crucial to prevent the bacteria from spreading to, and damaging other organs.



VIRAL STI

The symptoms of viral infections can be treated, and they can be prevented via a vaccination with the exception of HIV and Herpes. They **can not be cured, but can be controlled** and will have life long affects.

- **HPV Warts** can be surgically removed or frozen. However, even after removal, reoccurrence is high.
- **Genital herpes** remains in your body for life. Antiviral medication such as **Zovirax, Famvir and Valtrex** can help reduce the length and severity of the outbreaks.
- **Hepatitis B** can be treated with antiviral medications to stop liver damage and to prevent the virus from spreading. There are several drugs approved for use in Hepatitis B: **Interferon Alpha, Pegylated Interferon, Lamivudine, Adefovir and Entecavir**.

HIV/AIDS is not curable, treatment focuses on keeping HIV levels in check. Antiretroviral drugs are the standard therapy for HIV infection, and usually you will be given several drugs to take, a so-called drug "cocktail".



PARASITIC STI

Trichomoniasis: Infection by this organism is treated with the drug metronidazole, and the cure rate is about 90%. The drug is usually taken orally, but women in their first three months of pregnancy may be prescribed a cream or suppository to insert into the vagina. If this is ineffective, they can be given metronidazole pills to take in the second or third trimesters. Your partner should also get treated. You get retested after three months to be certain the infection has cleared. Do this even if your partner has been treated.

PROTECTION

How do I protect myself from STIs?

The only way to avoid STIs is to not have vaginal, anal, or oral sex. But if you're going to have sex, there really is only one way to protect yourself and that's by practising **safe sex every time**.

How do I practice **safe sex every time**?

Use a condom everytime you have vaginal or anal sex and **use a dental dam everytime** you have oral sex.

A mutually monogamous relationship with a partner who has been tested and has negative results will reduce your risk.

You should have regular check-ups to screen for STIs, especially if you are with a new partner.

Avoid having sex with someone who is known to have a lot of partners.

Avoid having sex when you're drunk or on drugs. When your heads not right, it's easy to make decisions you'll regret.

Protect yourself, protect others!

SUPPORT SERVICES

National Crisis Hotline

0861 322 322

National Aids Helpline in South Africa

0800 012 322

Love Life Youth Line

0800 121 900

Love Life Parent Line

0800 121 100

National HIV Health Care Workers Hotline

0800 212 506

For help on FBC campuses,
contact the student support officer.

RESOURCES:

www.mayoclinic.org | www.webmd.com | www.nhs.uk | www.cdc.gov

www.aad.org | www.sexualityandu.ca