

General Facts About STDs

- STDs are one of the most common types of infections in the U.S. today
- Most people infected with an STD don't ever know it
- You can get an STD from someone who honestly does not know they are infected with it
- Many STDs have no cure (HIV, herpes)
- STDs can cause serious health problems such as infertility (can't get pregnant), cancer, and even death
- Condoms have been proven to greatly decrease your chance of getting HIV if used correctly every time you have sex, but have not been proven to greatly reduce your chance of getting other STDs
- Many STDs can be transmitted to a baby during pregnancy or birth
- You can get an STD not only from vaginal intercourse (penis in the vagina) but also oral sex, anal sex, and outercourse (skin-to-skin contact in the genital area without having the penis in the vagina)
- STDs cost billions of dollars to diagnose and treat each year
- It is easier to transmit or acquire HIV infection if you are infected with other STDs
- Adolescents are at greater risk of acquiring STDs
- You can get a STD the first time you have sex.

Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS)

Type of infection:	Viral
Infectious Organism:	Human immunodeficiency virus
Location in the body:	Blood, semen, vaginal fluid, breast milk
Symptoms:	Initially, usually no symptoms (you have it and don't know it but can pass it on to others); without treatment you can become very sick (AIDS)
Method of spread:	Sexual activity (during oral, anal, or vaginal sex microscopic exchange of blood and other body fluids occurs) I.V. drug abuse (sharing needles) Mother to baby during pregnancy, birth, or breastfeeding
Consequences:	The body's immune system is slowly attacked by the HIV leading to serious infections or cancer often resulting in death (AIDS)
Number <u>new</u> cases per year:	65,000
Total number infected now:	900,000 in United States
Tests to see if you have it:	Blood antibody screening test DNA test Viral titer
Treatment:	None available to get rid of the virus (no cure) but medicines can help slow progression of disease

Genital Herpes (HSV)

Type of infection:	Viral
Infectious organism:	Herpes simplex virus (HSV) Type 2 and Type 1
Location in the body:	Genital area and mouth/lips (virus lives in the nerves in these areas)
Symptoms:	Usually none (you have it and don't know it!) Some have painful blisters/sores on genital area
Method of spread:	<u>Skin-to-skin</u> usually through sexual activity (oral, anal, vaginal); you can get it from someone who does not have sores/blisters; HSV-1 usually causes cold sores in the mouth/lips but is spread from the mouth to the genital area by oral sex
Consequences:	Infected for your entire life Most infected with herpes don't have sores but still have the virus in their genital area and can pass it on to others during all types of sex Some have blisters/sores that keep coming back several times a year for many, many years Can be spread to a baby during pregnancy or childbirth causing serious health problems Genital herpes makes one more susceptible to HIV
Number of <u>new</u> cases per year:	1,000,000 in U.S.
Total number infected now:	45,000,000 in U.S.
Tests to see if you have it:	Pelvic exam Culture of blisters/sores if present Blood test (usually not done)
Treatment:	None available to get rid of the virus (no cure) but medicines can help healing and decrease frequency of outbreaks

Genital Human Papillomavirus Infection (HPV)

Type of infection:	Viral
Infectious Organism:	Human papillomavirus
Location in the body:	Genital skin (penis, scrotum, labia, vagina, cervix, anus)
Symptoms:	Usually none (you have it and don't know it); some have genital warts (on penis, scrotum, labia, vagina, cervix, anus)
Method of spread:	<u>Skin to skin</u> usually through sexual activity; you usually get it from someone who does not even know they are infected
Consequences:	<p>Most infected feel fine and don't know they are infected but can unknowingly pass it on to someone else</p> <p>Causes genital warts which can come back even after treatment</p> <p>Can cause precancerous cells (dysplasia) on the cervix (abnormal Pap smear) in females</p> <p>Can cause cancer of cervix, labia (vulva), anus and penis</p> <p>The body's immune system appears to get rid of the infection in most people but takes months to years</p>
Number of <u>new</u> cases per year:	5,500,000
Total number infected now:	20,000,000; 50 to 75% of sexually active men and women have genital HPV infection at some time in their life.
Tests to see if you have it:	<p>Pelvic exam to look for warts</p> <p>Pap smear of cervix to look for precancerous / cancerous cells</p>
Treatment:	<p>No cure available to eliminate the virus in those people whose immune system can not get rid of it</p> <p>Warts are treated with chemicals, freezing, burning, surgical removal (does not get rid of the virus)</p> <p>Precancerous cells (dysplasia) on cervix treated with freezing, burning, laser, surgery;</p> <p>Cancer treated with surgery, radiation and/or chemotherapy</p>

Hepatitis B (HBV)

Type of infection:	Viral
Infectious Organism:	Hepatitis B virus (HBV)
Location in the body:	Blood and other body fluids (saliva, semen, vaginal fluid)
Symptoms:	30% have no symptoms Jaundice (yellow skin or eyes), fatigue, abdominal pain, nausea, vomiting, loss of appetite
Method of spread:	Sexual activity (vaginal/anal sex); I.V. drug use; contact with blood; infected mother to her baby during birth Hepatitis B is <u>not</u> spread through food or water or by casual contact.
Consequences:	Serious liver disease resulting in chronically infected persons; 5,000 deaths each year due to liver failure and liver cancer
Number of <u>new</u> cases per year:	80,000
Total number infected now:	1,250,000 people are "hepatitis B carriers". They carry the virus and can infect others for the rest of their lives
Tests to see if you have it:	Blood test
Treatment:	No cure but medications available to help control the disease. Vaccine available to prevent infection; Get vaccinated!!

Hepatitis C (HCV)

Type of infection:	Viral
Infectious Organism:	Hepatitis C Virus (HCV)
Location in the body:	Blood and other body fluids
Symptoms:	Most infected people (80%) have no symptoms when first infected; symptoms usually develop years later Jaundice (yellow skin/eyes), fatigue, dark urine, abdominal pain, nausea, loss of appetite
Method of spread:	I.V. drug use causes most infections; blood exposures on the job (i.e. healthcare workers, etc); infected mother to her baby during birth; sex with an infected partner (vaginal, anal sex)
Consequences:	Chronic liver disease occurs in 70% of chronically infected persons which can lead to liver failure, liver cancer, and death #1 reason for liver transplant in United States
Number of <u>new</u> cases per year:	40,000
Total number infected now:	2,700,000 chronically infected
Tests to see if you have it:	Blood test; you should be tested if you have ever injected illegal drugs or received blood products before 1992
Treatment:	Medications available which can get rid of the virus in up to 40%; No vaccine available

Gonorrhea (GC)

Type of infection:	Bacterial
Infectious Organism:	Neisseria gonorrhoeae
Location in the body:	Secretions in the vagina and cervix of women and the urethra (urine canal) in women and men; can be present in throat (by oral sex) or anus (by anal sex)
Symptoms:	<p>Many females (50%) have no symptoms</p> <p>Some females have a vaginal discharge and/or pelvic/abdominal pain</p> <p>Males usually have pain with urinating and may have a discharge (pus) from the penis</p>
Method of spread:	Contact with the infected secretions during sexual activity (vaginal, oral, or anal sex)
Consequences:	<p>Can cause pelvic inflammatory disease in females (severe infection of uterus, tubes, ovaries) which can lead to infertility (can't get pregnant), tubal pregnancies, and chronic pelvic pain</p> <p>Easier to transmit and get HIV if infected with GC</p>
Number of new cases per year:	650,000
Total number infected now:	Unknown
Tests to see if you have it:	Lab test (culture, DNA test) of the secretions from the infected area (cervix, urethra, anus, throat) or of the urine
Treatment:	Antibiotics by mouth or injection

Chlamydia

Type of infection:	Bacterial
Infectious Organism:	Chlamydia trachomatis
Location in the body:	Secretions in the vagina and cervix of women and the urethra (urine canal) in women and men; can be present in the throat (oral sex) or anus (anal sex)
Symptoms:	<p>Many females (75%) have no symptoms</p> <p>Some females have a vaginal discharge and/or pelvic/abdominal pain</p> <p>Males usually have pain with urinating and may have a discharge (pus) from the penis</p>
Method of spread:	Contact with the infected secretions during sexual activity (vaginal, oral, or anal sex)
Consequences:	<p>Can cause pelvic inflammatory disease in females (severe infection of uterus, tubes, ovaries) which can lead to infertility (can't get pregnant), tubal pregnancies, and chronic pelvic pain</p> <p>Easier to transmit or get HIV if infected with chlamydia</p>
Number of new cases per year:	3,000,000
Total number infected now:	Unknown
Tests to see if you have it:	Lab test (culture, DNA test) of the secretions from the infected area (cervix, urethra, anus, throat) or of the urine
Treatment:	Antibiotics by mouth

Bacterial Vaginosis (BV)

Type of infection:	Bacteria
Infectious Organism:	Anaerobic bacteria – imbalance of bacteria normally found in a woman’s vagina (increase in the “harmful” bacteria)
Location in the body:	Vagina
Symptoms:	White or grayish vaginal discharge with an unpleasant odor (often strong fish-like odor especially after intercourse); some have no symptoms
Method of spread:	Vaginal intercourse – women who have a new sex partner or who have had multiple sex partners are more likely to develop BV. Women who have never had sexual intercourse are rarely affected with this imbalance of bacteria in the vagina
Consequences:	<p>Pregnant women with BV more often have babies who are born early (premature) or with low birth weight</p> <p>The bacteria that cause BV can also cause pelvic inflammatory disease (severe infection of uterus, tubes, ovaries) although PID is usually caused by GC or chlamydia</p> <p>Increased susceptibility to STDs such as HIV, GC, chlamydia</p>
Number of <u>new</u> cases per year:	Unknown
Total number infected now:	Unknown
Tests to see if you have it:	Pelvic exam and tests on the vaginal fluid to look for the increase in harmful bacteria
Treatment:	Antibiotics by mouth (pills) or in vaginal creams

Pelvic Inflammatory Disease (PID)

Type of infection:	Bacteria
Infectious Organism:	Neisseria gonorrhoeae Chlamydia trachomatis (Bacterial vaginosis is rarely associated with PID)
Location in the body:	Infection of the uterus, tubes, ovaries
Symptoms:	Women may have only mild pain or no symptoms even though serious damage to their internal reproductive organs (fallopian tubes) may be occurring Many patients have lower abdominal pain, fever, vaginal discharge, painful intercourse
Method of spread:	Vaginal intercourse; the more sex partners a woman has, the greater the risk of PID
Consequences:	PID can cause permanent damage (scar tissue) to the fallopian tubes. If the tubes are totally blocked by scar tissue, the egg and sperm cannot meet causing infertility (can't get pregnant). Estimated 100,000 women become infertile each year as a result of PID. If the tubes are partially blocked or slightly damaged, the fertilized egg can get stuck in the tube (tubal or ectopic pregnancy); an ectopic pregnancy can rupture the tube and cause severe pain, internal bleeding, and even death. Scarring of the fallopian tubes and ovaries can also cause pelvic pain that lasts for months or even years.
Number of <u>new</u> cases per year:	1,000,000
Total number infected now:	Unknown
Tests to see if you have it:	PID is difficult to diagnose because symptoms are often mild and many cases go undetected No precise tests but cultures of the cervix to test for chlamydia and gonorrhea should be performed in women with lower abdominal pain who are sexually active Ultrasound and surgery may be necessary to diagnose PID
Treatment:	Antibiotics by mouth (pills) or intravenous (I.V) in the hospital can kill the bacteria causing the PID but can not reverse any damage that has already occurred to the fallopian tubes; about 25% of women with PID must be admitted to the hospital for treatment.

Syphilis

Type of infection:	Bacterial
Infectious Organism:	Treponema pallidum
Location in the body:	Chancre (painless sore) on the genital area Rash on the hands/feet and other areas of the body
Symptoms:	<u>Primary Stage</u> : Painless sore on the genital area, mouth, lips <u>Secondary Stage</u> : Rash on hands, feet, and other areas of body <u>Late Stage</u> : Paralysis, numbness, blindness, dementia
Method of spread:	<u>Skin to skin</u> contact with syphilis sore during sexual activity (oral, anal, vaginal sex); sores can also occur on the lips and mouth
Consequences:	If not treated, infection can spread to the brain, heart, spinal cord, eyes, and other areas of the body causing severe damage Genital sores of syphilis make it easier to transmit and acquire HIV infection Can be spread to the baby during pregnancy causing severe brain and growth abnormalities
Number of <u>new</u> cases per year:	70,000
Total number infected now:	unknown
Tests to see if you have it:	Blood test Special microscope test to examine material from infectious sores
Treatment:	Antibiotics by injection

Trichomoniasis

Type of infection:	Protozoa
Infectious Organism:	Trichomonas vaginalis
Location in the body:	Vagina in women; urethra in men and women
Symptoms:	Most men and some women do not have symptoms and thus are infected and don't know. Many infected women have a frothy, yellow-green vaginal discharge with a strong odor
Method of spread:	Contact with infected secretions during vaginal or anal sex
Consequences:	In pregnant women can cause premature delivery; increases the risk of acquiring HIV infection
Number of <u>new</u> cases per year:	5,000,000
Total number infected now:	unknown
Tests to see if you have it:	Pelvic exam and laboratory tests on the vaginal fluid or urethral fluid
Treatment:	Antibiotics by mouth