

STI Review

Disease	Bacterial/ Virus?	Transmission	Symptoms	
			Male	Female
Chlamydia	Bacteria	Unprotected vaginal or anal sex with a person who has Chlamydia	<ul style="list-style-type: none"> Watery or milky discharge from penis Burning when urinating Pain or swelling of the testicles 	<ul style="list-style-type: none"> Unusual discharge from the vagina Bleeding/spotting between periods Bleeding or pain during or after sex Lower abdominal pain Burning when urinating
Genital Herpes	Virus	<p>By direct contact with the sores or blisters of an infected person. For example:</p> <ul style="list-style-type: none"> Having vaginal, anal or oral sex with someone with genital sores If a mother has genital sores during childbirth, herpes can be passed to the baby <p>Cold sores are a form of the herpes virus. If a cold sore comes into contact with someone's genitals (oral sex) there is a risk for development of genital herpes.</p>	<ul style="list-style-type: none"> Same for males and females Tingling or itching of the skin around the genitals One or a group of painful, watery blisters in or around the genitals, or wherever there is skin to skin contact (hips, nipples, anus) These blisters break and form open sores that crust or scab lasting 7-21 days Burning when you urinate (pee) Flu-like symptoms (usually during the outbreak) Tender, swollen glands in the groin Symptoms that start 2-21 days after contact with an infected person, but may take weeks or months to appear Outbreaks of herpes that vary and can return as often as every month or as rarely as once a year or longer Stress, illness, diet, fever, sun exposure, your period, pregnancy or vigorous sex may cause outbreaks 	
Genital Warts (HPV)	Virus	Through direct skin to skin contact or unprotected vaginal, oral or anal sex	<ul style="list-style-type: none"> Warts may be round, flat or raised small cauliflower-like bumps that are flesh/grey coloured Warts can be single or in clusters Warts can be found in and around the genital area. 	<ul style="list-style-type: none"> See male symptoms They can also appear on the vaginal walls and cervix (opening of the uterus)
Gonorrhoea	Bacteria	By having unprotected vaginal, oral or anal sex with a person who has gonorrhoea	<ul style="list-style-type: none"> Yellow/green pus from the penis Burning/pain when urinating Rectal discharge from anal sex Blood in the stool Sore throat from oral sex 	<ul style="list-style-type: none"> See male symptoms Thick yellowish vaginal discharge Abnormal vaginal bleeding

CALM STI/HIV - Lesson One, Activity D, Handout 1: STI Review

Hepatitis B	Virus	<ul style="list-style-type: none"> • Contact with blood, semen or vaginal secretions • Sex (vaginal, anal, oral sex etc.) • Pregnancy – from an infected mother to an unborn baby • Use or re-use of needles or syringes with traces of the blood of an infected person (eg: tattooing, sharing needles, piercing) 	<ul style="list-style-type: none"> • Same for males and females • 45-60 days after exposure, may develop fever • nausea • weight loss • yellow tinge to skin or whites of the eyes • skin rash • swollen, painful joints
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Disease	Bacterial/ Virus?	Transmission	Symptoms	
			Male	Female
HIV/AIDS	Virus	<ul style="list-style-type: none"> • Contact with blood, semen, vaginal secretions or breast milk • Unprotected sex – including vaginal, anal, oral sex and sharing sex toys etc. • Pregnancy – from an infected mother to an unborn baby • Use or re-use of needles or syringes with traces of the blood of an infected person (e.g., tattooing, sharing needles, piercing) 	<ul style="list-style-type: none"> • Same for males and females • HIV – infected people often have no symptoms and look and feel fine. Some people with HIV will have symptoms like fatigue, loss of appetite, night sweats etc. • AIDS – (occurs after the virus has damaged the immune system) People may have symptoms like extreme weight loss, unusual skin infections, pneumonias or cancers 	
Pelvic Inflammatory Disease	Bacteria	<ul style="list-style-type: none"> • Failure to be treated for an STD like Chlamydia • Sometimes an IUD (Intra-Uterine Device) in place can increase the risk, especially if you have an infection) 	N/A	<ul style="list-style-type: none"> • Severe pain in the pelvic area (lower stomach) • May feel like a bladder infection, appendicitis or cramps • Unusual pain during intercourse or during menstrual period • Abdominal vaginal discharge • Fever or chills • Some women do not have any symptoms
Pubic Lice (Crabs)	Insect/ Parasite	<ul style="list-style-type: none"> • From sexual skin to skin contact • By sharing clothes, towels, soap, bedding or sleeping bags • Pubic lice can live off the body 24-48 hours 	<ul style="list-style-type: none"> • Same for males and females • You may have itchiness and redness around your genitals. Itching is often worse at night. 	

New drug available to fight herpes virus



Year after year, people from all walks of life as me if I know of any new treatment for herpes infection. Until recently I had to reply "No." But now a new drug, Famvir, is available to treat this common disease. And I hope this article will also erase some of the misconceptions and worry that so often accompanies this condition.

Like any sexually transmitted disease, no one likes to contact the herpes simplex virus (HSV). But compared with other STDs, it's normally not a serious problem.

For instance, gonorrhea and chlamydia can cause sterility. Untreated syphilis can result in insanity, blindness, paralysis and death from vascular complications. And we all know AIDS is lethal.

Herpes is usually more annoying than dangerous. The only exception is when herpes is transmitted to either the eye or brain.

Diagnosis is normally quite obvious. Two to 10 days after the virus enters the body, red bumps appear on the skin and quickly become itchy, painful, fluid-filled blisters.

A few days later, the blisters rupture, become ulcers and gradually form scabs. Healing takes from two to three weeks. If they keep recurring in the same place, the diagnosis of herpes is even more certain.

The sores are usually associated with fever, headache, pain in the muscles and a feeling of general malaise. But a culture of the ulcer provides the ultimate diagnosis.

The frequency of attack varies from person to person. Some people suffer one attack and never have another.

Other patients have lesions that appear once every few years, yet at times they surface with uncanny regularity — monthly, twice a month or many times a year. And some patients have attacks every month and then relief for long periods.

To contact herpes you do not need a break in the skin. The mucous membrane around the genital area and the skin are both porous enough to allow the virus to enter.

It's understandable that patients worry when told they have contacted herpes. But I always ask patients if they spend sleepless nights fretting about a cold sore around the mouth.

The reply is inevitably "No." Then I remind them that this is also a viral herpetic infection. And that they're magnifying the problem simply because of its anatomical location.

It's important to know that herpes is not always sexually transmitted. Dr. Stephen Sacks, director of Viridae Clinical Sciences in Vancouver, reports several ways that herpes can be picked up.

Sacks states that herpes infections have been seen in a number of contact sports, particularly rugby and wrestling. These sports require considerable physical contact.

Remember that the risk of passing along genital herpes is greatest when your symptoms are active. Avoid sexual activity during these times. Or when you suspect an episode of herpes may occur.

Unfortunately, the virus may be passed when infected people are without symptoms. It's called "asymptomatic viral shedding." Since you can never be sure when the virus is present, the best way to protect your partner is by using condoms.

You may also be tempted to blame your partner for passing along the disease. Or fear he or she has been unfaithful. But either party may have contacted genital herpes long before the current relationship, and the disease waited until now to display symptoms.

No vaccine is currently available to prevent people from acquiring herpes simplex infection. But there are new antiviral drugs, such as Famvir, that reduce the number of herpetic attacks.

Dr. Diaz-Mitoma is chief, division of virology, Children's Hospital of Eastern Ontario in Ottawa. He recently reported a study that involved 455 patients with a history of recurring genital herpes.

The patients, male and female, with an average age of 36, had suffered from this disease for about seven years. And they were treated with Famvir by scientists located in Canada, France, Belgium, Iceland, Sweden and Britain.

Diaz-Mitoma reported that the study showed that Famvir is effective in suppressing future recurrences of genital herpes in patients who experience multiple outbreaks each year.

Nearly six million Canadians and 55 million Americans have genital herpes. New vaccines are being tested to combat this disease. In the meantime, sexually active people should make love like the porcupine: very, very carefully. And for those not yet committed to a long-term relationship, that always means using condoms along with other contraceptives.

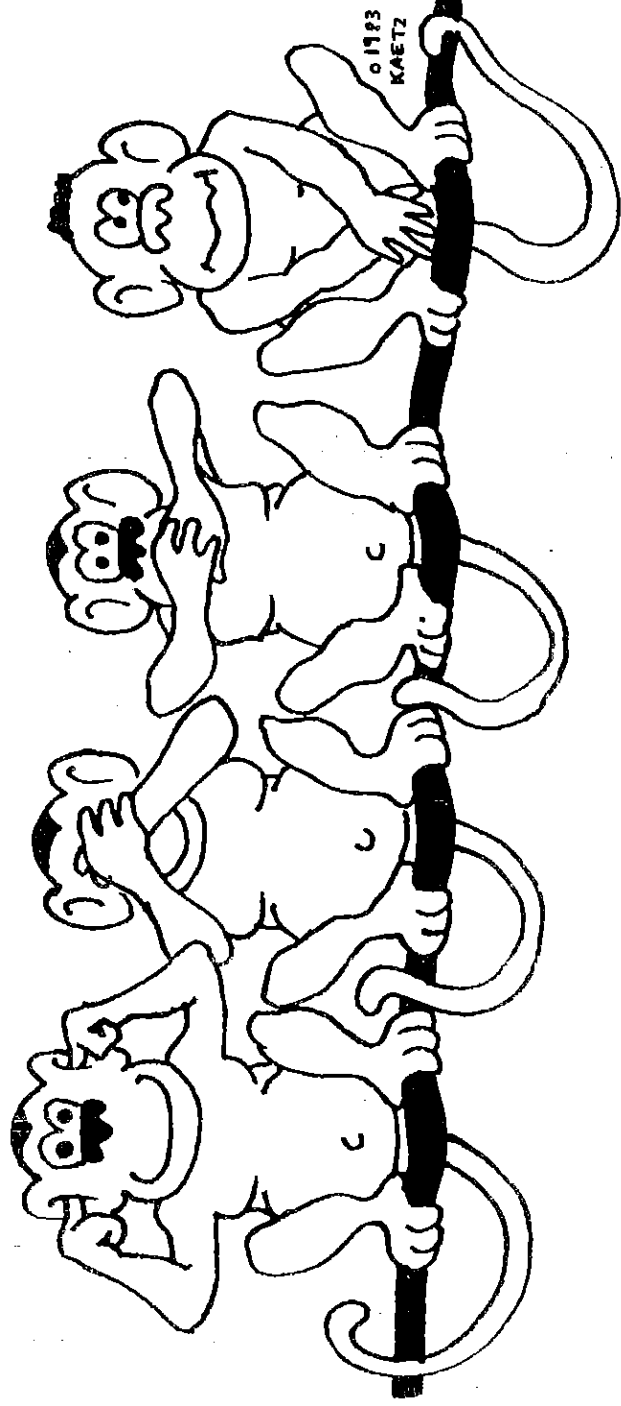
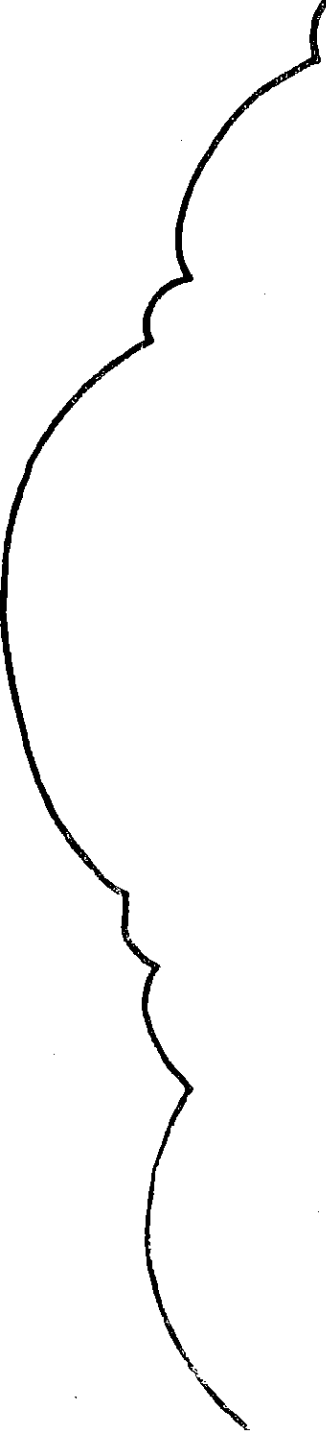
STD Quiz

Student Handout

STD - sexually transmitted disease
HIV - human immunodeficiency virus
AIDS - acquired immunodeficiency syndrome

MARK THE FOLLOWING STATEMENT TRUE OR FALSE.

1. _____ STD stands for sexually transmitted disease.
2. _____ All STD are caused by viruses.
3. _____ AIDS is the most common STD in Alberta.
4. _____ All STD can be cured easily.
5. _____ Some STD have no symptoms.
6. _____ You can't get a STD the first time you have sex.
7. _____ Most people infected with HIV know they are infected.
8. _____ Using a condom provides 100% protection against STD.
9. _____ You can get a STD from having sex, even if your partner doesn't have a STD.
10. _____ The 24 to 39 year old age group are most commonly affected by STD.
11. _____ STD are passed through sexual intercourse.
12. _____ You can get more than one STD at a time.
13. _____ If you had a STD, you are immune to it and cannot get it again.
14. _____ Some STD can make you sterile.
15. _____ HIV is most commonly passed from one person to another sexually.



... Spread no evil

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