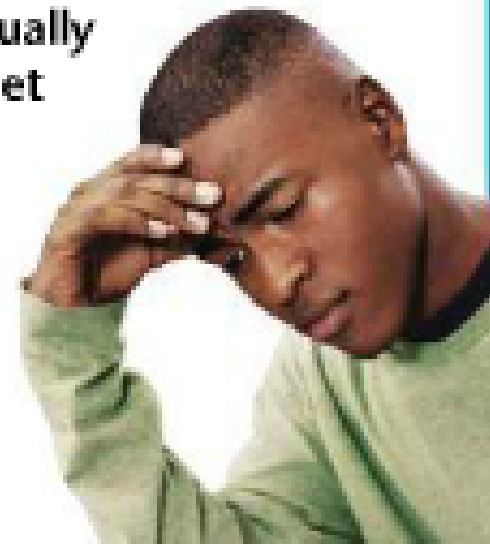


Quick Quiz Which of these statements do you think are true?
Which are false?

- 1** It can take only one sexual contact with an infected person to get a sexually transmitted infection.
- 2** Even if you've been infected with a sexually transmitted infection before, you can get that same infection again.
- 3** You can have more than one sexually transmitted infection at a time.
- 4** You can get a sexually transmitted infection from sharing needles.



Sexually Transmitted Diseases & Infections (STDs/STIs):

The Silent Epidemic: the occurrence
of more cases of a disease than
expected.

Why is it an epidemic?

1. Many STDs are **asymptomatic**: showing no signs of a disease or disorder even though an infection is present.
2. People don't often talk about STDs, are too embarrassed to see a doctor and then go untreated and pass it to others.

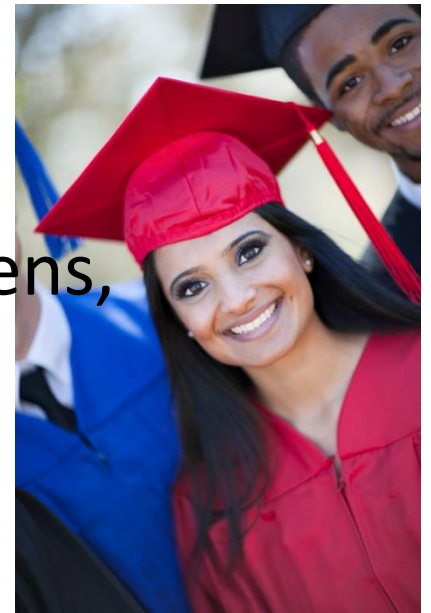


Risky behaviors and the teen STD epidemic:

- 1. IGNORING RISKS:** teens may understand there is a risk in being sexually active, but they choose to ignore it (or think it couldn't happen to them)
- 2. MULTIPLE PARTNERS:** many people begin sexual activity at a young age, which puts them at risk for more partners within their lifetime
- 3. NOT SEEKING TREATMENT:** many STIs/STDs don't have symptoms or go away temporarily. Or teens may be too embarrassed to go to the doctor

Why is avoiding an STD especially important for girls?

- STIs can cause long term health problems, particularly in women and infants. Some of the health complications that arise from STIs include pelvic inflammatory disease (PID), infertility, tubal or ectopic pregnancy, cervical cancer, and perinatal or congenital infections in infants born to infected mothers.
- Cervix cells are not fully mature in teens, making them more susceptible



Avoid STIs by...

1. Practicing abstinence
2. Avoiding drugs
3. Choosing friends who support your decisions
4. Practicing Sexual Fidelity
5. Using Barrier Protection

1. Practice Abstinence

- Sexual abstinence is the best protection against STIs
- Sexual abstinence means no sexual activity
 - Oral sex
 - Contact between a person's mouth and another person's genitals can expose partners to skin sores and semen or vaginal fluids
 - Anal sex
 - Tissue in the anus can tear easily, exposing both partners to each other's blood or body fluids
 - Genital to genital touching
 - STIs can spread through sores in the skin
 - Intercourse (vaginal sex)
 - Both partners can be exposed to each other's body fluids as well as skin sores

Even if someone has had sex before, they can always choose abstinence—at any point in their lives.

2. Avoid Drugs

- **Sharing needles**
 - Blood to blood contact
 - Sexual activity with someone who has shared needles with an infected person
- **Brain impairment**
 - Drugs, including alcohol, play an indirect role in the STI epidemic in that drugs impair the ability to think clearly. People may make decisions they later regret

3. Friends

- Choose friends and partners who have also chosen abstinence
- Friends who support your healthy decisions can make it easier to resist pressure

4. Sexual Fidelity

Also known as ***MONOGOMY***:

- two people have sexual contact only with one another

- teens should NOT rely on sexual fidelity to protect themselves as many teen relationships are typically not stable or long-lasting (although they may seem so at the time!)

5. Barrier Protection

- **Use a condom** every sexual encounter
 - When used correctly, a condom provides a physical barrier against many STIs
 - Condoms do not provide 100% protection
 - Some STIs are transmitted through skin to skin contact or the condom may break
- **Abstinence** remains the best protection against STIs

The Most Common STIs (STDs) in the US

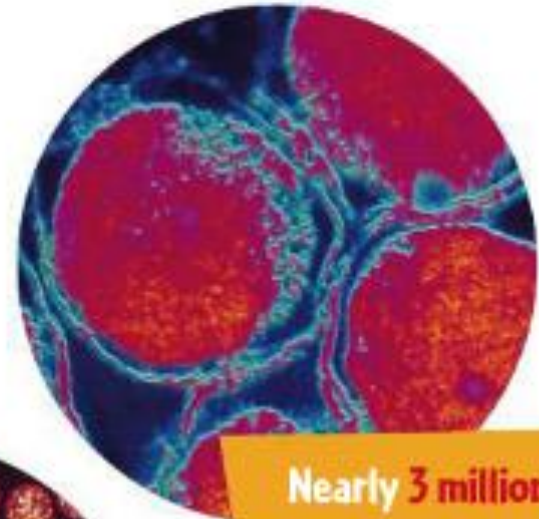
- Trichomoniasis
(**protozoan/parasitic**)
- Human Papilloma Virus (HPV)
(**Viral**)
- Chlamydia (**Bacterial**)



For each STI, list the symptoms that a person needs to watch for.

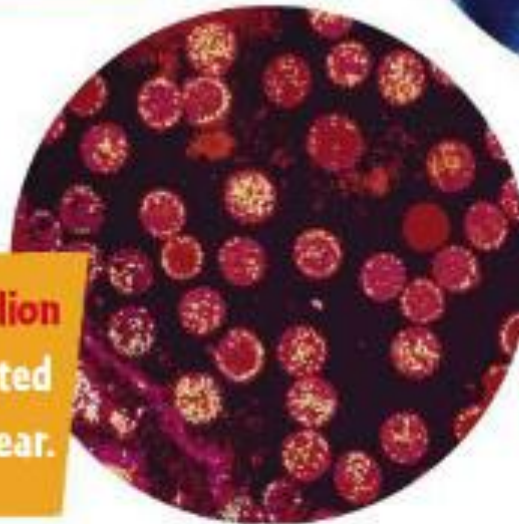


Over **1 million** people are infected with **trichomoniasis** each year.



Nearly **3 million** people are infected with **chlamydia** each year.

More than **14 million** people are infected with **HPV** each year.



Common symptoms of STIs

- Pain or burning during urination
- Unusual discharge
- Itching, burning sensation
- Lumps, bumps, rashes, sores or warts
- No signs/symptoms at all

Long-term problems

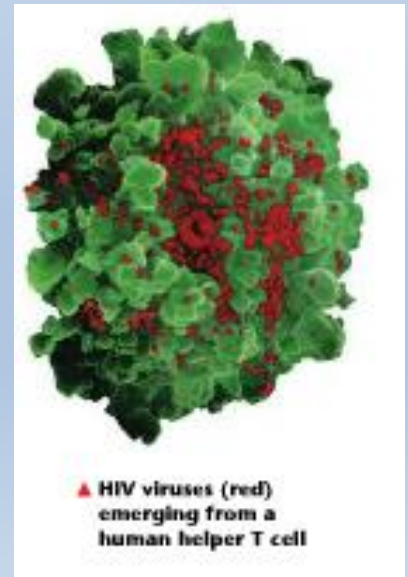
- Pelvic Inflammatory disease
- Ectopic pregnancies
- Cervical cancer (HPV)
- Infertility

Treatment

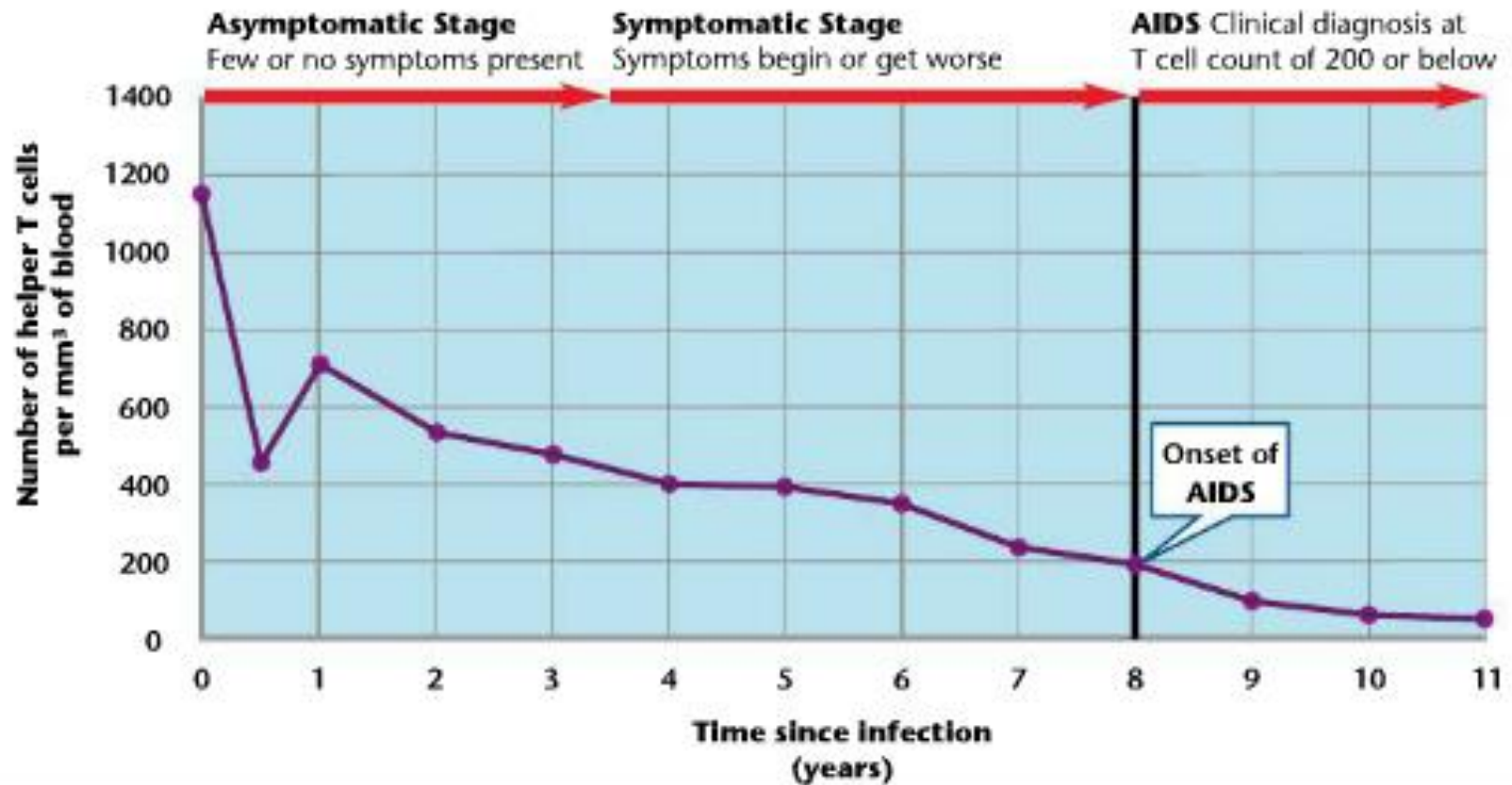
- *If you suspect you have an STI, it is important to get checked!*
 - If you are sexually active, check every 6 months
 - Refrain from sexual activity during treatment
 - Inform any/all partners
 - Re-check after full course of treatment
- TREATMENT: either antibiotics, medicated shampoo, ointments, burning/freezing

HIV and AIDS: the most serious non-curable STI

- HIV (**Human Immunodeficiency virus**) attacks specific cells of the immune system, disabling the body's defenses against other's pathogens. When the immune system becomes severely disabled, the infected person has AIDS (**Acquired Immune Deficiency Syndrome**)



T Cell Count and HIV Infection



Stages of HIV infection

- Asymptomatic stage:
 - Flulike symptoms that go away. Many months or years of NO symptoms (virus is still destroying helper T cells)
- Symptomatic stage: (7-10 years after infection)
 - Weight loss, fever, diarrhea, fungal infections
- AIDS
 - Below 200 T-cells
 - Onset of ***opportunistic diseases: infections that attack a weakened immune system***

Modes of Transmission for HIV

1: Sexual contact

2: Shared Needles

3: Contact with blood

4: Mother to Baby

You cannot get HIV from...

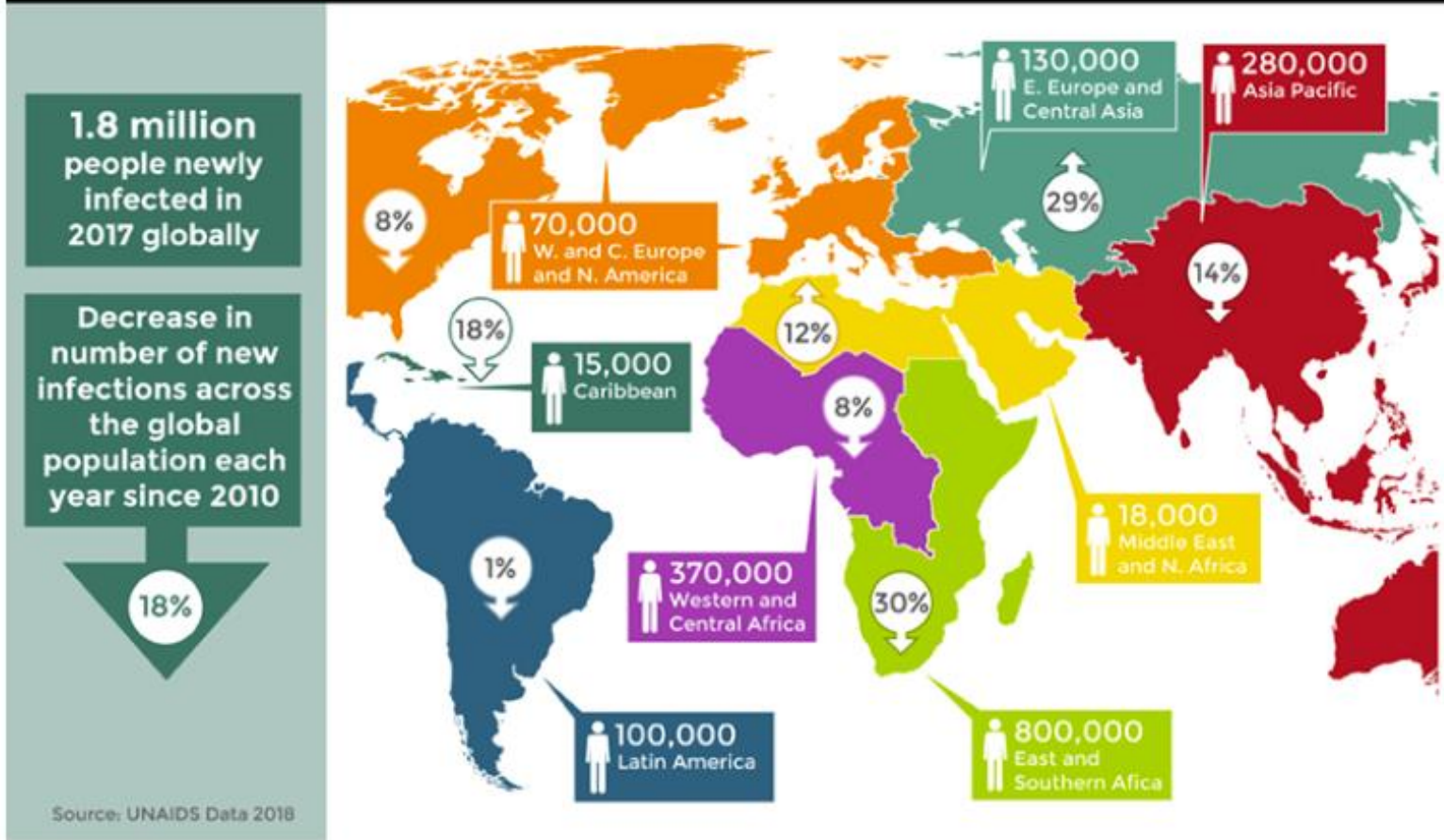
- Casual contact
 - Holding hands, hugging, sharing food
- Coming into contact with someone's saliva, tears, and sweat: there are small amounts of HIV virus in these fluids, but amounts are SO small, that infection is unlikely
- Getting a blood transfusion: all blood donated in the U.S. is screened for HIV

Treatment for HIV

- The main goal of HIV treatment is to keep the person's immune system functioning to as close to normal as possible
 - HAART: Highly Active AntiRetroviral Therapy uses a combination of drugs (drug cocktail) to reduce the viral load (amount of virus) in the blood
 - Expensive and complicated
- People can live a normal life with HIV but need to avoid high-risk behaviors that put them at risk for infecting others.

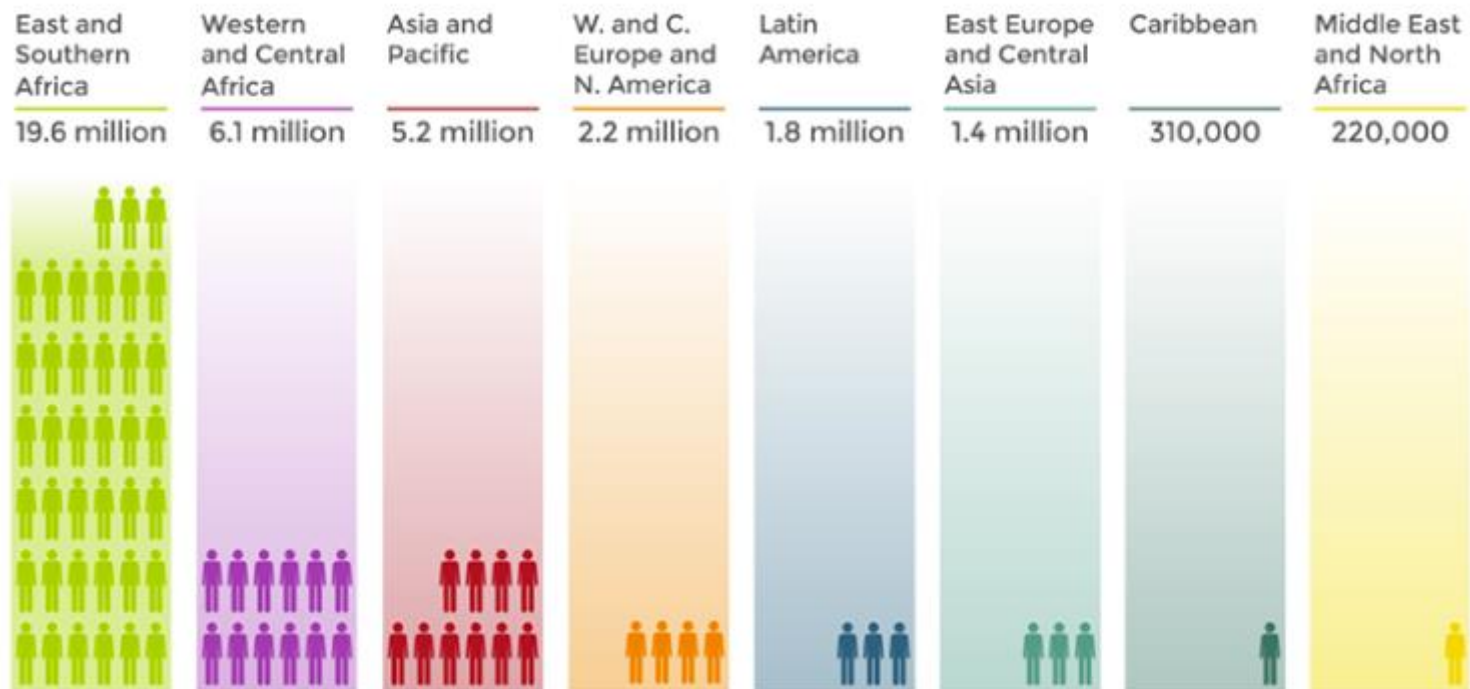
Globally, there has been an 18% decrease in infections since 2010

Number of new HIV infections in 2017 and change since 2010



Global representations: number of people living with HIV

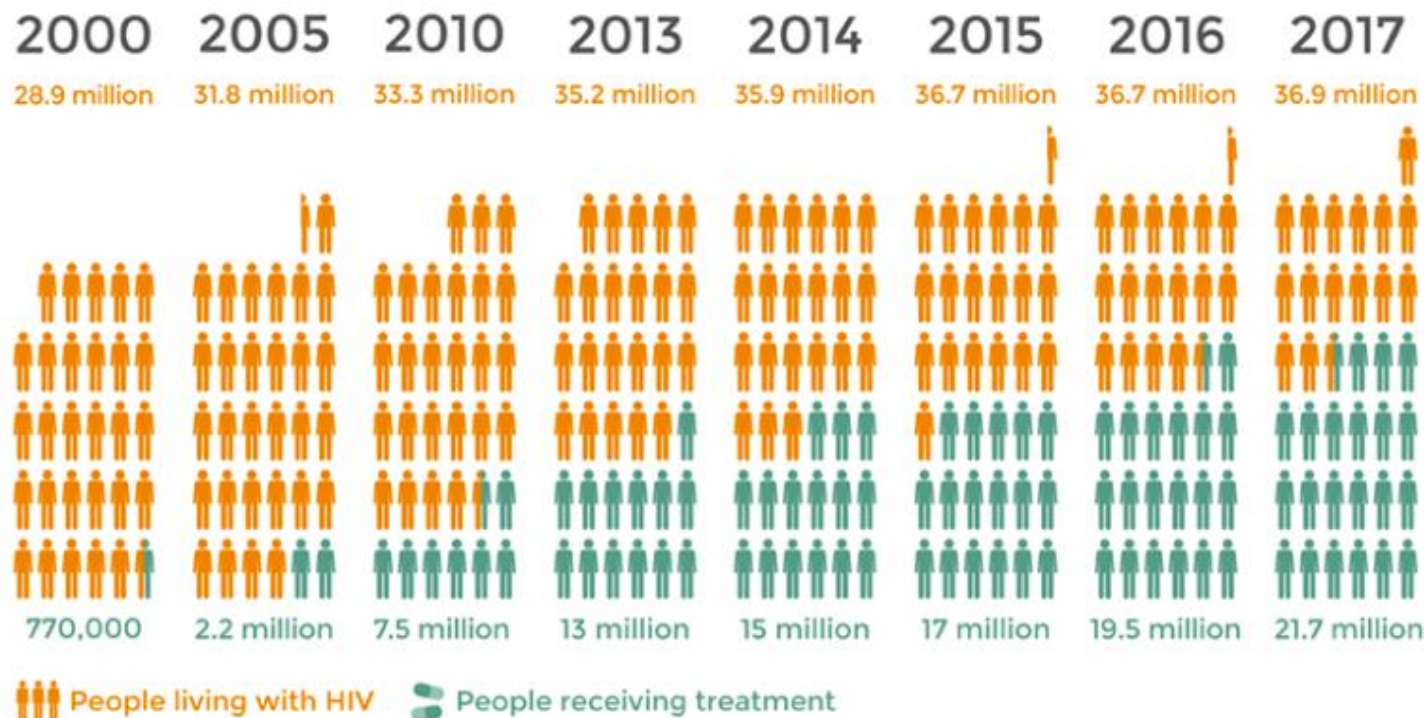
Number of people living with HIV in 2017



Source: UNAIDS Data 2018

More people are getting treatment and suppressing the virus

Number of people living with HIV and accessing treatment globally



Source: UNAIDS Data 2018

References

Avert: Global information on HIV/AIDS. (October 10, 2019) Retrieved from <https://www.avert.org/professionals/hiv-around-world/western-central-europe-north-america/usa>