

Kinds of STIs

Unit 5.5

5.5 Journal

Some STIs can be treated with antibiotics while others cannot. STIs caused by viruses cannot be treated with antibiotics. Several STIs caused by viruses cannot be cured and can cause lifelong health problems.

Do you think that most teens are aware that some STIs are not easily treated? And that some may persist for years? Explain your answer.

Objectives

- Identify three of the most common STIs, including their symptoms and treatments.
- List four other STIs and describe their symptoms.
- Know when a person should seek treatment for an STI.

The Most Common STIs

- Like other infectious diseases, STIs are caused by pathogens like bacteria, viruses and protozoans.
- STIs can be spread from person to person through blood and body fluids such as semen, vaginal secretions and breast milk.
- Early diagnosis and treatment of STIs is essential in preventing long-term health problems.
- Three of the most common STIs in the U.S. are
 - Trichomoniasis
 - Human Papilloma Virus
 - Chlamydia

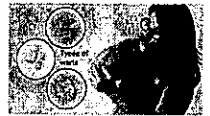
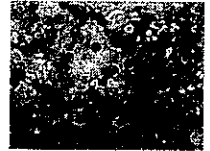
Trichomoniasis

- Caused by a protozoan that infects the urinary tract or vagina
- Symptoms:
 - Males - typically have no symptoms, but can cause painful urination, clear discharge from the penis, itching
 - Females - itching and burning in vagina, foul smelling vaginal discharge, and pain when urinating
- Doctor can prescribe medicine to cure a trichomoniasis infection
- If left untreated it can lead to:
 - Urethritis - inflammation of the lining of the urethra
 - Vaginitis - vaginal infection/irritation



Human Papillomavirus (HPV)

- Most common viral STI caused by a group of viruses
- Often causes no symptoms
- Body's immune system may destroy the virus, but HPV may remain in the body for life
- Some forms of HPV cause genital warts
 - May itch or burn
 - Doctor can remove warts, but they may reappear
- Can lead to cervical cancer in women
 - Regular pap tests can detect cervical cancer before it becomes life-threatening
- FDA has licensed a vaccine to protect against the four types of HPV that cause 70% of cervical cancers and 90% of genital warts



Chlamydia



- Most common STI caused by bacteria
- Can be cured with antibiotics
- Symptoms:
 - Males - painful urination, discharge from penis
 - Females - yellowish vaginal discharge
 - In many cases, causes no symptoms
- If untreated, can lead to pelvic inflammatory disease (PID) - a serious infection of the reproductive organs
 - PID can lead to infertility or ectopic pregnancy
- Chlamydia can be passed to a baby at birth and can affect baby's lungs or eyes

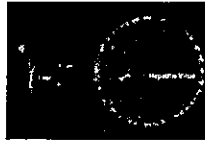


Other STIs

- There are many other STIs that can cause health problems and require medical treatment.
- Other STIs include:
 - Hepatitis
 - Gonorrhea
 - Genital Herpes
 - Syphilis
 - Pubic Lice

Hepatitis

- Hepatitis B and C (HBV, HCV) are sexually transmitted infections that attack the liver
- They can also be spread by blood-to-blood contact
- Symptoms:
 - Fatigue, abdominal pain, nausea and jaundice
- Both infections may lead to liver cancer or cirrhosis of the liver
- Medications may relieve symptoms, but there is no cure for HBV or HCV
- Children now routinely vaccinated for HBV, but no vaccine available for HCV



Gonorrhea

- Bacterial STI that infects the urinary tract and the reproductive tract
- More than 3 million cases per year in the U.S.
- May lead to infertility if left untreated
- Symptoms:
 - Males - thick, pus-like discharge from penis, painful urination
 - Females - pus-like discharge from vagina, painful urination
 - However, often there's no symptoms at all
- If left untreated, it can lead to urethritis (males), PID (females), infertility
- Can be transmitted to babies during birth
- Treated with antibiotics

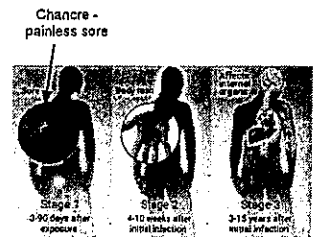
Genital Herpes

- An STI caused by a virus - herpes simplex virus
- Over 3 million cases per year in U.S.
- Cannot be cured, but treatment may help
- Symptoms:
 - Pain, itching, small sores appear first
 - Sores form ulcers and scabs
 - After initial infection, genital herpes lies dormant in the body
 - Symptoms can recur for years
- Can pass herpes simplex virus to a sexual partner whether blisters are present or not
- Mother can pass to baby during birth; can cause blindness in babies; baby taken by cesarean section to prevent infection



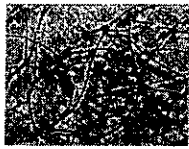
Syphilis

- A serious bacterial STI that progresses through 3 distinct stages
- In early stages, can be treated and cured with antibiotics
- Once in the 3rd stage, bacteria can be killed, but internal damage is permanent (brain damage, heart disease, paralysis)
- Mother will pass infection to baby during pregnancy
 - If mother is not treated, syphilis can damage baby's skin, bones, eyes, teeth and liver.



Pubic Lice

- Insects/mites that infest the hair around the genitals
- Also called "crabs"
- Symptoms:
 - Itching around the genitals, rash
- Treatment includes using medicated shampoo; washing infested clothing and bedding in very hot water



Seeking Treatment

- People who participate in high risk behaviors should get medical checkups every 6 months.
- Individuals who suspect they may be infected should seek prompt medical attention

If you suspect an STI infection:

1. Refrain from sexual activity
2. See a doctor for a physical and/or a blood test; start treatment immediately
3. If STI is present, notify any sexual partners, so they can seek treatment as well