

Sexually Transmitted Infections

Objective:

Examine the causes, prevention and treatment of STIs e.g. Gonorrhea, Syphilis, Chlamydia

A sexually transmitted infection (STI), also known as sexually transmitted disease or venereal disease (VD) is an infection that is spread through sexual contact.

Anyone who has sexual contact with another person is at risk of getting an STI.

Some common STIs are: Chlamydia, Gonorrhea, Syphilis (Bad Blood), Genital Herpes, Hepatitis B and HIV.

Many STIs can be cured with medicines; some have no cure. Genital Herpes and HIV do not have a cure.

Treatment for Genital Herpes with an antiviral drug makes outbreaks less severe. Drug treatment for HIV improves the quality of life and survival time for patients.

Common Symptoms of STIs

- Sore, blisters or swelling around the penis or vagina
- A burning feeling when passing urine
- Unusual liquid comes out of the vagina or penis. It is sometimes smelly.

A person can have an STI and not notice any signs. You cannot tell who has an STI or HIV by looking at them.

Persons with HIV are more likely to get sick from other germs including STIs.

Risky behaviours that can result in the spread of STIs

- Having more than one partner
- Unprotected sexual contact (not using a condom when having sex)
- Drug and alcohol use

Prevention of STIs

- Abstinence, absolutely no sex
- Delay sexual activity until you become an adult or until marriage
- Practice negotiating skills of saying “NO” to sex
- Focus on school work and set goals for the future
- One sexual partner
- Use condom

Treatment

STIs should be treated right away to prevent long-term effects