

# SEXUALLY TRANSMITTED INFECTIONS

Contemporary Health Science  
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## Objectives

Understand the difference between STD and STI

Explain how HIV and other STIs affect the body and how they are transmitted, diagnosed, and treated

Describe ways that STIs can be prevented

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## STI vs. STD

- It's more medically accurate to use the term "\_\_\_\_\_"
- **Sexually Transmitted Infections (STIs)**
  - Infection from a sexually transmitted bacteria, virus, parasite, or protozoa
  - May \_\_\_\_ have symptoms
  - Some are not curable
- **Sexually Transmitted Diseases (STDs)**
  - Abnormal condition resulting from an STI
  - Diseases have symptoms

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## How are STIs Transmitted?

- An STI is primarily spread from one person to another via \_\_\_\_\_ contact (vaginal, anal, or oral sex)
- Several STIs can be passed:
  - From mother to child during pregnancy/childbirth
  - Sharing \_\_\_\_\_ (drugs, tattoos, body piercing, occupational, etc.)
  - Skin to \_\_\_\_\_ contact
  - Blood or tissue transfer (rare)

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## Risk Factors for STIs

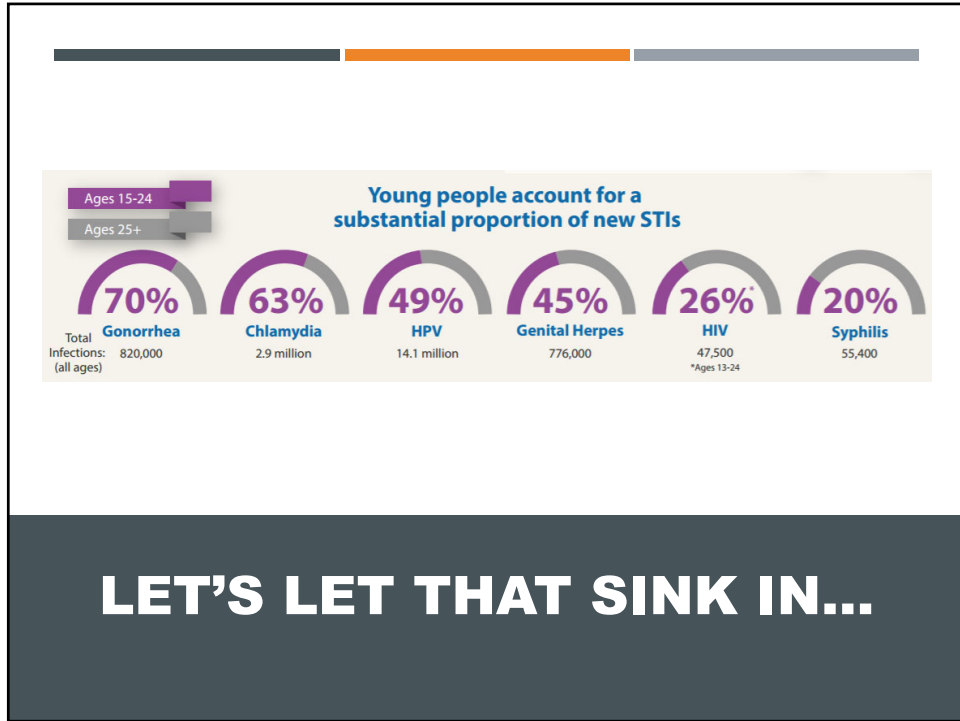
- Absence of signs and symptoms
- No or \_\_\_\_\_ use of prevention methods
- Lack of \_\_\_\_\_
- Confidentiality concerns
- Biology
- Lack of disclosure
- Multiple sex partners
- Stigma

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## The Public Health Impact

- **20 million** new infections in the U.S. each year
  - At some point in their lifetime, more than half of all people will have contracted an STI
- \_\_\_\_\_ are among young people ages 15-24
  - Young people are at higher risk of STIs than older people
- More than half of adults 18-24 years old have \_\_\_\_\_ been tested for an STI other than HIV

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## Main Types of STIs

Bacterial	Viral
<ul style="list-style-type: none"> <li>Chlamydia</li> <li>Gonorrhea</li> <li>Syphilis</li> </ul>	<ul style="list-style-type: none"> <li>Hepatitis</li> <li>Herpes</li> <li>HPV</li> <li>HIV</li> </ul>

**What is the main difference?**

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# STI Testing and Treatment

Infection	Testing Method	Treatment
Chlamydia	Swab or urine sample	Antibiotics
Gonorrhea	Swab or urine sample	Antibiotics
HPV	Visual exam or HPV test of cells	Antivirals and monitoring (no cure)
Herpes	Blood test or swab of sores	Antivirals and monitoring (no cure)
HIV	Blood test or swab	Antiretrovirals and monitoring (no cure)
Syphilis	Blood test or swab	Antibiotics

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## BACTERIAL STIS

CHLAMYDIA  
GONORRHEA  
SYPHILIS

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## Chlamydia (“The Silent STI”)

- **Most common** \_\_\_\_\_ STI
- **Most** people are asymptomatic
- Symptoms occur 1-3 weeks post exposure
  - Painful urination, \_\_\_\_\_, pain in abdominal or pelvic region
- Complications:
  - Possibility of sterility
  - Increase risk of HIV
  - Pelvic \_\_\_\_\_ disease
- Treatment: antibiotics



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## Gonorrhea (“The Clap”)

- Symptoms in those with a penis (95%)
  - Painful urination (dysuria), penile discharge, swelling lymph nodes
- Symptoms in those with a vagina (**50%** \_\_\_\_\_)
- Vaginal yellowish discharge, pelvic pain, painful intercourse, bleeding after intercourse
- Complications: Infertility, inflammation, or pelvic inflammatory disease
- Treatment: Antibiotics
  - Antibiotic \_\_\_\_\_ makes treatment difficult



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# Chlamydia and Gonorrhea Treatment

## Expedited Partner Therapy (EPT):

- Providing prescriptions/medications treating sexual partners of individuals diagnosed with Chlamydia or Gonorrhea without the health care provider examination

### If you've been diagnosed with an STD, you may be able to get treatment for your partner, too.



If you've been diagnosed with chlamydia or gonorrhea, the first step is to get treatment.

But did you know that you may be able to get treatment for your partner, too?

Talk to your doctor. They may be able to give you medicine or a prescription for your partner – even without seeing them. This is called **expedited partner therapy (EPT)** or patient-delivered partner therapy (PDPT), and it's available in most states.

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# Syphilis

- Stages and Symptoms:
  - \_\_\_\_\_; painless lesion called a chancre; disappears within 3-6 weeks
  - \_\_\_\_\_; non-itchy rash appears 6 weeks to several months after exposure
  - \_\_\_\_\_; no visible symptoms; lasts for years; permanent damage to body
- Transmission:
  - Sexual contact
  - Open lesions to mucous membranes
  - Mother to fetus (congenital syphilis)
- Treatment: Penicillin G (antibiotic)



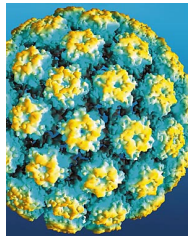
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# VIRAL STIS

- HPV
- HERPES
- HEPATITIS
- HIV

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## Human Papilloma Virus (HPV)



- Group of common viruses
- >170 different types
- 40 transmitted sexually



- In most cases, the virus is **harmless and asymptomatic**
- People may not know they have HPV
- Most sexually active people will get HPV at least \_\_\_\_\_ in their lifetime

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## Human Papilloma Virus (HPV)

- Types:
  - Low risk (6 and 11) – 90% genital warts
  - \_\_\_\_\_ (16, 18, 31, 33, 45, 52, 58) – cancer
- Transmission: sexual contact AND \_\_\_\_\_ contact
- Treatment: Removes symptoms, but no cure
  - Monitor cellular changes
  - Removal of warts
- Prevention:
  - Vaccination, regular \_\_\_\_\_, and treatment of abnormal cell changes
  - Pap test guidelines: 1, 2, 3 rule

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## HPV and Cancer

Anatomic Site	% of Cancer Cases Attributable to HPV
Cervical	91%
Vulvar	69%
Vaginal	75%
Penile	63%
Anal	91%
Oropharyngeal (back throat)	72%

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## The HPV Vaccine

- Quadra-valent vaccine (Gardasil)
- Nine-valent vaccine (Gardasil 9)
- Recommendations:
  - 2 doses in a 12 month period for children 11 – 12 years old
  - 3 doses in a 6 month period for ages 13 – 26 years old



**In 2018, the FDA expanded the approval of Gardasil 9, the HPV vaccine, to include individuals ages 27 to 45**

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## Herpes

- Caused by Herpes Simplex Virus (HSV)
  - Fluid-filled blisters on the genitals, genital tract, or mouth
  - Can be painful
- There are 2 main types of HSV
  - \_\_\_\_\_: "above the waist" – oral herpes or cold sores
  - \_\_\_\_\_: "below the waist" – genital herpes

**Due to occurrence of oral sex, each type can be transmitted to either area on the body**

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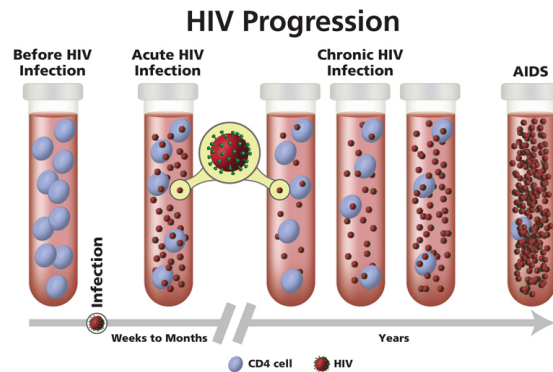
# Herpes

- Transmission:
  - Skin-to-skin contact
  - Can be contagious \_\_\_\_\_ the presence of symptoms/blisters
- Treatment: Cannot be \_\_\_\_\_
  - Antiviral treatment reduces pain and length of outbreaks

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# Human Immunodeficiency Virus (HIV)


HIV = the retrovirus that causes \_\_\_\_\_




A person can transmit HIV at **ANY** stage.

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# HIV Transmission



Sexual Contact




Sharing Needles  
to Inject Drugs




Mother to Baby  
during pregnancy, birth,  
or breastfeeding

Can also be transmitted through blood transfusion (\_\_\_\_\_ in recent years) and through occupational situations


## HIV Is **NOT** Transmitted By




Air or Water



Saliva, Sweat, Tears, or  
Closed-Mouth Kissing



Insects or Pets



Sharing Toilets,  
Food, or Drinks

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# 3 Things to Know about HIV Treatment



HIV medicines can't cure HIV, but they help people with HIV live longer, healthier lives.



People with HIV take a combination of HIV medicines every day. The HIV medicines prevent HIV from advancing to AIDS.



HIV medicines reduce the risk of HIV transmission.

For more information, visit [AIDSinfo](http://AIDSinfo)

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# HIV Prevention

## PrEP

- Pre-exposure prophylaxis
- Prescribed by a doctor
- \_\_\_\_\_ medication that can reduce the chances of getting HIV
- Highly effective when taken correctly
- Must meet specific qualifications for PrEP

PrEP is for those at ongoing risk of HIV

## PEP

- Post-exposure prophylaxis
- Appropriate for potential acute exposures to HIV
  - Exposure to HIV during \_\_\_\_
  - Shared needles to inject drugs
  - Sexual assault
  - Occupational exposure
- Must be taken within \_\_\_\_ hours of potential exposure

PEP should only be used in emergencies

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# HIV Testing

- Oral or \_\_\_\_\_ test
  - Oral tests do **not** test saliva, but fluid from mucous membranes in the \_\_\_\_\_
  - Detects either virus or antibodies to the virus
- Over 99% accurate
- Standard HIV test – results usually available in 1-2 weeks
- Rapid HIV test – results available in about \_\_\_\_ minutes
  - Home tests can produce rapid results

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## STI Prevention

- Abstinence
- Monogamy
- Reduce the number of sex \_\_\_\_\_
- Consider impact of alcohol & other drugs
- Communication with potential sexual partners
- Examine yourself and your partner
- Get tested/\_\_\_\_\_
- Use \_\_\_\_\_ and dental dams
- Get vaccinated
- Sexuality education

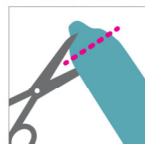
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## A Note on Dental Dam...

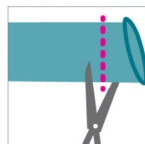
### How To Make a Dental Dam From a Condom\*



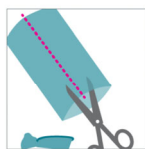
Carefully open package, remove condom, and unroll.



Cut off tip of condom.



Cut off bottom of condom.



Cut down one side of condom.



Lay flat to cover vaginal opening or anus.

- A thin, square piece of rubber that is placed over the labia or anus during oral-vaginal or oral-anal sex
- Latex or silicone
- Plastic wrap or a condom can also serve as an effective dental dam
- **Do not use with spermicide or oil-based lubricants**
- Reduces risk of \_\_\_\_\_

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## Resources

■ Wellness Promotion - 813-974-4936

[www.facebook.com/USFWellnessPromotion](http://www.facebook.com/USFWellnessPromotion)

■ Student Health Services - 813-974-2331

<http://www.shs.usf.edu/>

■ Counseling Center - 813-974-2831

<http://usfweb2.usf.edu/counsel/>

■ Advocacy Program - 813-974-5756

<http://usfweb2.usf.edu/advocacy/>