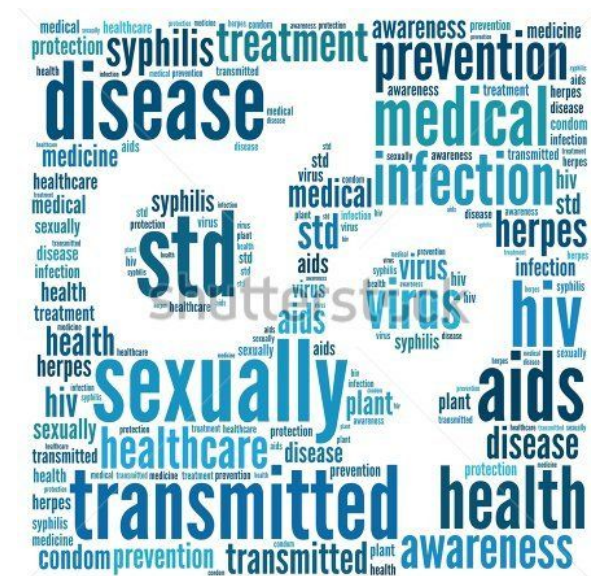


**SEXUALLY
TRANSMITTED
INFECTIONS**

Do you know the facts?

Learning Objectives

- What are STIs?
- What are the features, symptoms and treatments of different STIs?
- How do I protect myself from getting an STI?



STIs

STIs (sexually transmitted infections), sometimes called **STDs (sexually transmitted diseases),** are illnesses that are spread through unprotected sexual contact.

Most STIs are carried in the blood and sexual fluids.

Almost **200** under-16s are diagnosed with STIs every month in the UK.

Do you know the names of any STIs?
Do you know their symptoms?



Sexually Transmitted Infections (STIs)

Sexually transmitted infections (STIs) are passed from one person to another through unprotected sex or genital contact.



STIs can produce discomfort, pain, infertility and in some cases death. However, most can be effectively treated and cured.

The best way to avoid catching an STI is to make sure you use a condom if you have sex.





← Sexual Health Clinic

You can be tested for STIs at a **sexual health clinic**, **genitourinary medicine (GUM) clinic** or **GP surgery**.

STIs	Male /female or both?	Description of Symptoms	How is the person affected ?	Treatment
Chlamydia				
Herpes				
Gonorrhoea				
Syphilis				
HIV / AIDS				

Chlamydia



5 in 10 men who have been
infected with Chlamydia don't
have any symptoms

Chlamydia

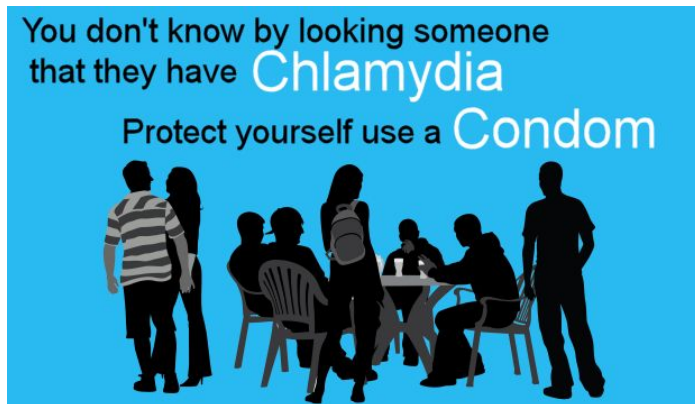
Chlamydia is the most common STI in the UK and is easily passed on during sex. Most people don't experience any symptoms, so they are unaware they're infected.

Men

Chlamydia can cause pain or a burning sensation when urinating, a white, cloudy or watery discharge from the tip of the penis, and pain or tenderness in the testicles.

Women

Chlamydia can cause pain or a burning sensation when urinating, a vaginal discharge, pain in the lower abdomen during or after sex, and bleeding during or after sex or between periods. It can also cause heavy periods



Diagnosis

Diagnosing chlamydia is done with a urine test or by taking a swab of the affected area. The infection is easily treated with **antibiotics**, but can lead to serious long-term health problems if left untreated, including **infertility**.

*Infertility is when a couple can't get pregnant (conceive), despite having regular unprotected sex.



Genital Herpes



- Genital herpes is a common infection caused by the herpes simplex virus (HSV), which is the same virus that causes cold sores.
- Some people develop symptoms of HSV a few days after coming into contact with the virus. Small, painful blisters or sores usually develop, which may cause itching or tingling, or make it painful to urinate.
- After you've been infected, the virus remains inactive most of the time. However, certain triggers can reactivate the virus, causing the blisters to develop again, although they're usually smaller and less painful.
- It's easier to test for HSV if you have symptoms. Although there's no cure for genital herpes, the symptoms can usually be controlled using antiviral medicines.

Gonorrhoea

Gonorrhoea is a bacterial STI easily passed on during sex. About 50% of women and 10% of men don't experience any symptoms and are unaware they're infected.

Men

In men, gonorrhoea can cause pain or a burning sensation when urinating, a white, yellow or green discharge from the tip of the penis, and pain or tenderness in the testicles.

Women

In women, gonorrhoea can cause pain or a burning sensation when urinating, a vaginal discharge (often watery, yellow or green), pain in the lower abdomen during or after sex, and bleeding during or after sex or between periods, sometimes causing heavy periods.

Diagnosis

Gonorrhoea is diagnosed using a **urine test** or by taking a swab of the affected area. The infection is easily treated with **antibiotics**, but can lead to serious long-term health problems if left untreated, including **infertility**.

Syphilis

- Syphilis is a bacterial infection that in the early stages causes a painless, but highly infectious, sore on your genitals or around the mouth. The sore can last up to six weeks before disappearing.
- Secondary symptoms such as a rash, flu-like illness or patchy hair loss may then develop. These may disappear within a few weeks, after which you'll have a symptom-free phase.
- The late stage of syphilis usually occurs after many years, and can spread to the brain or other parts of the body and cause serious, long-term problems.
- Symptoms of syphilis can be difficult to recognise. A simple blood test can usually be used to diagnose syphilis at any stage. The condition can be treated with antibiotics, usually penicillin injections.



HIV and AIDS



- HIV is most commonly passed on through unprotected sex. It can also be transmitted by coming into contact with infected blood – for example, sharing needles to inject steroids or drugs.
- The HIV virus attacks and weakens the immune system, making it less able to fight infections and disease. There's no cure for HIV, but there are treatments that allow most people to live a long and otherwise healthy life.
- AIDS is the final stage of an HIV infection, when your body can no longer fight life-threatening infections.
- Most people with HIV look and feel healthy and have no symptoms. When you first develop HIV, you may experience a flu-like illness with a fever, sore throat or rash.
- A simple blood test is usually used to test for an HIV infection. Some clinics may also offer a rapid test using a finger-prick blood test or saliva sample.