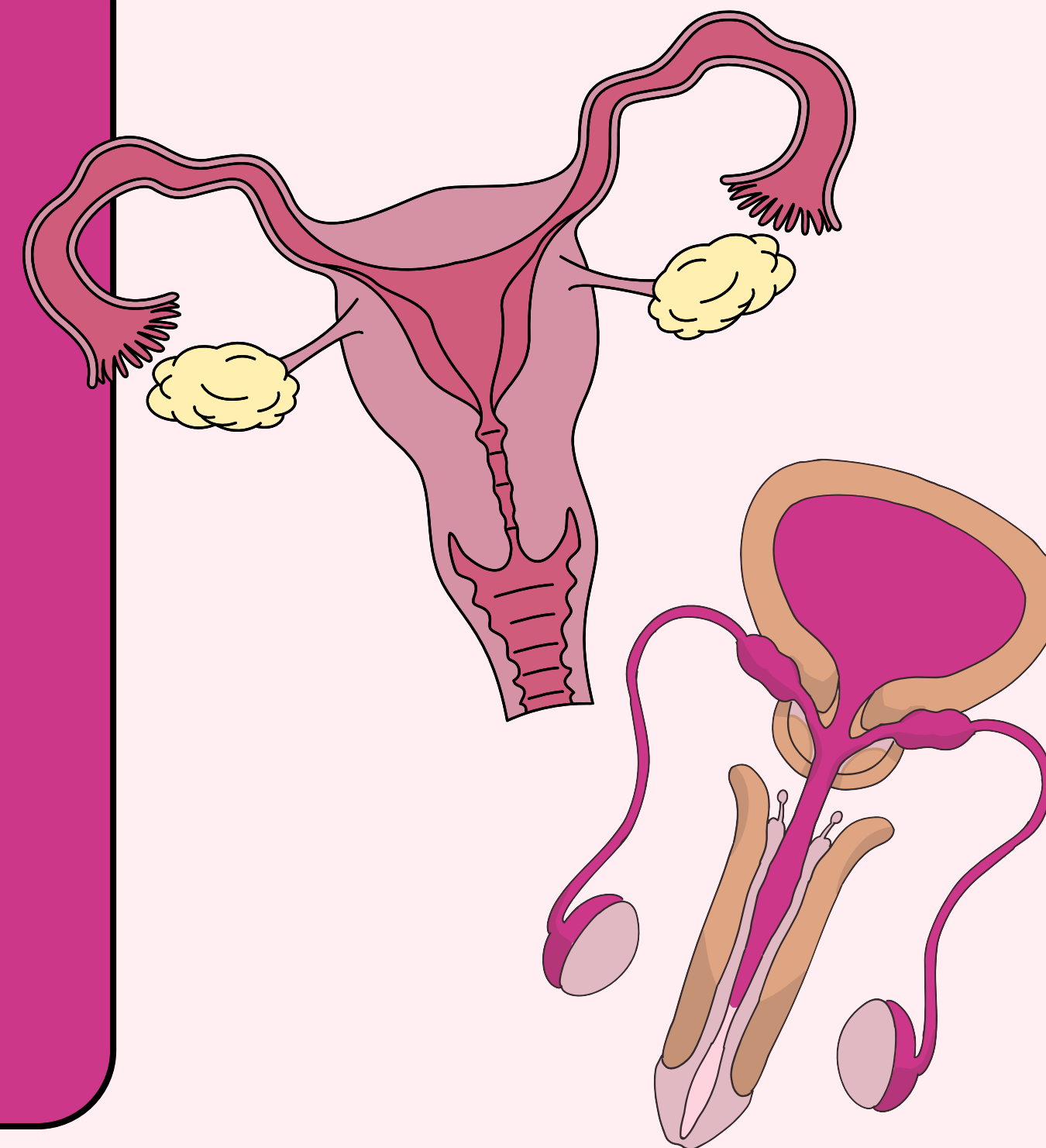


SEXUALLY TRANSMITTED INFECTIONS

PREVENTION AND TREATMENT

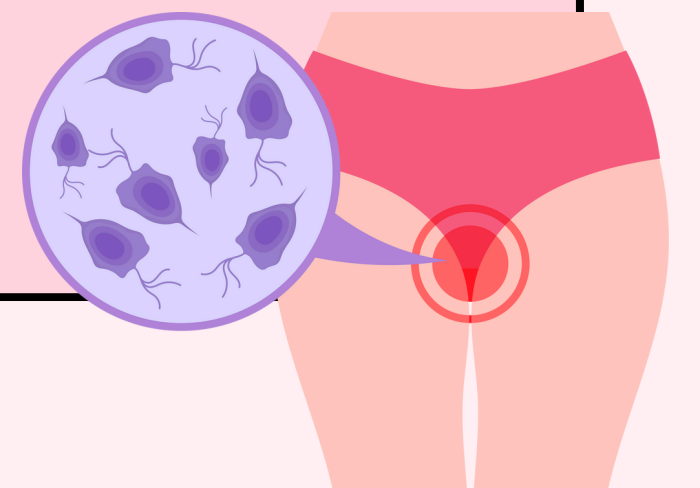


Marie Garcia
Community Engagement Coordinator

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WHAT ARE SEXUALLY TRANSMITTED INFECTIONS?

- Sexually Transmitted Infections (STIs) are bacteria, fungi, or viruses people contract during sexual intercourse/contact.
- Sexually Transmitted Disease (STD) develops from an STI and implies that the infection has developed into a disease.
 - STI and STD are often used interchangeably.
 - The term STI is being used more often.
- STIs can sometimes be transmitted to child from mother during pregnancy, childbirth, or breastfeeding.
- STIs are preventable.



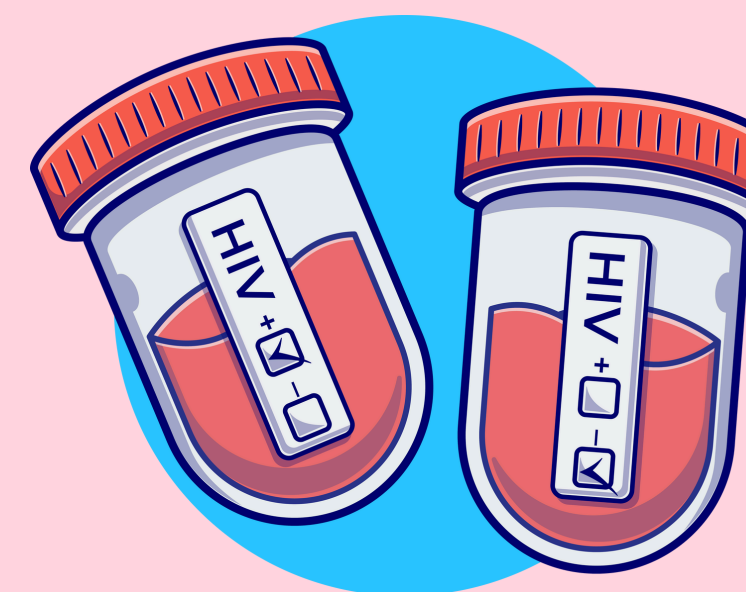
TYPES OF STIs

- There are a handful of STIs
 - Chlamydia
 - Genital Herpes
 - Human Papillomavirus (HPV)
 - Gonorrhea
 - Syphilis
 - Mycoplasma genitalium (Mgen)
 - Trichomoniasis



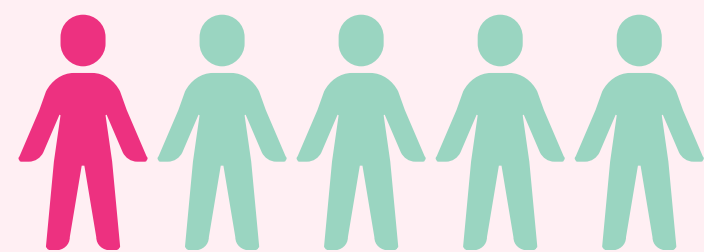
RELATED CONDITIONS

- There are some related conditions that are often transmitted through sexual contact/intercourse.
 - Chancroid
 - Lymphogranuloma Vanereum (LGV)
 - Pubic Lice
 - Scabies
- Other conditions that sometimes spread through sexual contact/intercourse.
 - HIV/AIDS
 - Viral Hepatitis



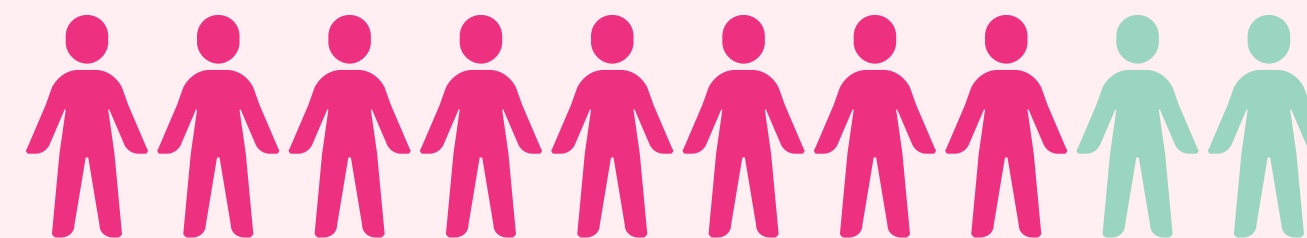
STIs ARE MORE COMMON THAN YOU THINK

- In 2023, there were over 2.4 million reported and diagnosed cases of gonorrhea, syphilis, and chlamydia.
- Almost half (48.2%) of reported gonorrhea, syphilis, and chlamydia cases were among young adults and adolescents (between 15-24 years).
- HPV is extremely common, almost everyone will get HPV at some point
 - 42 million people are infected with types of HPV that are known to cause disease.
 - 13 million Americans get infected each year, including teens



1 in 5 people in the U.S had an STI in 2018

Centers for Disease Control and Prevention. (2024e)

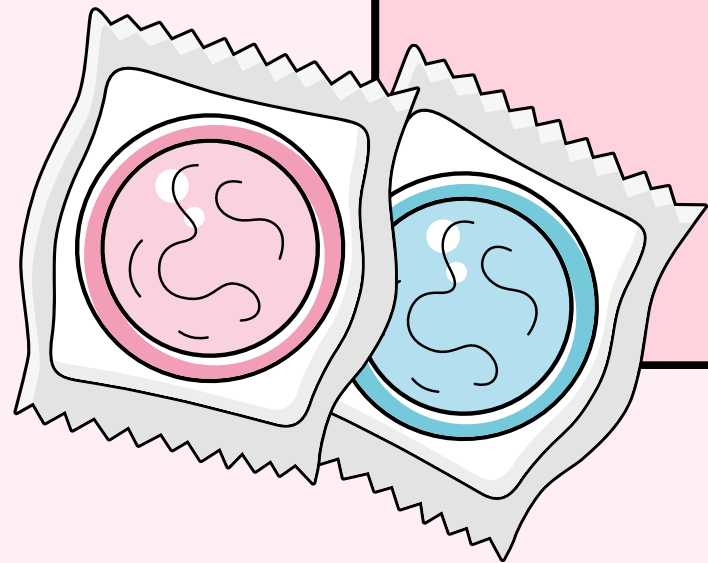


8 in 10 people will have some form of HPV in their lifetime

The American College of Obstetricians and Gynecologists. (n.d.)

HOW STIs SPREAD

- STIs spread through oral, vaginal, and anal sex.
- Can also spread through genital skin-to-skin contact.
- Risk factors include
 - Having multiple sex partners.
 - Engaging in vaginal, anal, or oral sex **WITHOUT** protection (condoms, dental dams).
 - Having sex while under the influence. Inhibitions are lowered when under the influence of drugs or alcohol, which can result in sexual risk-taking.



SIGNS & SYMPTOMS

- The #1 symptom is **NO SYMPTOMS**
- STI symptoms include:
 - Discharge
 - Sores or bumps on your genitals
 - Painful urination
 - Frequent urination
 - Flu-like symptoms
 - Itching or irritation on your genitals
- You can have an STI and not know it.
- Several STIs are treatable.



I HAVE AN STI, NOW WHAT?

- Several common STIs can be treated with medications and antibiotics
- If you test positive for chlamydia, gonorrhea, or syphilis, antibiotics usually relieve your symptoms and cure the infection.
- Genital herpes, hepatitis B, and genital warts have no cure, but treatment can reduce symptoms.

- HPV or genital warts are result of a virus.
- There is no treatment for the virus itself, but you can treat the outbreak and reduce uncomfortable symptoms with:

**TOPICAL
SOLUTIONS**

**CRYOTHERAPY
(FREEZING)**

**SURGICAL
EXCISION**

**LASER
TREATMENTS**

ELECTROCAUTERY

STI TESTING

- STI testing is super easy and super quick!
 - urine samples
 - blood tests
 - swabs
- **SOME** HIV tests produce results as quick as 15 minutes!
- If you are sexually active, it is recommended that you get tested frequently
 - Once a year- or even more frequently depending on your sexual activity and exposure.



If you have any additional questions/concerns regarding STIs or any reproductive health issues, be sure to visit one of our **25** FPA Women's Health clinics!

PREVENTION

COMMUNICATION

Maintain full transparency with your sexual partner(s) to help prevent the spread of STIs. In addition, being transparent with your doctor(s) will ensure you get proper treatment so that your symptoms and side effects do not worsen.

VACCINATION

There are vaccinations for Hepatitis B and C, and the human papillomavirus (HPV).

LEARNING

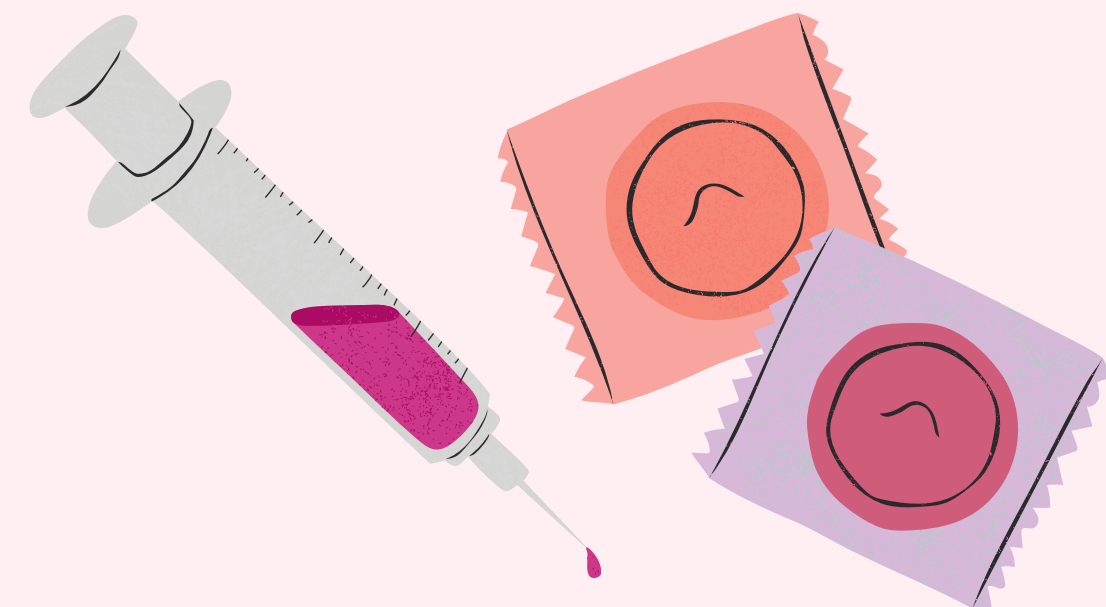
Staying informed can improve your ability to recognize STI symptoms.

CONSISTENCY

Use male condoms, female condoms, and/or dental dams regularly and correctly every time you have sex and engage in sexual activity.

REGULAR TESTING

You and your sexual partner(s) should be getting tested regularly. It is important to share test results with each other.



COMMON MISCONCEPTIONS

Myth: STIs do **NOT** increase your risk of infertility.

Fact: Chlamydia & gonorrhea can increase your risk of infertility.

Myth: STIs are only transmitted during penetrative sex.

Fact: STIs can be contracted via intimate skin-to-skin contact, sharing/mixing bodily fluids (e.g., oral sex, cunnilingus), and kissing.

Myth: You do not need to get tested for STIs if you do **NOT** have multiple sexual partners.

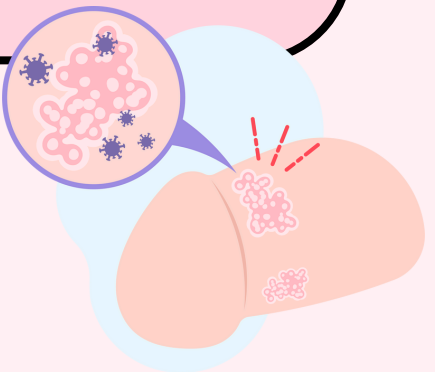
Fact: You can get an STI even after **ONE** sexual encounter. It is important to get tested regularly.

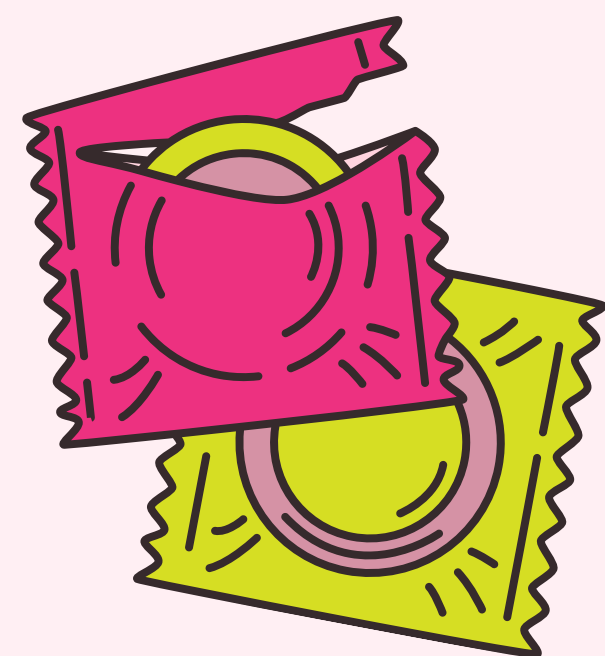
Myth: STIs go away on their own.

Fact: Most do **NOT** go away on your own. Leaving STIs untreated can have adverse health outcomes on you and your sexual partner.

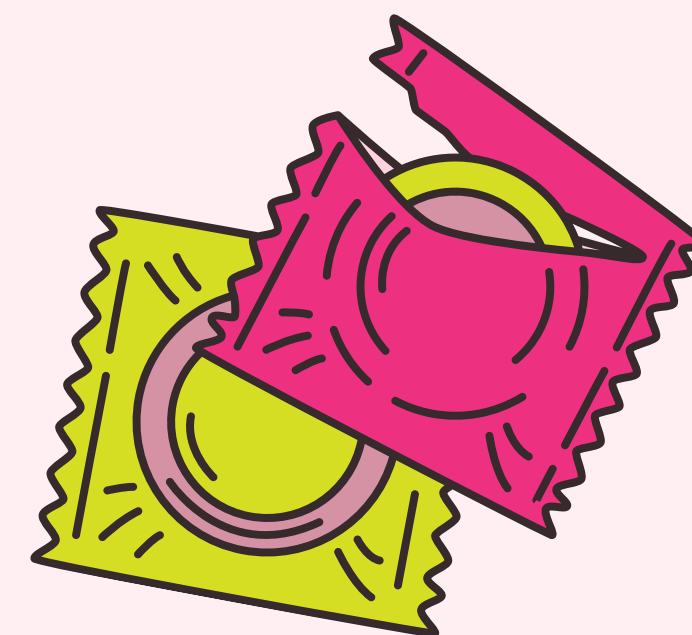
Myth: If you do not show signs of an STI within 2-weeks after having sex, then you did not contract an STI.

Fact: Although it is possible that you did not contract an STI, some STIs take months or even years to show symptoms. Some might have an STI and never experience symptoms. Therefore, it is extremely important to get tested regularly.





QUESTIONS?



THANK YOU

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