

Sexually Transmitted Diseases (STDs)

STDs are infections that can be transferred from one person to another through sexual contact. There are more than 25 diseases that are transmitted through sexual activity. The most common STDs in the United States are chlamydia, gonorrhea, syphilis, genital herpes, human papilloma virus, trichomoniasis and bacterial vaginosis. Adolescents and young adults are the age groups at the greatest risk for acquiring an STD. Approximately 19 million new infections occur each year, almost half of them among people between the ages of 15 to 24.

Some STDs can have severe consequences, especially in women, if not treated. Some STDs can lead to pelvic inflammatory disease, which can cause infertility, and other serious health risks. STDs can be prevented by refraining from sexual activity, or by using safer sex methods, such as condoms, while engaging in sexual activities.

STD	Symptoms in Women	Symptoms in Men	Complications	Treatment
<p>Bacterial Vaginosis (BV)</p> <p>BV is caused by an imbalance of bacteria in the vagina</p> <p>BV is related to activities that can “upset” the vagina, such as sex and douching</p>	<p>Often no symptoms</p> <ul style="list-style-type: none"> • “Fishy” smelling vaginal discharge • Vaginal itching/burning • White/Grey vaginal discharge 	<p>Bacterial Vaginosis is not present in males</p>	<ul style="list-style-type: none"> • Pregnant women may experience complications, including a child born at a low weight • Can pass from female to female during sex • May be more susceptible to other STDs and infections 	<ul style="list-style-type: none"> • BV is caused by bacteria and can usually be cured with medication • A health care professional can provide antibiotics to treat BV
<p>Chlamydia</p> <p>Symptoms may appear 7-28 days after infection</p>	<p>Often no symptoms</p> <ul style="list-style-type: none"> • Vaginal discharge • Vaginal bleeding • Painful/frequent urination • Abdominal pain • Fever/nausea 	<p>Often no symptoms</p> <ul style="list-style-type: none"> • White, watery penile discharge • Painful/frequent urination • Swollen/tender testicles 	<ul style="list-style-type: none"> • Can pass to sexual partners and to baby during childbirth • Damage to reproductive organs • Can lead to infertility in women and sterility in men 	<ul style="list-style-type: none"> • Chlamydia is caused by bacteria and can usually be cured with medication • A health care professional can provide antibiotics to treat Chlamydia
<p>Genital Herpes</p> <p>Symptoms may appear anytime after infection</p>	<p>Some have no symptoms</p> <ul style="list-style-type: none"> • Blisters on mouth or genital region • Blisters last 7-21 days • Blisters can reoccur 	<p>Some have no symptoms</p> <ul style="list-style-type: none"> • Blisters on mouth or genital region • Blisters last 7-21 days • Blisters can reoccur 	<ul style="list-style-type: none"> • There is no cure for herpes, treatment is available • Can pass to sexual partners and to baby during childbirth 	<ul style="list-style-type: none"> • Genital Herpes is caused by a virus and there is no cure • Viral drugs are available to suppress herpes outbreaks

<p>Gonorrhea</p> <p>Symptoms may appear 2-21 days after infection</p>	<p>Often no symptoms</p> <ul style="list-style-type: none"> • Yellow/gray vaginal discharge • Painful urination/bowel movement • Vaginal bleeding • Stomach cramps 	<p>Often no symptoms</p> <ul style="list-style-type: none"> • Yellow/green penile discharge • Painful urination/bowel movement • Frequent urination • Swollen/tender testicles 	<ul style="list-style-type: none"> • Can pass to sexual partners and to baby in uterus/during childbirth • Damage to reproductive organs • Can lead to infertility in women and sterility in men • Can cause heart problems, arthritis, blindness 	<ul style="list-style-type: none"> • Gonorrhea is caused by a bacteria and can usually be cured with medication • A health care professional can provide antibiotics to treat Gonorrhea
<p>Human Immunodeficiency Virus (HIV)</p> <p>Symptoms can appear months to several years after infection</p>	<p>Can be infected for several years without symptoms</p> <ul style="list-style-type: none"> • Weight loss/fatigue • Recurring vaginal yeast infections • Diarrhea/flu-like symptoms • Oral thrush 	<p>Can be infected for several years without symptoms</p> <ul style="list-style-type: none"> • Weight loss/fatigue • Diarrhea/flu-like symptoms • Oral thrush 	<ul style="list-style-type: none"> • There is no cure for HIV, treatment is available • Can pass to sexual/needle sharing partners and to baby in uterus/during childbirth/breast feeding • Can cause several illnesses and can lead to death 	<ul style="list-style-type: none"> • HIV is a virus and there is no cure • Medication is available to slow down the progression of HIV
<p>Human Papilloma Virus (HPV)</p> <p>There are over 100 strains of HPV, some may cause genital warts, others have been linked to cancer (cervical, anal).</p> <p>Symptom appearance time varies</p>	<p>Often no symptoms</p> <ul style="list-style-type: none"> • Genital warts • Warts can reoccur • Itching/burning around genitalia • Abnormal pap smear 	<p>Often no symptoms</p> <ul style="list-style-type: none"> • Genital warts • Warts can reoccur • Itching/burning around genitalia 	<ul style="list-style-type: none"> • There is no cure for HPV, treatment is available • Can pass to sexual partners and baby during childbirth • Warts can spread • Certain strains of HPV may lead to cancer 	<ul style="list-style-type: none"> • HPV is a virus and there is no cure • Depending on the strain of HPV different treatment options are available

<p>Pelvic Inflammatory Disease (PID)</p> <p>Several different bacteria can cause PID, many cases have been related to Chlamydia and gonorrhea. When pushed from the vagina and cervix higher into the female reproductive tract, bacteria can cause PID.</p>	<p>Symptoms may not be present</p> <ul style="list-style-type: none"> • Lower abdominal pain • Vaginal discharge • Discharge may have unpleasant odor • Painful intercourse/urination • Vaginal bleeding 	<p>Pelvic Inflammatory Disease cannot be present in males</p>	<ul style="list-style-type: none"> • Can cause ectopic pregnancy (pregnancy in the fallopian tubes) • Can cause damage to the reproductive organs • May require surgery to treat • Can lead to infertility • May cause chronic pain in abdominal area 	<p>Depending on the severity of PID the following may be used for treatment</p> <ul style="list-style-type: none"> • Antibiotics • Hospitalization/bed rest • Outpatient intensive treatment
<p>Syphilis</p> <p>There are three stages of Syphilis. Stage 1 symptoms can appear one week to three months after infection</p>	<p>Stage 1:</p> <ul style="list-style-type: none"> • Sore(s) on genitalia or mouth • The sore(s) can last 2-6 weeks <p>Stage 2:</p> <ul style="list-style-type: none"> • Rash on body • Flu-like symptoms <p>Tertiary (last) Stage:</p> <ul style="list-style-type: none"> • Neurological complications • Cardiovascular complications 	<p>Stage 1:</p> <ul style="list-style-type: none"> • Sore(s) on genitalia or mouth • The sore(s) can last 2-6 weeks <p>Stage 2:</p> <ul style="list-style-type: none"> • Rash on body • Flu-like symptoms <p>Tertiary (last) Stage:</p> <ul style="list-style-type: none"> • Neurological complications • Cardiovascular complications 	<ul style="list-style-type: none"> • Can pass to sexual partners and to baby during pregnancy • May cause miscarriage in women • May cause heart disease, blindness, brain damage • Can lead to death 	<ul style="list-style-type: none"> • Syphilis is caused by bacteria and may be cured • A health care professional may provide penicillin for Syphilis • Other antibiotics may be available for individuals allergic to penicillin
<p>Trichomoniasis (Trich)</p> <p>Symptoms can appear 3 days to 2 weeks after infection</p>	<p>Often no symptoms</p> <ul style="list-style-type: none"> • Vaginal itching or burning • Yellow/green/gray vaginal discharge 	<p>Often no symptoms</p> <ul style="list-style-type: none"> • White, watery penile discharge • Painful/frequent urination 	<ul style="list-style-type: none"> • Can pass to sexual partners • Continuation of unpleasant symptoms • Can lead to prostate infection in men 	<ul style="list-style-type: none"> • Trich is caused by a parasite and may be cured • A health care professional may provide medication for Trich