

Sexually Transmitted Diseases (STDs)

Know the Basic Facts

The client needs to know if she is sexually active, her partner might not know he has an STD. Symptoms may not show up for months or years. STDs are contagious even without symptoms. The surest way to avoid infection is to practice sexual abstinence while single. When she marries she, need to select a partner who is not infected with an STD and remain sexually faithful during marriage. A recent review by the Centers for Disease Control (CDC) determined that there is no clinical proof that condoms are effective in reducing the risk of STDs. The Center provides Sexually Transmitted Disease information to help clients understand the types and symptoms of STDs.

Know Good Resources such as the following

“Sex Was Never Meant To Kill You”, Why KNOW Abstinence Education Inc.; “Is Sex Safe?”, Grapevine Publications; “How At Risk Are You?”, and “Why KNOW” from Abstinence Education Inc.

Know the Types, Common Strains, and Symptoms of STDs

Bacterial STDs - These can be treated and cured with antibiotics even during pregnancy.

- **Chlamydia**
 - It is considered the most common cause of sterility.
 - It may require removal of uterus, tubes, and ovaries in an advanced stage.
 - It often has no symptoms but the following may occur:
 - Men may have discharge from penis and burning sensation during urination.
 - Women may have vaginal discharge and/or pain.
- **Gonorrhea**
 - It is a common cause of pelvic inflammatory disease and infertility in women.
 - It can cause sterility in men due to scarring.
 - It has the following symptoms:
 - Men may have discharge from penis and burning sensation during urination.
 - Women may mistake symptoms for a bladder or vaginal infection. They may have pelvic pain, painful urination, discharge, or bleeding between periods.
- **PID (Pelvic Inflammatory Disease)**
 - It affects only women and can cause ectopic pregnancy, sterility, cancer, and loss of life.
 - It has the following symptoms:
 - Women have the same symptoms as Chlamydia and Gonorrhea
 - Women may also have minor symptoms and mistake them as menstrual cramps.
- **Syphilis**
 - It can cause damage to internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints if it goes untreated.
 - It can cause birth defects or death of newborns if mother is infected.
 - It has the following symptoms:
 - Men initially have swollen non-painful ulcers on genitalia, and eventually changes of skin, fever, and enlarged lymph nodes.
 - Women initially have no symptoms but eventually the symptoms appear the same as men.

Parasite STDs - These can usually be treated and cured with a prescription drug.

- **Trichomoniasis**

- It is one of the most common sexually transmitted diseases
- It has the following symptoms:
 - Men often have no symptoms but some have discharge and burning with urination
 - Women may have vaginal discharge with a strong odor, discomfort during intercourse and urination, and irritation and itching of the female genital area..

Viral STDs - These cannot be cured, but treated with antiviral medication to reduce symptoms.

- **Genital herpes**
 - It is contagious for life and painful
 - It can be fatal for the unborn.
 - It has the following symptoms:
 - Both sexes have reoccurring sores, flu- like symptoms, fever, and swollen glands.
- **HPV – Human papillomavirus**
 - It can clear on its own in some cases
 - It has some types that may lead to cancer of the cervix, vulva, vagina, anus or penis. 4,000 women die each year from these types of cancer.
 - It has the following symptoms:
 - Men have visible genital warts
 - Women often have no signs but some have burning, itching, and pain.
- **Hepatitis B**
 - It is a serious disease that attacks the liver.
 - It can cause chronic liver disease, cancer, cirrhosis, and death.
 - It has the following symptoms:
 - Both sexes often have no symptoms.
 - Some have jaundice, extreme fatigue, dark urine, gray stool, loss of appetite, nausea, vomiting, fever, stomach, or joint pain
- **Hepatitis C**
 - It is a serious disease that attacks the liver.
 - It can cause a lifelong infection, cancer, and death.
 - It has the following symptoms:
 - Both sexes have jaundice, extreme fatigue, dark urine, abdominal pain, loss of appetite or nausea
- **HIV**
 - HIV/AIDS is a disease of the human immune system caused by infection with a human. There is no cure or vaccine. (according to Wikipedia.org)
 - It destroys a certain kind of blood cell (CD4+ T cells), which is crucial to the normal function of the human immune system.
 - It has the following symptoms:
 - Both sexes have rapid weight loss, dry cough, recurring fever or profuse night sweats, profound and unexplained fatigue, swollen lymph glands in the armpits, groin or neck, diarrhea that last for more than a week, white spots or unusual blemishes on the tongue, mouth or throat, pneumonia, red, brown, pink or purplish blotches on or under the skin or inside the mouth, nose or eyelids, and memory loss, depression or other neurological disorders/

Consider Additional Facts Concerning STDs

- STDs are the most common disease in America next to common cold and flu
- STDs are growing with 15 million new cases annually – 41,000 per day
- STDs infect 3 million teenagers each year
- STDs presently infect 1 in every 5 Americans
- STDs currently impact 45 million Americans with an incurable infection

- STDs occur in persons less than 25 at a rate of 63%
- STDs exist in 35 – 50 different kinds, some common ones are listed above
- STDs have new strains that are resistant to treatment
- STDs have 20 different types that are prevalent among the young
- STDs do not develop initial symptoms in 80% of those infected
- STDs are contagious even though no symptoms exist
- STDs often cause chronic pain and permanent damage
- STDs increase the possibility of contracting AIDS
- STDs like HIV eventually kill

Know the Statistics and Thereby Risks

If You are Sexually Active	New Cases Each Year	Unaware of Infection	Suspected Carriers
Bacterial STDs			
▪ Chlamydia	3,000,000	75%	40%
▪ Gonorrhea	650,000	80%	
▪ PID (Pelvic Inflammatory Disease)	1,000,000		
▪ Syphilis	70,000	50%	
Parasite STDs			
▪ Trichomoniasis	5,000,000		
Viral STDs			
▪ Genital herpes (45 million infected)	1,000,000	75%	
▪ HPV (20 million thought to be carriers)	500,000		75%
▪ Hepatitis B	120,000		
▪ Hepatitis C			
▪ HIV (6th leading cause of death in 15-24)	40,000		

DO YOU WANT TO TAKE THE CHANCE?

If You Engage In Premarital Sexual Activity:

- You are very likely to contract an STD
- You may have an STD and not realize it until it's "too late"
- You could be legally liable if you infect someone
- When you have sex with someone, you are having sex with everyone they and their partners have had sex with for the last ten years. C.E. Koop, Former U.S. Surgeon General

If You Suspect an STD, Know Where to Get Help

- You need treatment immediately, contact your doctor or one of these clinics:
 - City of Houston (\$6.00) Behind Ben Taub 713-794-9640
 - UTMB (sliding scale charges) Pearland 281-485-3220
 - Baylor (ages 13–21 only - free) Medical Center 713-873-3601
- You must stop sexual activity
- You need to notify sexual partners

AVOID THE RISKS – SAVE SEX FOR MARRIAGE