

SEX AND SEXUALLY TRANSMITTED INFECTIONS

Sex and STIs

Be fully informed, Be safe!

Prevent Pregnancy

- ▶ Practice abstinence
- ▶ Use effective birth control
- ▶ Use Emergency Contraception

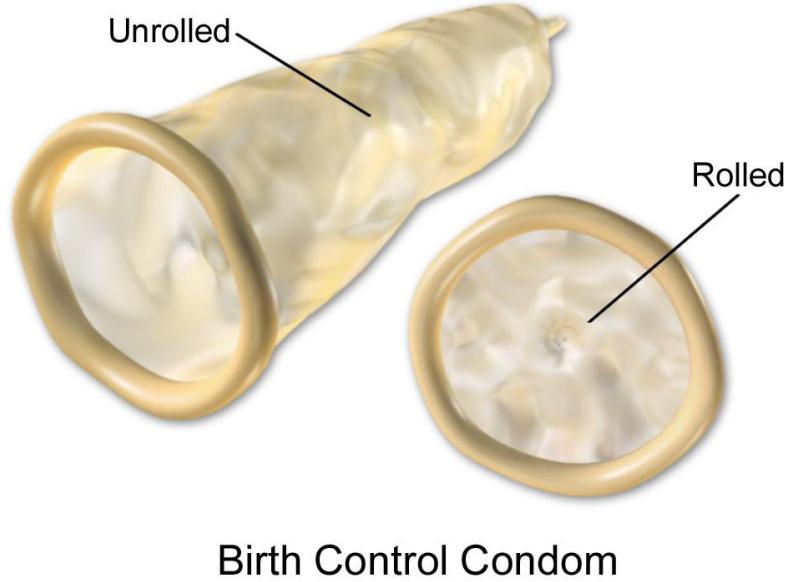
Prevent STI's

- ▶ Practice Abstinence
 - ▶ The only sure way not to get an STI
- ▶ Condoms
 - ▶ Use them EVERYTIME for the entire time!
- ▶ Mutual monogamy with uninfected partner

Prevalence of Use of Commercial Sex Workers Among Immigrant Men in Durham

Male Characteristic	Percent use of CSW	Average number of Visits
Single	46%	8
Married, spouse not in Durham	40%	6
Married, spouse in Durham	5%	9

Condoms: Male and Female



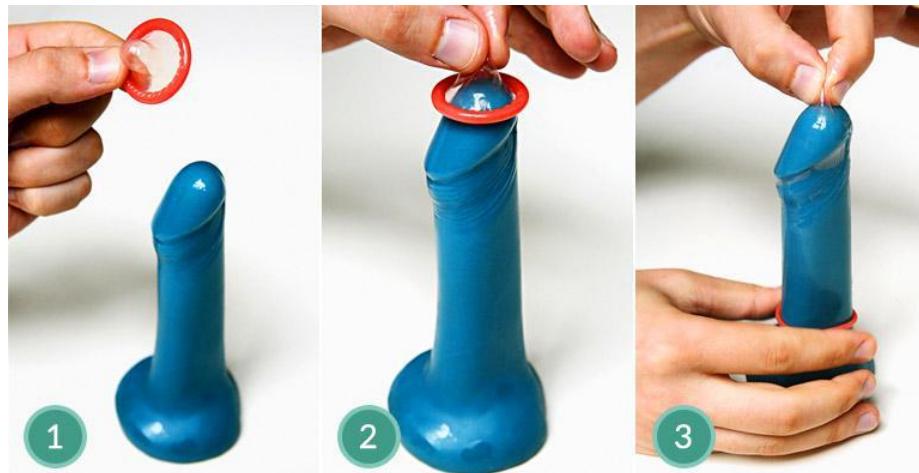
How to Use a Condom

- ▶ DON'T use your fingernails or teeth when opening a condom wrapper
 - ▶ It's very easy to tear the condom inside.
- ▶ DON'T reuse a condom.
- ▶ DO always use a new condom for each kind of sex you have



How to Use a Condom

- ▶ DO put condom on BEFORE the penis touches the sexual partner
- ▶ DON'T unroll the condom before putting it on the erect penis
- ▶ DO squeeze the air out of the tip of the condom to leave room for the semen
- ▶ DO hold the condom in place at base of penis while removing erect penis from partner



How to Use a Condom

- ▶ DON'T use Vaseline, lotions, baby oil
- ▶ DO only use water-based lubricant, like KY or Astro Glide
- ▶ DON'T use 2 condoms at once



Check the expiration date

- ▶ Do not use expired condoms
- ▶ Old condoms can become dry, brittle or weakened, breaking more easily



Sun and Heat destroy condoms

DON'T store in wallet

DON'T store in car



Is My STI curable? -----YES!

- ▶ Gonorrhea (GC) and Chlamydia
 - ▶ Chlamydia is the most common STI in the U.S.
- ▶ Syphilis
- ▶ Trichomoniasis
- ▶ Pubic lice (crabs)
- ▶ Scabies

Is My STI Curable? Not now

- ▶ Herpes simplex virus (HSV)
 - ▶ Cold sores and genital herpes
- ▶ Human Papilloma Virus (HPV)
 - ▶ Causes genital warts, cervical and rectal cancer
- ▶ Human Immunodeficiency Virus (HIV)
- ▶ Chronic Hepatitis B
 - ▶ some chronic cases are now curable with intensive treatment
 - ▶ 95% of newly infected adult patients manage to clear their infections even without treatment, so do not develop chronic Hep B

Are there vaccines against any STIs?

- ▶ Human papilloma Virus (HPV/Gardasil, series of three vaccines, for males and females ages 9-26 years old)
- ▶ Hepatitis B (series of three vaccines for all ages, now given routinely to infants)
- ▶ Herpes and HIV vaccines under study

How are they transmitted?

Skin to skin (making condoms less effective)

- ▶ Scabies (also clothing, sheets)
- ▶ Pubic lice (also clothing, sheets)
- ▶ HPV

How are they transmitted?

Blood

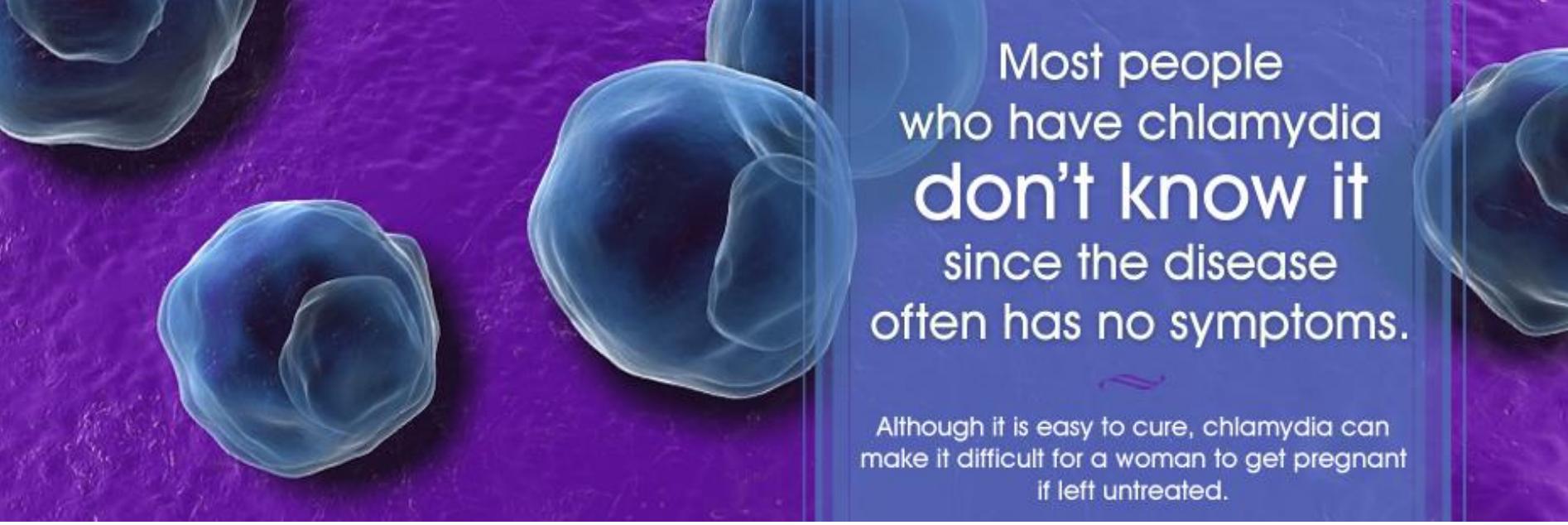
- ▶ HIV, Hepatitis B

Breast milk

- ▶ HIV

Semen and vaginal fluid

- ▶ HIV, Hepatitis B
- ▶ GC, Chlamydia
- ▶ Herpes
- ▶ Trichomoniasis

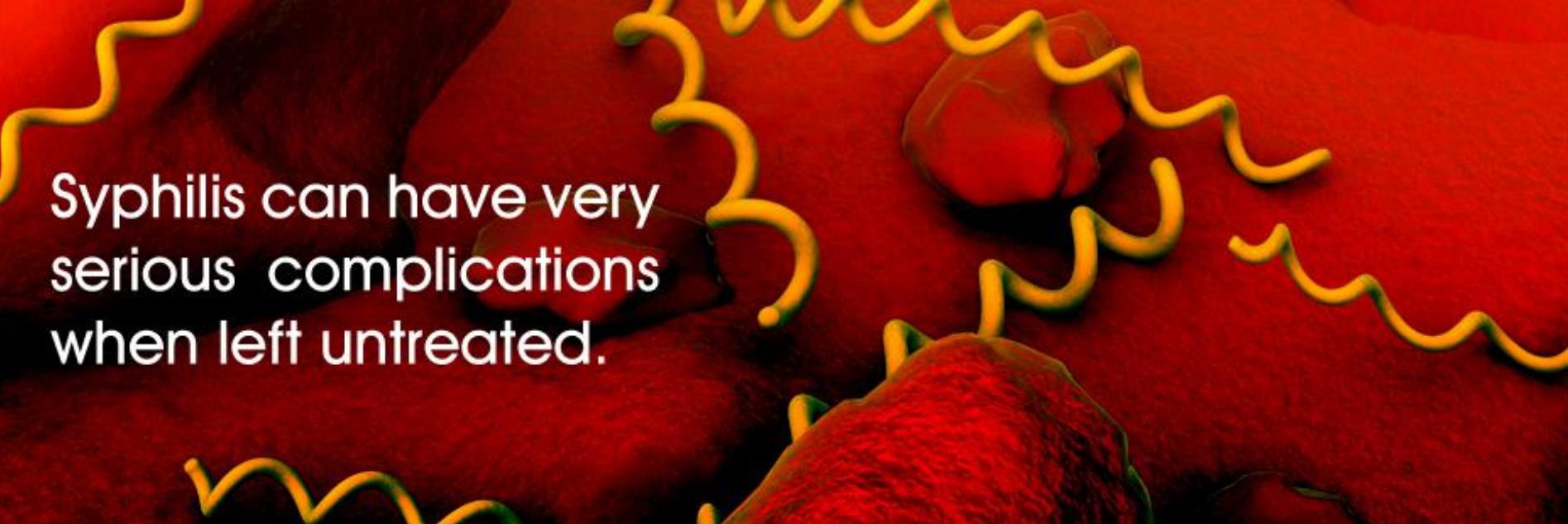
A close-up, microscopic view of several blue, irregularly shaped chlamydia bacteria against a purple background.

Most people
who have chlamydia
don't know it
since the disease
often has no symptoms.

Although it is easy to cure, chlamydia can
make it difficult for a woman to get pregnant
if left untreated.

How are they diagnosed?

Gonorrhea and chlamydia - often asymptomatic
may present with painful urination and genital
discharge, diagnosed with a **urine sample**



Syphilis can have very serious complications when left untreated.

How are they diagnosed?

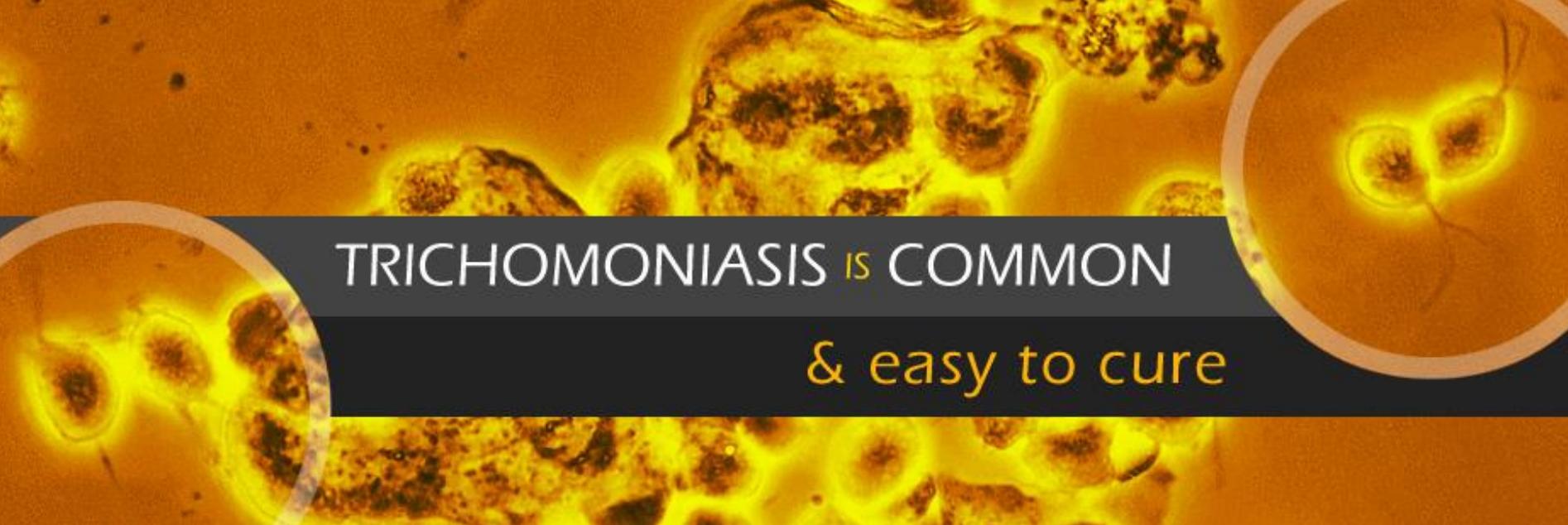
Syphilis – most patients unaware of infection, diagnosed with **blood tests**

Primary stage – painless genital ulcer

Secondary stage – rash, sore throat, malaise

Latent stage – no symptoms

Tertiary stage – dementia, damage to heart, numbness of feet/hands, difficulty walking

A microscopic image showing several Trichomonas vaginalis parasites. The parasites are pear-shaped with a distinct nucleus and flagella. They are surrounded by numerous small, dark, irregularly shaped debris, likely host tissue or cellular waste.

TRICHOMONIASIS IS COMMON
& easy to cure

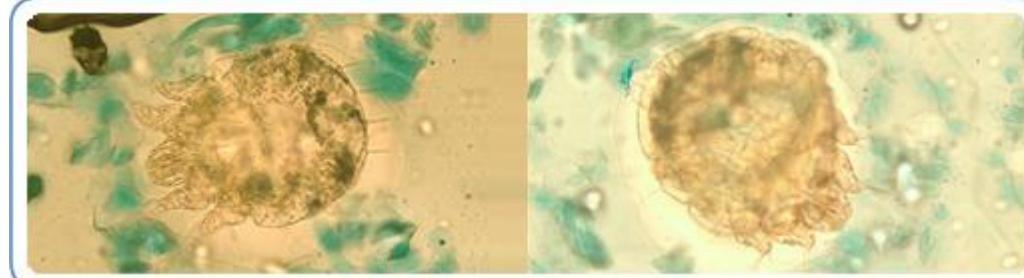
How are they diagnosed?

Trichomonis – often asymptomatic, may have vaginal discharge

Diagnosed on **urinalysis** (men) or **microscopic exam** of vaginal secretions (women)

How are they diagnosed?

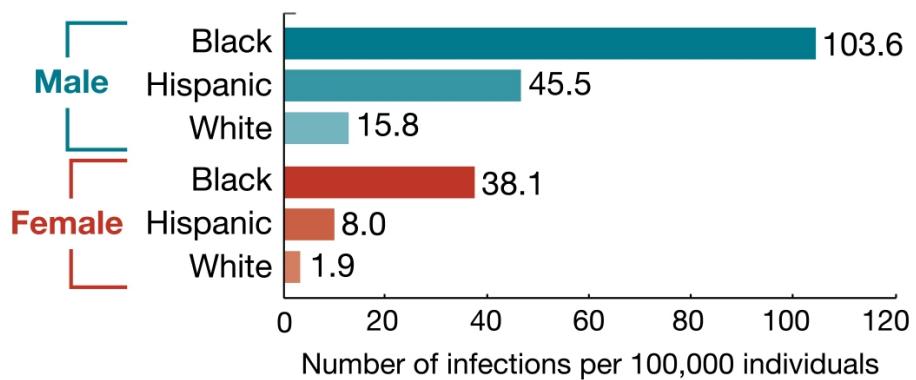
- ▶ Pubic Lice and Scabies – both cause itching and rash on skin
- ▶ Diagnosed by physical exam
- ▶ Not prevented by condoms



How are they diagnosed?

- ▶ HIV, Hepatitis B – initial infection may feel like the flu, most patients unaware
- ▶ Diagnosed by **blood test** or cheek swab (HIV)

Figure 5: Estimated Rate of New HIV Infections, 2010



PrEP (pre-exposure prophylaxis)

A new way to prevent HIV infection

HIV prevention pill is not reaching most who could potentially benefit – especially African Americans and Latinos



of people who could potentially benefit from PrEP are **African American** – approximately 500,000 people...



of people who could potentially benefit from PrEP are **Latino** – nearly 300,000 people...



Daily pill for those who are HIV negative but at high risk of infection

- ▶ Men who have sex with men
- ▶ IV drug users
- ▶ Women who have unprotected sex with high risk partners

*Prescription data in this analysis limited to those filled at retail pharmacies or mail order services from September 2015 – August 2016 racial and ethnic information not available for one third of the prescription data

How are they diagnosed?

- ▶ HPV – often asymptomatic, but may cause warts in genitals
 - ▶ Diagnosed on exam (when warts present) or on PAP smear

HPV VACCINE IS CANCER PREVENTION

HPV vaccine protects against HPV types that most commonly cause anal, cervical, oropharyngeal, penile, vaginal, and vulvar cancers.

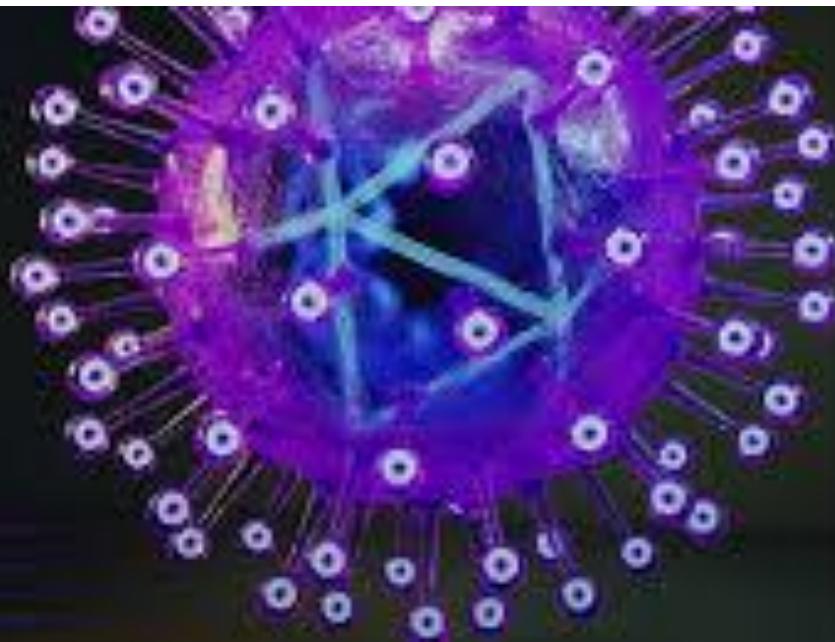
Every year in the U.S., 27,000 people get cancer caused by HPV.



That's 1 person every 20 minutes of every day, all year long.

Most of these cancers can be prevented by HPV vaccine.

Most people with
genital herpes
do not know
they have it.



Herpes

Herpes – often asymptomatic as it stays latent in the body

Diagnosed by history of recurring painful ulcers on
genitals, a swab of ulcer if present, blood tests



KEEP
CALM
AND
CARRY
CONDOMS

Myths

- ▶ One can only get an STI with penetration
- ▶ One can only get an STI with ejaculation
- ▶ Spermicide is an effective method to protect against STI
- ▶ If my partner has no symptoms, they are not contagious
- ▶ I just had my physical exam and my doctor did not tell me about any infections, so I must not be infected!
- ▶ Mosquitos/toilet seats/door knobs can transmit STI's