

Sexually Transmitted Diseases (STDs)

Risk. Prevention. Detection.

What are STDs?

Diseases that are passed from one person to another through sexual contact.

- ❖ Gonorrhea
- ❖ Chlamydia
- ❖ Syphilis
- ❖ Trichomoniasis
- ❖ Herpes Simplex Virus
- ❖ Human Immunodeficiency Virus (HIV)
- ❖ Hepatitis A
- ❖ Hepatitis B
- ❖ Hepatitis C
- ❖ Human Papillomavirus

STDs

**WHAT YOU DON'T KNOW
CAN HURT YOU OR WORSE**

How are STDs spread?

- You can get an STD by having sex with someone who has an STD.
 - Penile-vaginal intercourse
 - Penile-anal intercourse
 - Oral sex
- Anyone who is sexually active can get an STD.
- Some STDs like Herpes and Syphilis can be spread by skin-to-skin contact. You don't have to "go all the way"



How common are STDs?

- While sexually transmitted diseases (STDs) affect individuals of all ages, STDs take a particularly heavy toll on young people.
- CDC estimates that youth ages 15-24 make up just over one quarter of the sexually active population, but account for **half** of the 20 million new sexually transmitted infections that occur in the United States each year.



SEXUALLY TRANSMITTED INFECTIONS AMONG YOUNG AMERICANS

Youth bear disproportionate share of STIs

Americans ages 15-24 make up just **27%** of the sexually active population

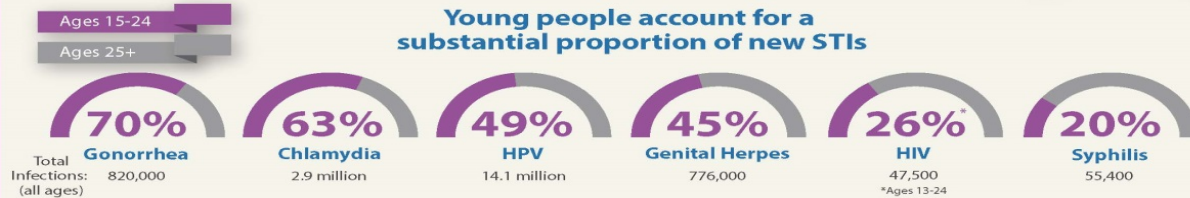
But account for **50%** of the **20M** new STIs in the U.S. each year



Consequences are particularly severe for young women



Young people account for a substantial proportion of new STIs



Many do not know they're infected because STIs often have no symptoms

Data are cases among youth ages 15-24



Unique factors place youth at risk



Insufficient Screening
Many young women don't receive the chlamydia screening CDC recommends



Confidentiality Concerns
Many are reluctant to disclose risk behaviors to doctors



Biology
Young women's bodies are biologically more susceptible to STIs



Lack of Access to Healthcare
Youth often lack insurance or transportation needed to access prevention services



Multiple Sex Partners
Many young people have multiple partners, which increases STI risk

Young people can protect themselves

GET TESTED

REDUCE RISK BEHAVIORS

GET VACCINATED AGAINST HPV

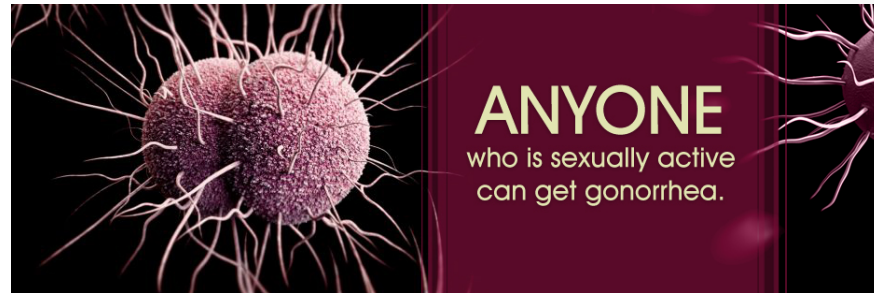
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U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Gonorrhea



What is it?

- Bacterial infection treated with antibiotics. Drug-resistant strains are increasing.
- Can cause infections in the genitals, rectum, and throat.
- A pregnant woman can give the infection to her baby during childbirth.
- No exam required, tested for using a urine sample.

Symptoms

- **Most common= NO SYMPTOMS**
- Men:
 - Pain with urination
 - Discharge from penis
 - Painful or swollen testicles
- Women:
 - Pain with urination
 - Increased vaginal discharge
 - Vaginal bleeding between periods
- Rectal Infection symptoms may include rectal pain, discharge or bleeding

Chlamydia

What is It?

- Bacterial infection treated with antibiotics.
- Can cause infections in the genitals, rectum, and throat.
- A pregnant woman can give the infection to her baby during childbirth.
- No exam required, tested for using a urine sample.

Symptoms

- **Most common= NO SYMPTOMS**
- Men:
 - Pain with urination
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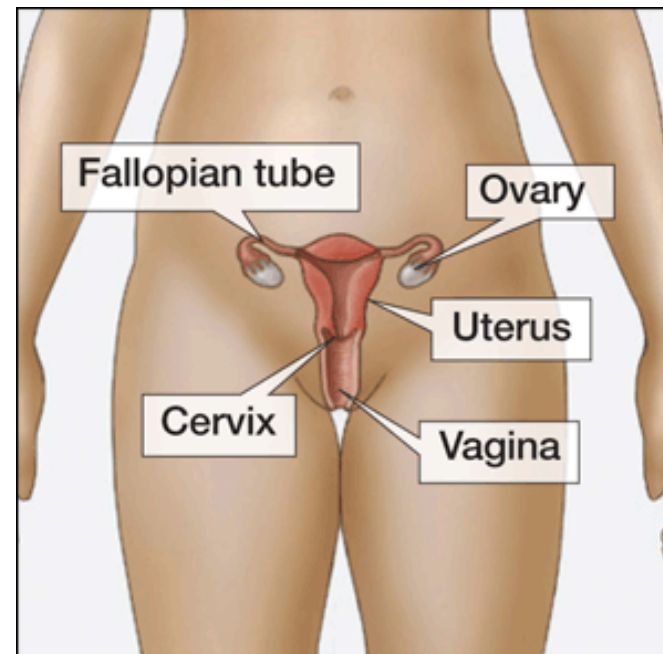


Alaska has the highest rate of Chlamydia per capita than any other state.



Pelvic Inflammatory Disease (PID)

- Complication of Chlamydia and/or Gonorrhea in women.
- Symptoms are abdominal pain, fever, vaginal discharge, pain or bleeding during sex and pain with urination.
- Treated with antibiotics.
- Can cause irreversible damage to reproductive system that can result in scarring and may lead to infertility.



Trichomoniasis

What is it?

- Parasitic infection treated with one time dose of antibiotics.
- A pregnant woman with trichomoniasis has a risk of pre-term delivery and risk having a baby with a low birth weight.
- Tested for with genital swab.



Two Trichomonas vaginalis parasites, magnified (seen under a microscope)

Symptoms

- **Most common= NO SYMPTOMS**
- **Men:**
 - A burning sensation when urinating
 - A discharge from the penis
 - Itching or irritation inside penis
- **Women:**
 - Painful or burning sensation when urinating
 - Vaginal itching
 - Increased vaginal discharge

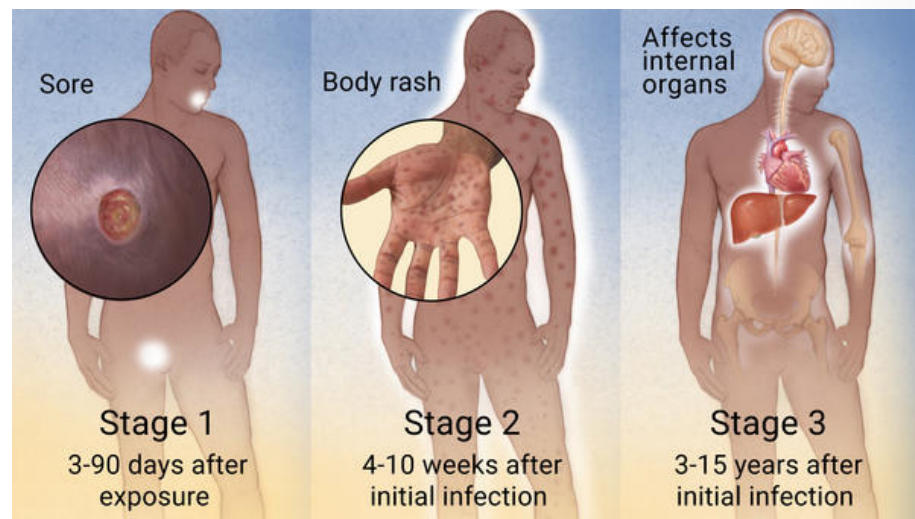
Syphilis

- What is it?
 - Bacterial infection treated with antibiotics
 - Can cause long-term complications.
 - Spread by direct contact with a syphilis sore during anal, vaginal or oral sex.
 - Syphilis can be spread from an infected mother to an unborn baby.
 - Blood test can be drawn for testing.



Three Stages of Syphilis

- **Stage #1.** Single sore to genitals, rectum or mouth. Lasts 3-6 weeks and will resolve on its own.
- **Stage #2.** Skin rash to palms of hands or soles of feet or sores in mouth. Symptoms will resolve on own.
- **Stage #3.** Occurs 10-30 years after first infected. Difficulty coordinating muscle movements, blindness, dementia, damage to internal organs.



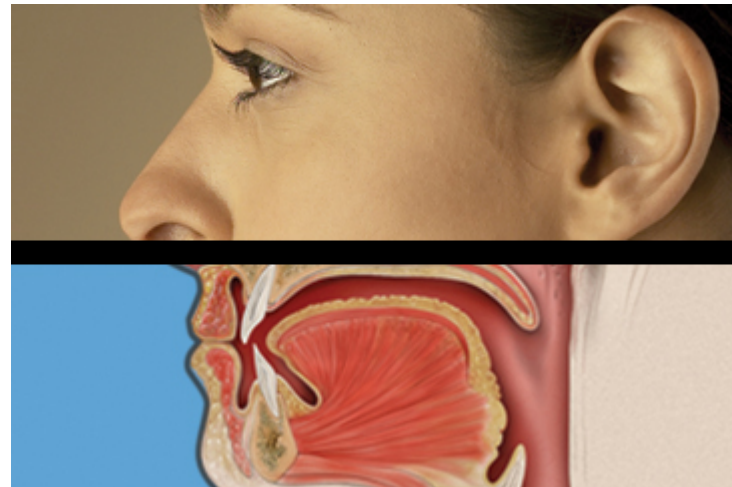
Human Papillomavirus (HPV)

- The most common STD.
- So common that nearly all sexually active men and women get it at some point in their lives. 79 million Americans are currently infected with HPV.
- Many different types of HPV.
- Spread during vaginal, anal or oral sex.



HPV continued.....

- In most cases HPV goes away on its own and does not cause any health problems.
- Can lead to genital warts.
- Can lead to cancer to the cervix, vulva, vagina, penis, anus or back of the throat.
- Vaccine available to protect against HPV
- There is no blood test for HPV.
- Women should see their health care provider for an annual pelvic exam starting at age 21 and screening may be performed for cervical cancer.



Herpes Simplex Virus

What is it?

- Genital herpes is an STD caused by two types of viruses, type 1 or type 2.
- In the United States, 1 out of every 6 people aged 14 to 49 have genital herpes.
- Can be transmitted by having oral, vaginal, or anal sex with someone with herpes. Can be transmitted by skin to skin contact.
- May be passed from a woman to an unborn baby.
- No cure but there are medications that can prevent or shorten outbreaks.

Symptoms

- Most people have no or very mild symptoms.
- Appear as blisters on or around the mouth, genitals or rectum.
- The first outbreak is more severe and may cause a fever and body-aches.
- Repeat outbreaks are usually shorter and less severe.

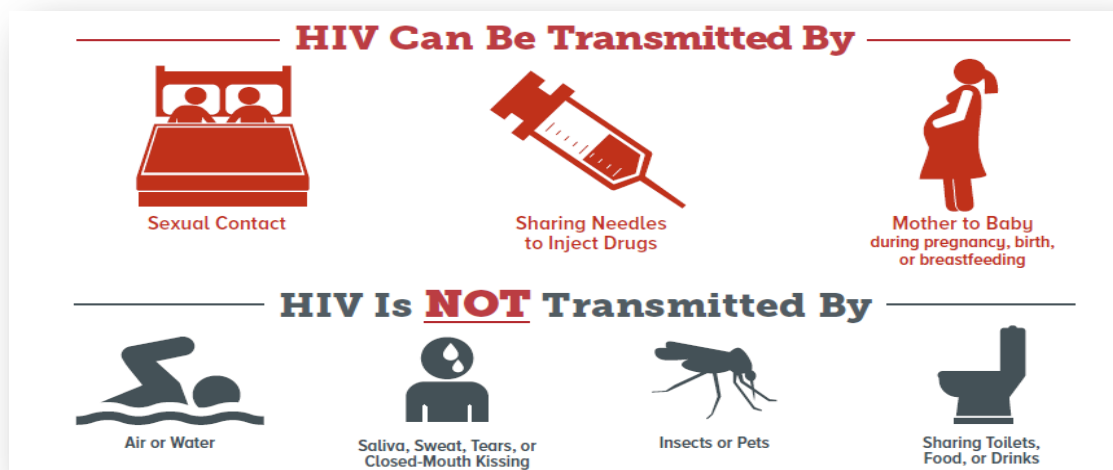


You can get
genital herpes
even if
your partner
has no
symptoms



Human Immunodeficiency Virus (HIV)

- Virus that can lead to acquired immunodeficiency syndrome or AIDS if not treated.
- No cure. There are medications to improve symptoms and make someone less likely to spread infection.
- Tested for using a blood test.
- Transmitted by
 - Anal or vaginal sex with someone who has HIV
 - Sharing needles, drug paraphernalia
 - From mother to child during pregnancy, birth, or breastfeeding.



HIV continued.....

- **Stage 1: Acute HIV infection** Within 2 to 4 weeks after infection with HIV, people may experience a flu-like illness, which may last for a few weeks.
- **Stage 2: Clinical latency** During this phase, HIV is still active but reproduces at very low levels. People may not have any symptoms or get sick during this time. This period can last a decade or longer.
- **Stage 3: Acquired immunodeficiency syndrome (AIDS)** AIDS is the most severe phase of HIV infection. People with AIDS have such badly damaged immune systems that they get an increasing number of severe illnesses, called opportunistic illnesses. Without treatment, people with AIDS typically survive about 3 years



Hepatitis

What is Viral Hepatitis?

“Hepatitis” means inflammation of the liver. Hepatitis is often caused by a virus. The most common types of viral hepatitis are Hepatitis A, Hepatitis B, and Hepatitis C.



Hepatitis A

What is it?

- Not as common in the United States as it once was due to vaccine.
- Tested for using a blood test.
- Usually spread when a person ingests fecal matter from an infected person.
 - Poor handwashing
 - Infected food
 - Sexual contact



Symptoms

- Range in severity from mild illness lasting a few weeks to severe illness lasting several months.
- Fever
- Fatigue
- Loss of Appetite
- Nausea/Vomiting
- Abdominal Pain
- Dark Urine
- Grey-colored stools
- Joint Pain
- Jaundice (yellow colored skin and eyes)

Hepatitis B

What is it?

- Not as common in the United States as it once was due to vaccine.
- Tested for using a blood test.
- Spread by blood and body fluids from an infected person enters someone who is not infected.
 - Sexual contact
 - Injection drug use
 - Passed from mother to baby



Symptoms?

- **Acute Hepatitis B** short term infection that occurs within the first 6 months after someone is infected with the virus. Infection can be mild to severe. Fever, fatigue, nausea/vomiting, joint pain, jaundice, grey-colored stools.
- **Chronic Hepatitis B** refers to a lifelong infection with the Hepatitis B virus. Over time, can cause serious health problems including liver damage, liver cancer and death.

Hepatitis C

What is it?

- Increase rates of Hepatitis C among young people.
- Most people become infected with the Hepatitis C virus by sharing needles or other equipment to inject drugs.
- Not often sexually transmitted but can be.
- Many individuals will be infected for 10-30 years without knowing they have the disease.
- Blood test is used for testing.
- There have been many successes with treatment in recent years.

Symptoms

- It can range in severity from a mild illness lasting a few weeks to a serious, lifelong illness. Over time, can cause serious health problems including liver damage, liver cancer and death.

Table 2. Annual Rates by Region — Alaska, 2011–2015

Region	Overall Rate*	Rate* in 18–29 Year-Olds	% Change in Rate among 18–29 Year-Olds from 2011–2015
Anchorage	161	221	100% increase
Mat-Su	188	377	140% increase
Gulf Coast	190	330	45% increase
Interior	104	103	75% increase
Northern	71	83	267% increase
Southeast	187	247	490% increase
Southwest	97	413	270% increase

**Rate per 100,000 persons, based on Alaska's 2013 population.*

What can I do to protect myself?

- Abstinence. Surest way to protect yourself. 100% effective!
- Condoms. Use every time!
- Get Tested. Partner get tested.
- Mutual monogamy.
- Talk with partner about risks before you have sex.
- Vaccines for HPV and Hepatitis B
- Avoid using drugs and alcohol. If you are using, you are more likely to take risks like sex without a condom.

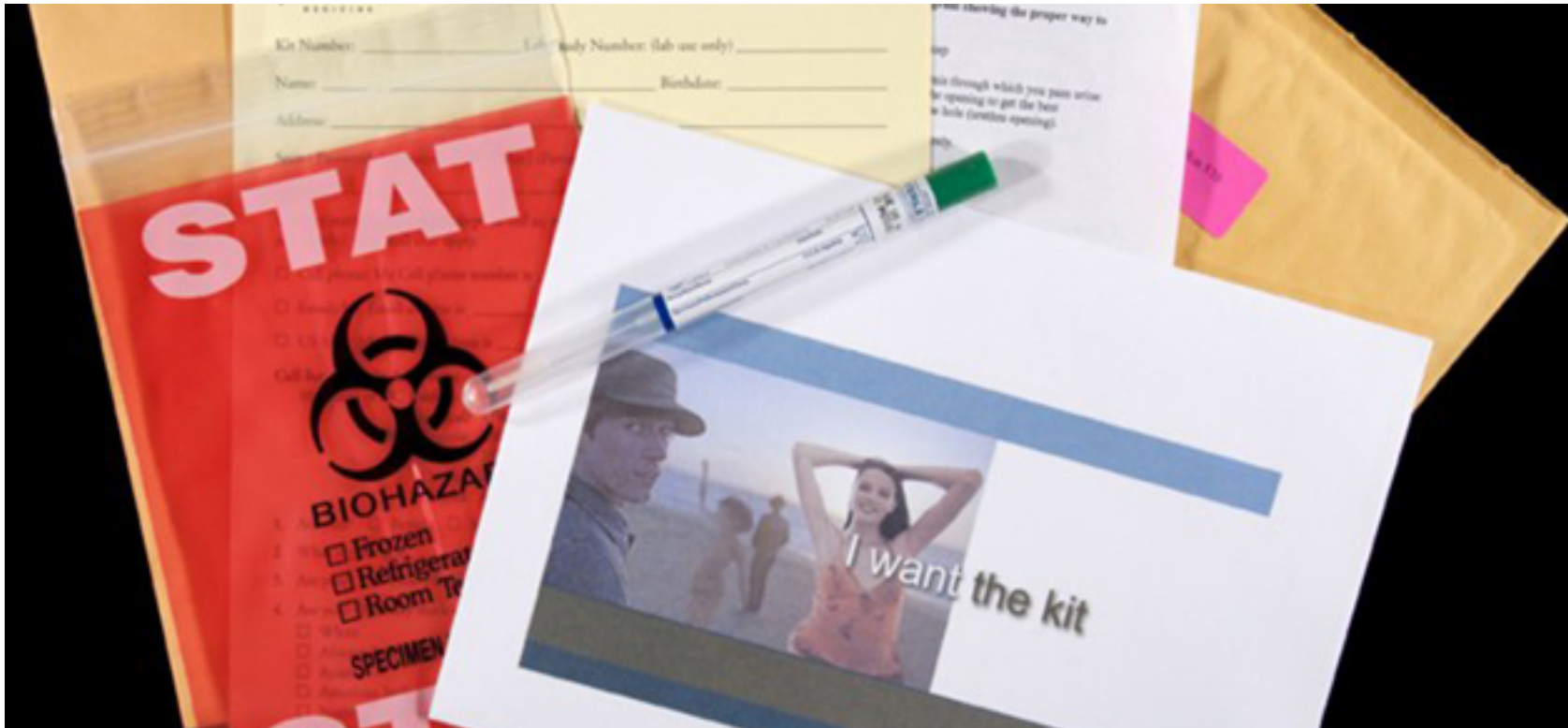


Where can I get tested?

- Craig Public Health offers confidential teen services (pregnancy screens, STD screens). 826-3433
- Fees are based on the teen's income (usually no charge).
- Vaccines can **not** be given without parent/guardian permission.



Iknowmine.org



Other Resources

- CDC website has information on STDs
<http://www.cdc.gov/std/prevention>
- American Sexual Health Association
<http://www.iwannaknow.org/teens/index.html>
- Teens and Young Adults
<http://www.ashasexualhealth.org/sexual-health/teens-and-young-adults>