

## Sexually Transmitted Infections Info Sheet

### Bacterial Vaginosis (BV)

<b>Transmission</b>	Sexually Associated. Sexual activity with an infected partner. Douching may increase risk of bacterial imbalance. Sexually inactive females may also have BV.
<b>Symptoms</b>	Abnormal and/or watery discharge, which may have strong “fish” odor. Burning during urination possible. Itching in the vulvular area also possible. Most females do not have symptoms, Males do not have symptoms but can carry the bacteria that causes BV.
<b>Diagnosis</b>	Lab test of vaginal fluid and pelvic exam.
<b>Treatment</b>	All partners must be treated to avoid re-transmission
<b>Prevalence</b>	BV is the most common infection among child-bearing aged females.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids.

Source: <http://www.cdc.gov/std/bv/STDFact-Bacterial-Vaginosis.htm>

### Chlamydia

<b>Transmission</b>	Sexually Transmitted through genital, anal or oral sex with an infected partner.
<b>Symptoms</b>	It is very common not to have any symptoms. Discharge, itching, burning, pelvic pain or non-menstrual bleeding in females, and painful urination or discharge in males.
<b>Diagnosis</b>	Lab test of vaginal fluid and pelvic exam for females. Penile swab and lab test required for males.
<b>Treatment</b>	Antibiotics. All partners must be treated. Drug resistant strains are becoming more prevalent and may require more aggressive treatment.
<b>Prevalence</b>	Most common bacterial sexual infection in the US. Over 1 million new cases reported in 2006, an additional 2 million cases that went unreported.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids.

Source: <http://www.cdc.gov/std/chlamydia/STDFact-Chlamydia.htm>

### Crabs / Pubic Lice

<b>Transmission</b>	Transmitted through pubic contact with an infected partner.
<b>Symptoms</b>	Intense itching in the area of pubic hair.
<b>Diagnosis</b>	Presence of lice, nits, or fecal material.
<b>Treatment</b>	Prescription or over the counter public lice lotions or shampoos. (Note: product should be specific to genital area). All clothes and linens must be washed in hot water.
<b>Prevalence</b>	3 million cases treated in the US each year.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing.

Source: [http://www.scarleteen.com/article/infection/the\\_sti\\_files\\_pubic\\_lice](http://www.scarleteen.com/article/infection/the_sti_files_pubic_lice)

### Genital Herpes (HSV)

<b>Transmission</b>	Sexually Transmitted through genital, anal or oral sex with an infected partner. Can also be transmitted through contact with the skin of an infected partner.
<b>Symptoms</b>	A sore at the site of infection, flu-like symptoms.
<b>Diagnosis</b>	Visual inspection of a sore and/or a blood test to test for the presence of the HSV-1 or HSV-2 viruses.
<b>Treatment</b>	There is no cure for the herpes viruses, but they can be managed through anti-viral medications. Some persons immune systems
<b>Prevalence</b>	1 in 5 people have genitally occurring herpes infections.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when prodrome occurs, or when lesions are present. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids or skin on skin contact.

Source: <http://www.cdc.gov/std/Herpes/STDFact-Herpes.htm>

## Gonorrhea

<b>Transmission</b>	Sexually Transmitted through genital, anal or oral sex with an infected partner.
<b>Symptoms</b>	In males, burning while urinating, testicular pain or penile discharge. In females, vaginal discharge or painful urination. Infection can also occur orally or rectally. Some people may not have any symptoms at all.
<b>Diagnosis</b>	Lab test of vaginal fluid/pelvic exam for females. Penile swab or urine sample and lab test required for males. Oral or rectal swabs will be required for oral or anal infection.
<b>Treatment</b>	Antibiotics. All partners must be treated. Drug resistant strains are becoming more prevalent and may require more aggressive treatment.
<b>Prevalence</b>	An estimated 700,000 case per year in the USA
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids.

Source: <http://www.cdc.gov/std/Gonorrhea/STDFact-gonorrhea.htm>

## Hepatitis C

<b>Transmission</b>	Sexually Transmitted through genital, anal or oral sex with an infected partner. Can also be transmitted through contact with infected blood.
<b>Symptoms</b>	There are no symptoms.
<b>Diagnosis</b>	A blood test is required.
<b>Treatment</b>	There is no treatment for the Hepatitis C virus.
<b>Prevalence</b>	
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids. Vaccines for Hepatitis A & B are strongly encouraged to reduce risk of transmission.

Source: <http://www.sexetc.org/glossary/1273>

## HIV/AIDS

<b>Transmission</b>	Sexually Transmitted through genital, anal or oral sex with an infected partner. Can also be transmitted through contact with infected blood.
<b>Symptoms</b>	Flu-like symptoms may occur around the time of sero-conversion. Further symptoms do not tend to occur until the late stages of infection.
<b>Diagnosis</b>	A series of oral or blood tests must occur to confirm the presence of the virus.
<b>Treatment</b>	There is no cure for the HIV virus, but it can be managed through anti-viral medications.
<b>Prevalence</b>	In 2003, there were over 1 million people are estimated to be living with HIV, with apx 25% of those people being unaware of their HIV status.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids. Prompt treatment for other STI's will lower transmission risk.

Source: <http://www.cdc.gov/hiv/topics/surveillance/basic.htm>

## HPV / Genital Warts

<b>Transmission</b>	Sexually Transmitted through genital, anal or oral sex with an infected partner or contact with infected skin.
<b>Symptoms</b>	Most of the 40 strains of HPV virus do not have symptoms. A few strains of HPV may cause genital warts, which appear as a small cluster of bumps in the area of infection.
<b>Diagnosis</b>	There is no test for HPV in males or females. Females who's annual pap smears return abnormal results will likely be tested for HPV.
<b>Treatment</b>	In 90% of cases, the body's immune system will clear the virus from the body within two years.
<b>Prevalence</b>	50% of sexually active people will acquire HPV in their lifetime. 20 million Americans are currently infected, and 6.2 million will be diagnosed each year.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids or skin on skin contact. Vaccination may also decrease risk.

Source: <http://www.cdc.gov/std/HPV/STDFact-HPV.htm>

## Jock Itch

<b>Transmission</b>	Through contact with infected skin or materials. It is possible to self-infect through contact with skin infected by athlete's foot.
<b>Symptoms</b>	Itching in the genital region, accompanied by a red rash.
<b>Diagnosis</b>	Doctor will view infected skin under the microscope.
<b>Treatment</b>	Over the counter antifungal treatments specifically for jock itch.
<b>Prevalence</b>	Unknown.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids.

Source: <http://www.mayoclinic.com/health/jock-itch/DS00490/DSECTION=1>

## PID (Pelvic Inflammatory Disease)

<b>Transmission</b>	Sexually Associated. PID is the movement of harmful bacteria towards the fallopian tubes, cervix, etc. Can occur without sexual contact, but is more likely to occur because of an untreated bacterial STI.
<b>Symptoms</b>	There are often no symptoms, but discharge, non-menstrual bleeding and pain may occur.
<b>Diagnosis</b>	Testing does not occur unless there is thought to be specific risk.
<b>Treatment</b>	Antibiotics. All partners must be treated. Drug resistant strains are becoming more prevalent and may require more aggressive treatment. PID-related damage cannot be reversed. PID left untreated often leads to infertility.
<b>Prevalence</b>	1 million females each year have an acute episode of PID
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids.

Source: <http://www.cdc.gov/std/PID/STDFact-PID.htm>

## Scabies

<b>Transmission</b>	Through skin to skin contact with an infected partner.
<b>Symptoms</b>	Intense itching and small red bumps.
<b>Diagnosis</b>	Inspection of the infected skin for the mite that causes scabies.
<b>Treatment</b>	A dermatologist can treat scabies with specialized creams. All bed linens and clothes must be washed in hot water.
<b>Prevalence</b>	Less than 1% of the population.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids or skin on skin contact.

Source: [http://www.scarleteen.com/article/infection/the\\_sti\\_files\\_scabies](http://www.scarleteen.com/article/infection/the_sti_files_scabies)

## Syphilis

<b>Transmission</b>	Sexually Transmitted through genital, anal or oral sex with an infected partner.
<b>Symptoms</b>	Stage 1 - Chancre, a painless open sore at the site of infections Stage 2 - Skin rash and lesions on mucous membranes. Stage 3 - Damage of internal organs; particularly brain and nerve systems.
<b>Diagnosis</b>	Blood test, or a swab from a chancre.
<b>Treatment</b>	Stage 1 & 2: Antibiotics. All partners must be treated. Drug resistant strains are becoming more prevalent and may require more aggressive treatment.
<b>Prevalence</b>	36,000 US cases reported in 2006.
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids.

Source: <http://www.cdc.gov/std/syphilis/STDFact-Syphilis.htm>

## Trichomonas

<b>Transmission</b>	Sexually Transmitted through sexual activity with an infected partner, including oral, genital, or anal sex.
<b>Symptoms</b>	Males are unlikely to have symptoms, but may include painful urination or penile discharge. Female symptoms may include discharge, itching, burning during urination or painful penetration.
<b>Diagnosis</b>	Lab test of vaginal fluid/visual pelvic exam for females. Penile swab lab test required for males. Oral or rectal swabs will be required for oral or anal infection.
<b>Treatment</b>	Use of anti-protozoan prescription drugs. All partners must be treated and sexual contact should not occur during treatment.
<b>Prevalence</b>	7.4 million cases reported in the US each year
<b>Risk Reduction</b>	Use of safer sex materials during sexual activity, and no sexual contact when infected / in treatment. Limit sexual activity with partners who have had recent STI testing, or to types of sexual activity that do not involve the exchange of sexually related fluids.

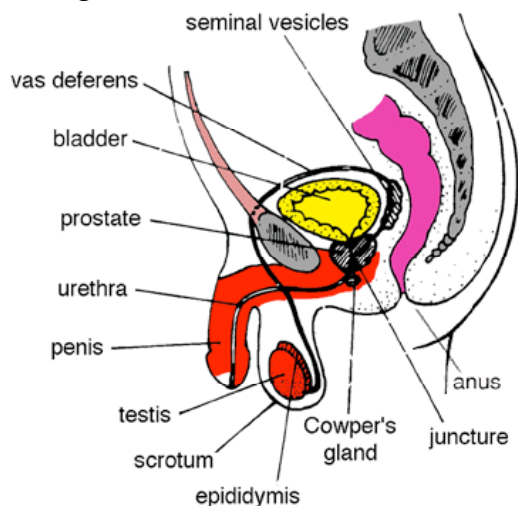
Source: <http://www.cdc.gov/std/trichomonas/STDFact-Trichomoniasis.htm>

### Related Resources:

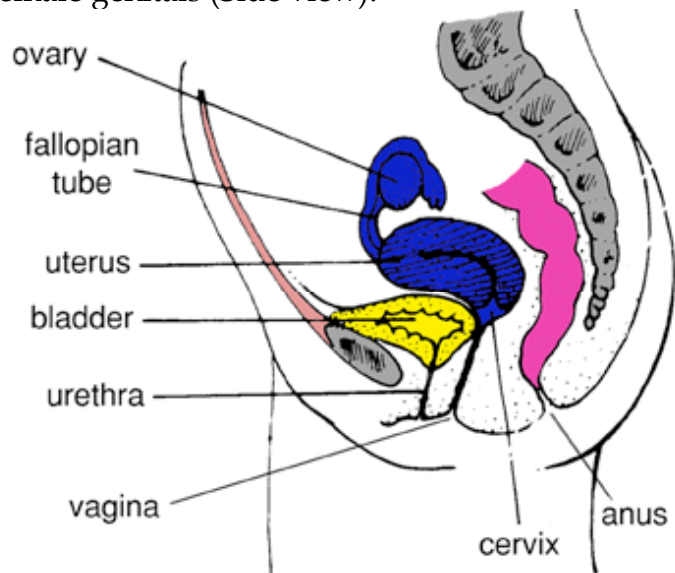
#### **A Guide to Understanding Vaginal Secretions**

[http://www.scarleteen.com/article/body/honorably\\_discharged\\_a\\_guide\\_to\\_vaginal\\_secretions](http://www.scarleteen.com/article/body/honorably_discharged_a_guide_to_vaginal_secretions)

Male genitals:



Female genitals (Side view):



Female Genitals (Front View):

