

STI/STD

OKLAHOMA
State Department of Health



STI/STD: True or False?

1. You **CANNOT** get an STI from oral sex.
2. **Birth control protects against pregnancy and STIs.**
3. Once you've had an STI, you **CANNOT** get it again.
4. **Anal sex has a higher risk of spreading STIs than many other types of sexual activity.**
5. You **CANNOT** get an STI if your partner is a virgin.
6. **Only promiscuous or “trashy” people get STIs.**
7. You **CANNOT** have two STIs at once.
8. **You can get an STI from a toilet seat.**
9. **Women are more likely to get tested for STIs.**
10. **Lesbians CANNOT get STIs.**
11. **If my partner has an STI, I'll know/see it.**



What is an STI/STD?

Infection **transmitted** through **sexual contact** with an **infected** individual. Sexually transmitted infection or **STI** and can develop into a sexually transmitted disease or **STD**.

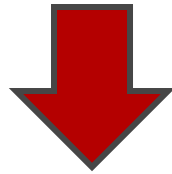
FIVE MODES OF TRANSMISSION

1. Vaginal sex
2. Anal sex
3. Oral sex
4. Skin-to-skin contact
5. Infected Mother to child

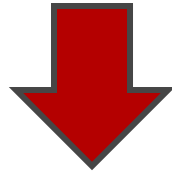


Why Is This Important About STI/STDs?

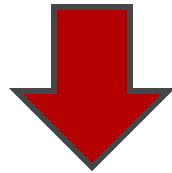
Often **NO** signs or symptoms



UNAWARE of infection, and don't receive treatment.



LONG-TERM damage



May have **PASSED** infection to others

20 million new infections every year in the **U.S.**

More than 50% of all people will have an STI at some point in their lifetime.



Are STI/STDs Curable?

Antibiotics can **cure** **bacterial STDs**, but **cannot reverse** the long-term damage:

- Chlamydia
- Gonorrhea
- Syphilis
- Trichomoniasis*

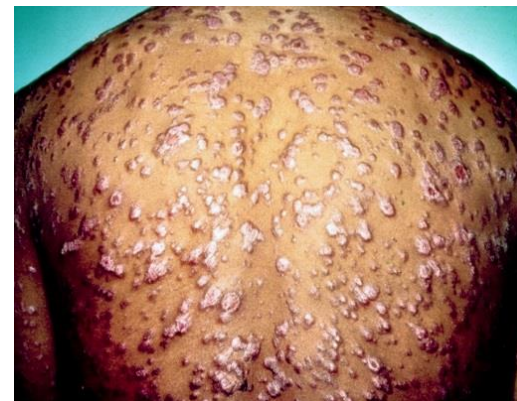
*parasitic protozoan

Treatment can **improve** the lives of many people living with **viral STDs**, but there is **NO cure**:

- HIV
- Herpes
- HPV
- Hepatitis B

Most Bacterial STIs

Antibiotics can **cure** most bacterial STIs
but not always the long-term damage.



Chlamydia

The “Silent” Disease

In the U.S.

- **Most frequently reported STD**
- **Estimated 1.76 million** new cases in **2018**
(Could fill the OU Football **Stadium 20x**)

How is it Spread?

1. **Vaginal, anal, or oral sex** with someone **who has chlamydia.**
2. **Infected pregnant women** can pass it to her baby during **pregnancy or childbirth.**



Chlamydia

Symptoms:

Abnormal vaginal/penile discharge

Rectal pain, discharge, or bleeding

Burning sensation when urinating

Pain/swollen in one or both testicles

Can lead to:

Sterility or infertility

Pelvic Inflammatory Disease (PID)

- Long-term abdominal/pelvic pain
- Scar tissue formation in fallopian tubes
- Ectopic pregnancy

Infection of tube that carries sperm to/from the testicles (pain, fever)



Gonorrhea

In the U.S.

- **2nd** most common disease reported
- Estimated **583,405** new cases in **2018**

How is it Spread?

1. **Vaginal, anal, or oral sex** with someone **who has gonorrhea.**
2. **Infected pregnant woman** can pass it to her baby during **childbirth.**



Gonorrhea

Symptoms:

Abnormal vaginal/penile discharge

(white, yellow or green)

Rectal discharge, itching or bleeding

Burning sensation when urinating

Vaginal bleeding between periods

Pain/swollen in one or both testicles

Can lead to:

Sterility or infertility

Painful infection tubes attached testicles

Pelvic Inflammatory Disease (PID)

Long-term abdominal/pelvic pain

Scar tissue form in fallopian tubes

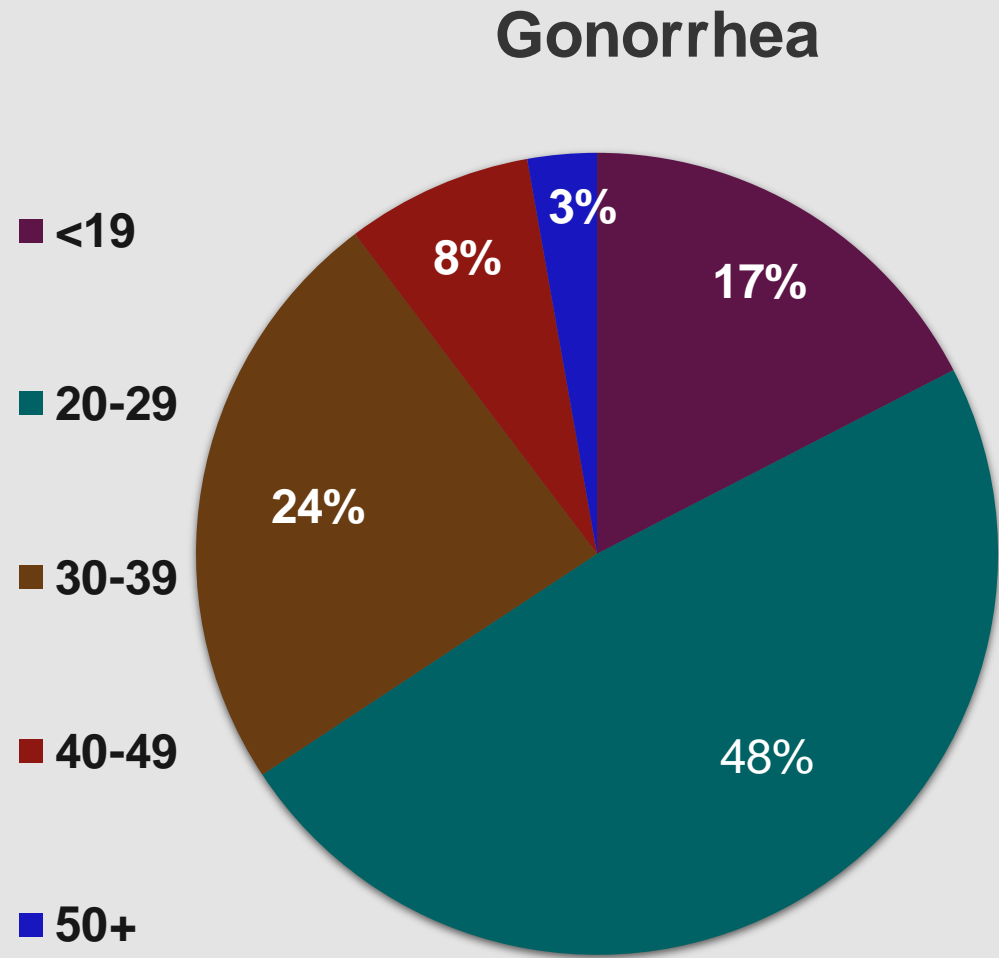
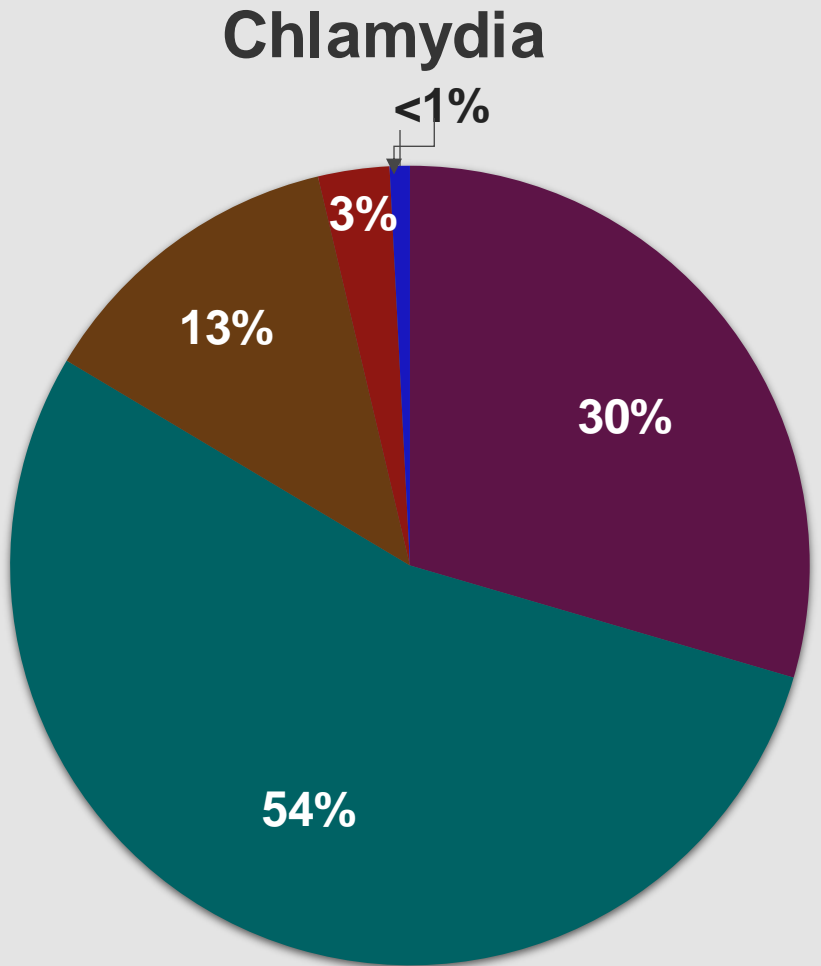
Disseminated infection (rash, fever, arthritis, meningitis, etc.)

Ectopic pregnancy

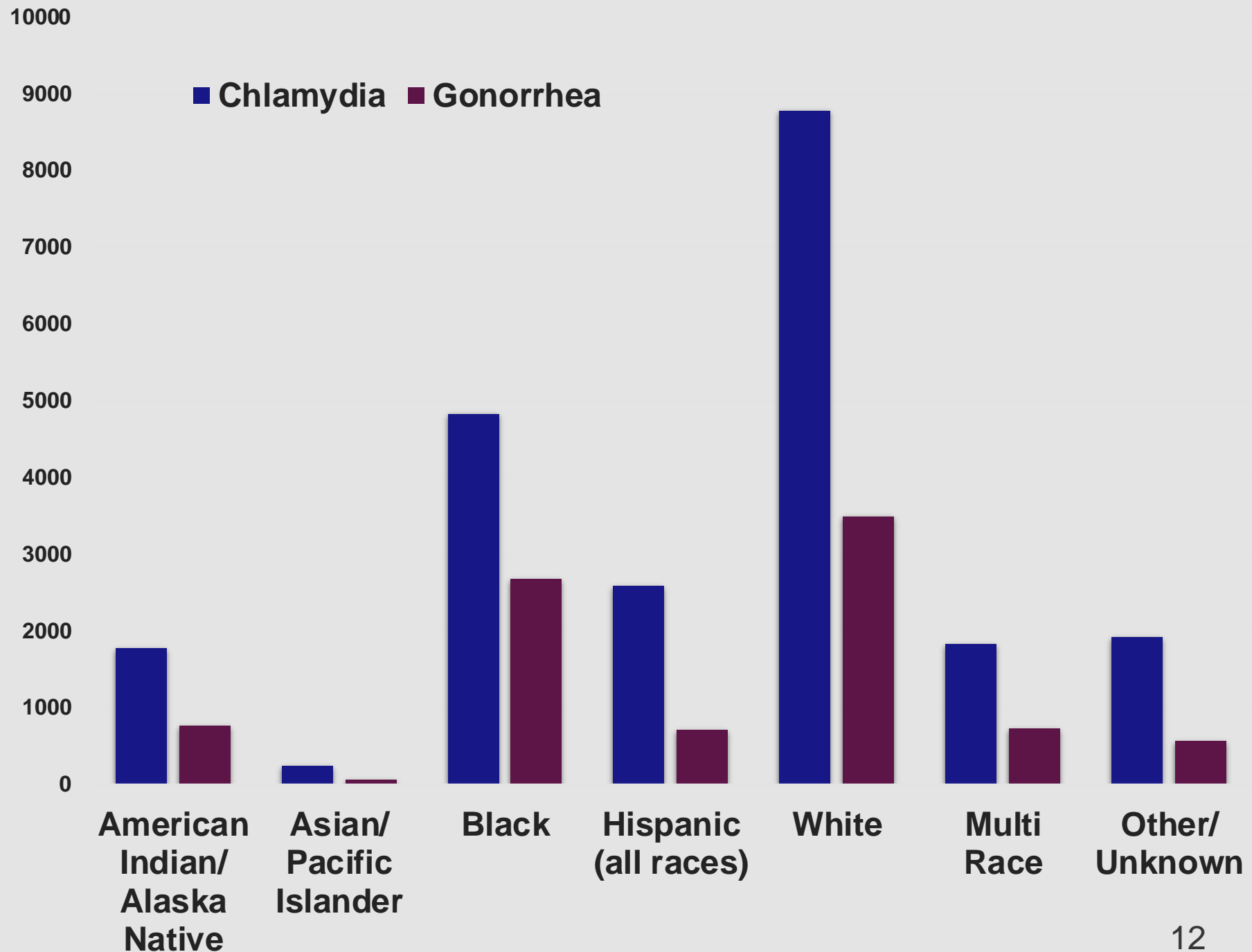
Inability to get pregnant



Diagnoses of Chlamydia and Gonorrhea Cases in Oklahoma, by Age



Diagnoses of Chlamydia and Gonorrhea Cases in Oklahoma, by Race/Ethnicity



Primary & Secondary Syphilis

“The Great Imitator”

In the U.S.

Estimated **35,063** new cases in 2018

How is it Spread?

1. **Direct contact** with a **syphilis sore (chancre)** during vaginal, anal, or oral sex.
2. Can be spread from an **infected mother** to her **unborn baby**.

Primary Syphilis



Secondary Syphilis



Tertiary/Late Syphilis



Primary Syphilis

Chancre (primary syphilis sore)



- Firm, round, and painless **or** open and wet
- Appears **within 2-6 weeks after exposure** usually but possibly up to 3 months
- Found on the **part of the body exposed** to the infection such as penis, vagina, anus, lips, in rectum, or in mouth
- Disappears after a few weeks **without treatment** and still progresses to **next stage of Secondary Syphilis**



Secondary Syphilis

Appears about **4 weeks** after chancre heals.

Disappears after a few weeks **without treatment** and still progresses to **next stage Late (Tertiary) Syphilis**



non-itchy **RASH** with
rough **red** or
Reddish-brown spots



Alopecia or
patchy hair loss



Mucous Patches
usually in the mouth,
vagina, or anus

Condylomata lata (C. lata) or “fleshy warts” in anogenital region



Latent Syphilis

- The **period of time** when there are **no signs or symptoms** but syphilis is still **present** in the body.
- If **left untreated**, you can **continue** to have syphilis in your body **for years** without any **signs or symptoms**.



Late (Tertiary) Syphilis

Typically Occurs 10-30 years after infection begins!

- Can damage almost any part of the body including the **heart, brain, spinal cord, eyes and bones**
- Can result in **mental illness, blindness, deafness, heart disease and death**
- **Gumma**: soft, gummy tumor

Types:

- **Cardiovascular Syphilis**
- **Late Benign Syphilis**
- **Neurosyphilis Syphilis**

(Occurs sooner among People Living with HIV.)



Neurosyphilis Syphilis

Usually occurs during **late syphilis** but can occur **at anytime** during the infection.

Symptoms:

- Difficulty coordinating muscle movements
- Paralysis (not able to move certain parts of your body)
- Numbness
- Blindness
- Dementia (mental disorder)
- Damage to internal organs
- Can result in death

More likely to occur **early** in the disease process if **HIV infection** is also present.



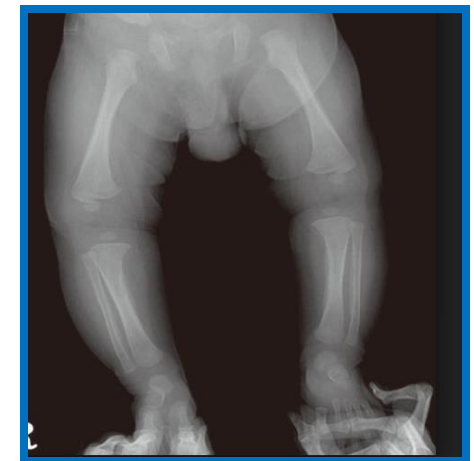
Congenital Syphilis

40% will be stillborn or die in the hospital.

Transmission can occur during **any stage** of syphilis and **during any trimester** of pregnancy.

Can cause:

- Prematurity
- Birth defects
- Hutchinson's teeth
- Osteochondritis
- Developmental delays



Trichomoniasis

In the U.S.

Estimated **3.7 million** new cases in 2018

How is it Spread?

Parasite passed during **vaginal sex**.

70% of infected people have **NO signs/symptoms**

Symptoms:

Abnormal thin vaginal/penile discharge
white, yellow or green with **foul odor**

Burning urinating and ejaculation
Genitals itching, sore, red, burning

Site:

Lower genital tract (vulva, vagina, penis or urethra)

Greatly increases the risk of getting/spreading other STIs.



Pelvic Inflammatory Disease (PID)

Serious infection of **woman's reproductive organs**

Often untreated STDs like chlamydia and gonorrhea

Symptoms

Pain in your lower abdomen

Pain & bleeding when you have sex

Burning sensation with urination

Vaginal discharge with a bad odor

Bleeding **between** period

Fever

Unable to undo damage

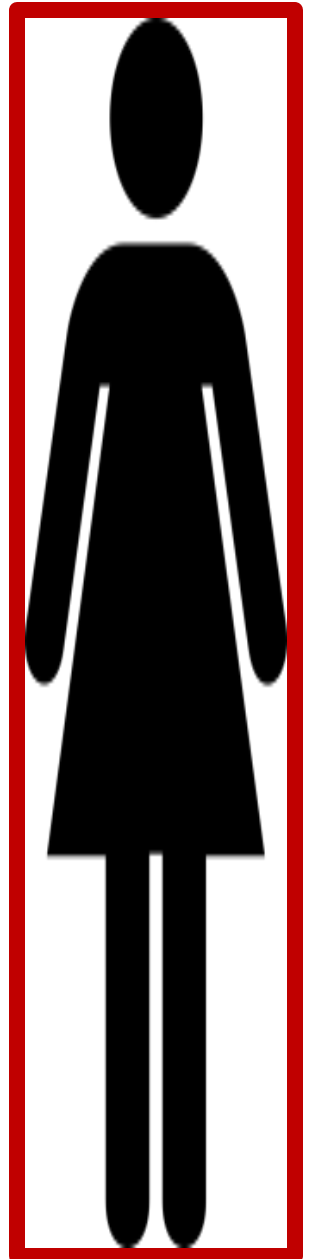
Fallopian tube scar tissue

Ectopic pregnancy

Infertility

Long-term pelvic/
abdominal pain

May have **Mild or No symptoms**



Genital Herpes (HSV-1 and HSV-2)

1 in 8 people **14-49 years old** have genital herpes.
Many infected people have **NO signs/symptoms**.

How is it Spread?

Vaginal, Oral, or Anal sex **OR** Skin-to-Skin Contact
with someone **who has genital herpes**.

Symptoms (“Having an outbreak”):

- **One or more blisters** on or around the genitals, rectum, or mouth.
- **Blisters break & leave painful sores** that take weeks to heal.

Usually characterized by **NO** or very mild symptoms **AND NO** cure.



Human Papillomavirus (HPV)

HPV is VERY common.

Estimated 80% sexually-active men and women will get at least one type of HPV at some point in their lives.

How is it Spread?

Mainly **transmitted** through **vaginal & anal sex** and can also occur through **oral sex** and **skin-to-skin contact**.

Most **people with HPV do not know they are infected** and never develop symptoms or health problems.

There is **No treatment** for HPV, but there are **treatments for the health problems** that HPV causes:

Cervical pre-cancer

Genital warts

Other HPV-related cancers



Hepatitis

“Inflammation
of the liver”

	Hepatitis A	Hepatitis B	Hepatitis C
How is it spread?	Person ingests infected <u>fecal matter</u> —even in very small amounts—from contact with contaminated objects, food, drinks.	<u>Blood, semen, or other body fluids</u> from a person with the virus - even in very small amounts - enters the body of a non-infected person.	<u>Blood</u> from a person infected with the virus - even in very small amounts - enters the body of a non-infected person.
How long does it last?	A few weeks to several months.	Mild illness (a few weeks) but Lifelong or chronic condition.	Mild illness (a few weeks) but Lifelong.
How serious is it?	Most recover from mild illness with no lasting liver damage, but death can occur (although rare).	15-20% develop chronic liver disease including cirrhosis, liver failure, or liver cancer.	75-85% develop chronic liver disease, 5-20% develop cirrhosis and 1-5% will die.



Reducing the Risk

NO RISK

Abstinence from Sex

Abstinence from Injection Drugs

Mutual Monogamy w/STI Negative Partner



REDUCED RISK

Protected Sex “Correctly and Consistently”

Fewer Sexual Partners

Never Sharing Needles or “Works”

Regular HIV/STI Testing



Incorrect External Condom Use 1

DO NOT:

- **Reuse** a condom.
- **Use expired** condoms.
- **Unroll** the condom **before** putting it on the penis.
- **Leave** condoms in **hot or extreme cold places** (wallet, car, etc.).



Incorrect External Condom Use 2

DO NOT:

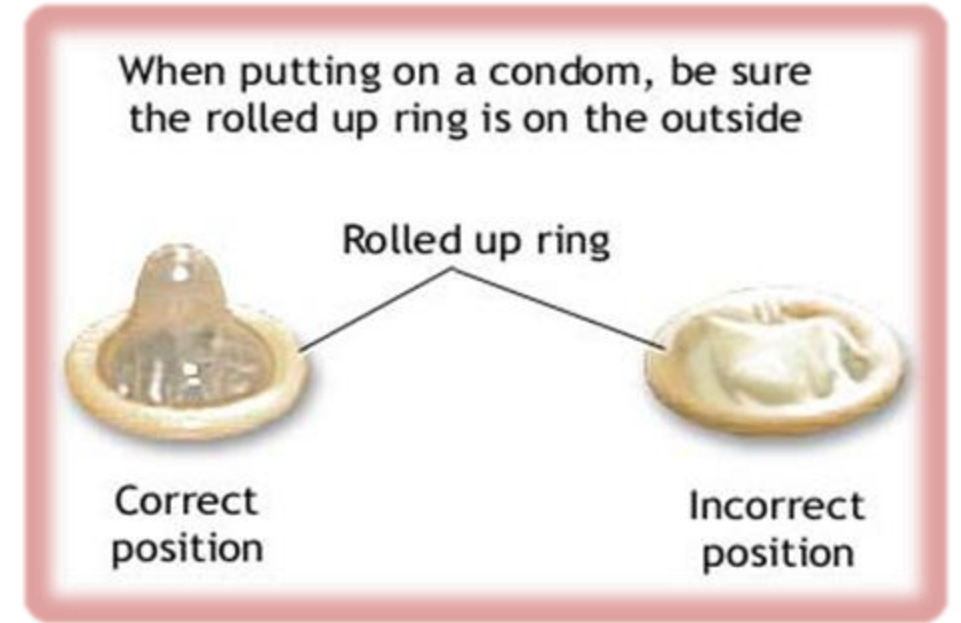
- **Use oil-based** products (oils, hand lotion or Vaseline) as lubricants with **latex** condoms.
- **Use** your **fingernails, scissors or teeth** to open the wrapper.
- **Use more than one condom at a time**, including an internal AND external condom (**‘double wrapping’**).



Correct External Condom Use

DO:

- **Keep** condoms in a **cool, dry place**.
- **Put condom on** an **erect/hard penis before** genital contact.
- **Hold** the condom **in place at the base** of the penis **before withdrawing** (pulling out) after sex.
- **Throw** the condom **away** after it has been **used in the trash**.
- **Use lubrication** of Water-based or Silicone and **apply** as often as needed to reduce potential **tears in the condom**.

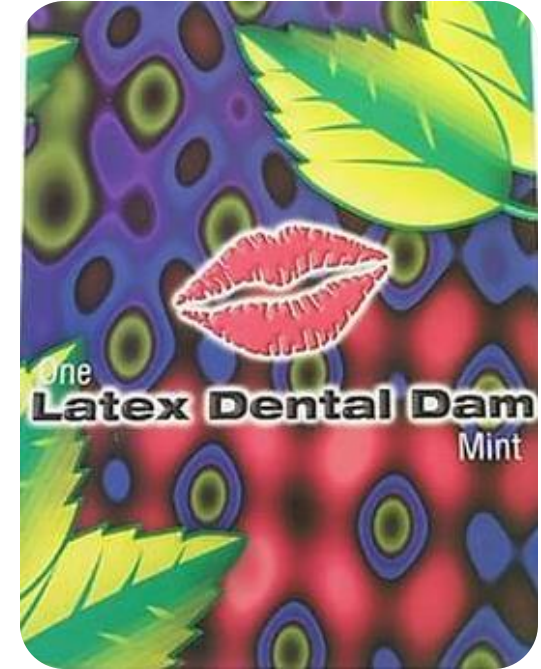


Internal (Female) Condom



- **Worn inside** the vagina or anus
- **Thicker**, more **tear-resistant**
- **Always latex-free**
- **Wider** opening **covers more** of the external area

Dental Dams



- Thin, square pieces of **latex**
- Used for oral sex (**NOT** on a penis)
- Could **make** your own dental dam (from a **condom**, **latex glove**, or **non-microwavable plastic wrap**)



Get Tested!

HIV

Everyone aged **13 through 64** should **get tested at least once**

People who have **occasional exposure to HIV risks** at least **once a year**

People who are at **high risk for HIV infection 3-6 months**

Syphilis

If you are **pregnant**

Man who has **sex** with other men (**MSM**)

Have **sex for** drugs or money

Have **HIV** or another **STD**

Had **sex with** someone who tested **positive** for syphilis

Chlamydia & Gonorrhea

- **Age 24 or younger** having sex **get tested once every year**
- **Age 25 or older** and **more than one sex partner or with a new sex partner**
- **Talk with a doctor** about **getting tested** if you have had **sex** with someone who **tested positive** for chlamydia or gonorrhea.



Where to Get Tested?

<https://gettested.cdc.gov>

www.stdcheck.com

www.gytnow.org



Community-Based Organizations

Local Health Departments

www.health.ok.gov



Resources

www.cdc.gov

www.plannedparenthood.org

www.health.ok.gov

www.gytnow.org

www.hiv.gov

www.stophiv.org

www.healthfinder.gov

www.iwannaknow.org

Oklahoma HIV/AIDS Hotline: 1-800-535-2437



Questions?

