

# Sexually Transmitted Diseases

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Also known as sexually transmitted infections

A. Facts about STD's- infections spread from person to person through sexual contact; also known as STI's; communicable diseases

1. epidemic- they are widespread and growing rapidly
2. many are asymptomatic-
- 3.
- 4.
5. There are approximately 25 STD's worldwide

B. STD's caused by bacteria

1. Chlamydia-
  - a. can cause pelvic inflammatory disease (PID) in females
  - b.
  - c.
  - d. can lead to eye infections or fatal conditions for newborns
  - e.
2. Gonorrhea- more than 700,000 cases each year
  - a.
  - b.
  - c. can be passed to newborn babies or cause eye infections
3. Syphilis- progresses through three stages
  - a.
  - b.
  - c. organ damage, dementia, or death can occur in phase 3; can be incurable in phase 3

C. STD's caused by a virus

1. Genital HPV-
  - a.
  - b. 30 of these viruses can be transmitted through sexual contact
  - c. nearly 6 million people are infected each year
  - d.
  - e.
  - f. a vaccine offers protection against four types of HPV
  - g.

2. Genital herpes- caused by the herpes simplex virus (HSV)
  - a. HSV-2-
  - b. HSV-1-
  - c.
  - d. antiviral treatment can lessen outbreaks of blisters
  - e.
3. Hepatitis B and C- inflammation of the liver
  - a.
  - b. causes jaundice-
4. HIV/AIDS- a disease that weakens the immune system; recognized in 1981
  - a. HIV-
  - b. AIDS-
  - c. facts about HIV
    1. a fragile virus-
    - 2.
    - 3.
    4. spread through sex, needle sharing, & mother to child
    5. fluids that spread HIV-
  - d. how HIV attacks the body
    1. attacks lymphocytes-
    2. HIV reproduces itself and destroys cells
  - e. stages of HIV/AIDS infection
    1. asymptomatic stage-
    2. middle stage-
    3. symptomatic stage-
    4. AIDS stage-
  - f. diagnosing HIV/AIDS
    1. EIA test-

2. Western blot test-
3. RNA test- shows how many copies of the virus in the blood
4. CD4 test- looks at the number of WBC's in a blood sample
5. rapid test-

g. treating HIV/AIDS

1. since the 1980's, drugs have helped slow the growth of HIV
- 2.
3. NO CURE

h. Is it safe to give or receive blood?

- 1.
- 2.

i. preventing HIV/AIDS- more than 40,000 infections each year

- 1.
- 2.
3. avoid situations where drugs are used
4. use refusal skills

D. STD's caused by a parasite or protozoan

1. Trichomoniasis

- a. can cause a discharge
- b.
- c.

2. Pubic lice- caused by a parasite

- a.
- b.

E. The STD epidemic- why do STD's go undiagnosed or untreated?

- 1.
- 2.

3.

4. notification policies- not always a state law

## F. Preventing and Treating STD's

### 1. Abstinence-

Guidelines to practice abstinence?

- a.
- b.
- c.
- d. choose friends who think alike
- e. avoid pressure situations
- f. practice refusal skills

### 2. Problems you can avoid by practicing abstinence

- a.
- b.
- c.
- d. feelings of guilt
- e. shaken trust

### 3. Avoid high risk behaviors

- a.
- b.
- c.
- d. using alcohol or other drugs

### 4. Diagnosis and treatment of STD's

- a. diagnosed through urine test, blood test, physical exam, pap test
- b.
- c.