

# SEXUALLY TRANSMITTED DISEASES



## ■ ■ ■ Description

Sexually transmitted diseases (STDs) are infections you can get by having sex. This can happen with intercourse, anal or oral sex, and even skin-to-skin contact. This is a real concern in that one of every eight adolescents gets an STD. Some of the most common or recognized diseases that are sexually transmitted include acquired immunodeficiency syndrome/human immunodeficiency virus (AIDS/HIV), chlamydia, urethritis, gonorrhea, syphilis, herpes, hepatitis, genital warts, pubic lice, and trichomonas.

## ■ ■ ■ Common Signs and Symptoms

Signs and symptoms vary with the disease and can include any of the following:

- Absolutely no symptoms in some cases
- Genital discharge
- Genital rash
- Systemic illness
- Genital discomfort
- Urinary discomfort
- Genital itching

Always remember, there may be no symptoms. In addition, symptoms need not be present to transmit disease.

## ■ ■ ■ Causes

- Sexual contact with an infected partner

## ■ ■ ■ Risk Increases With

- Unsafe sex
- Multiple sexual partners

## ■ ■ ■ Preventive Measures

- Know your partner.
- Always use condoms.
- Use spermicides with nonoxynol-9.
- Abstinence is the only sure way to avoid transmission.

## ■ ■ ■ General Treatment Considerations

Some STDs can be cured, but each one has a different treatment. Some antibiotics can be taken orally, and some must be injected. A thorough evaluation, which includes physical examination and laboratory evaluation of specimens, is needed to accurately diagnose the cause. Once that is certain, the accurate treatment can be applied. The most successful treatment is prevention.

Notes:

(Up to 4400 characters only)

Notes and suggestions