



1 **STDs:  
Just the Facts**

2 **Worried about STDs?**

You might not be concerned about STDs, but...

- ▶ Millions of teens get infected every year.
- ▶ Some STDs can be cured; others are yours for life.
- ▶ Being infected with one STD increases your risk of getting other STDs.

Let's check it out...

3 **What is an STD?**

STD = sexually transmitted disease

- ▶
- ▶ Also called sexually transmitted infection (STI).
- ▶
- ▶ Infection is transmitted by sexual contact.

4 **Yes or No?**

You can get an STD from:

- ▶ shaking hands
- ▶ sitting on a toilet
- ▶ drinking from a water fountain
- ▶ sharing food or utensils
- ▶ being bitten by an insect
- ▶ being sneezed or coughed on
- ▶ touching a person's sweat or tears

5 **Yes or No?**

You can get an STD through sexual contact.

6 **What is Sexual Contact?**

Sexual contact means any intimate contact (not just intercourse) with another person's:

- ▶ lips
- ▶ mouth
- ▶ penis
- ▶ vagina
- ▶ anus

7 **A Word about Abstinence**

Abstinence = not having sex

- ▶
- ▶ 100% effective in preventing STDs.
- ▶
- ▶ Lots of teens use this method.

8  **The Hidden Epidemic**

Each year:

- ▶ Almost 20 million new cases of STDs among all sexually active people.
- ▶
- ▶ Teens account for more than 3 million STD Infections.

9  **Risk Factors for STDs**

- ▶ being a sexually active teen
- ▶ having more than one sex partner
- ▶ not using latex condoms
- ▶ using alcohol or drugs

10  **Risk Factors for STDs**

Females under the age of 25 have special risk factors:

- ▶ They have higher rates of STDs than young males.
- ▶
- ▶ They are less likely to experience symptoms, and may not know they are infected.

11  **Risk Factors for STDs**

Young women risk permanent fertility problems from untreated STDs.

12  **How Will I Know?**

If you're sexually active and have symptoms like...

- ▶ abdominal pain
  - ▶ painful urination
  - ▶ pain during sex
  - ▶ unusual discharge from penis or vagina
  - ▶ genital soreness, burning or itching
- ... you may have an STD.

13  **What Should I Do?**

Seek medical care. A doctor or nurse will:

- ▶ take a sexual and health history
- ▶ do a physical exam
- ▶ take samples (urine, blood and/or fluid from sores)

- ▶ interpret test results
- ▶ make a diagnosis
- ▶ treat as needed

14  **Get Regular Checkups**

Sexually active teens should go for a physical checkup once a year.

- ▶ Tell the doctor that you're having sex.
- ▶ Ask for STD tests if they aren't offered.
- ▶ Young women should have a yearly pelvic exam and Pap smear.

15  **What Causes STDs?**

- ▶ bacteria
- ▶
- ▶ viruses
- ▶
- ▶ protozoans
- ▶
- ▶ parasitic insects

16  **Bacterial STDs**

Common bacterial STDs:

- ▶ chlamydia
- ▶
- ▶ gonorrhea
- ▶
- ▶ syphilis

17  **Chlamydia**

- ▶ More than 1 million cases reported yearly.
- ▶
- ▶ Half of these cases are among 15- to 19-year-olds.
- ▶
- ▶ If untreated, a leading cause of pelvic inflammatory disease (PID).

18  **Gonorrhea**

- ▶ More than 300,000 cases reported yearly.
- ▶
- ▶ Highest rates are among 15- to 19-year-old females.
- ▶
- ▶ If untreated, is a leading cause of pelvic inflammatory disease (PID).

19  **Pelvic Inflammatory Disease**  
PID = pelvic inflammatory disease

- ▶ Chronic painful infection of the female reproductive tract.
- ▶ Results from untreated chlamydia or gonorrhea.
- ▶ Treated with antibiotics.
- ▶ 1 million women affected each year.
- ▶
- ▶

20  **Syphilis**  
▶ About 10,000 cases yearly.

- ▶
- ▶ If untreated, can lead to paralysis, blindness and death.

21  **Bacterial STDs**

- ▶ Can be cured with antibiotics.
- ▶
- ▶ Can be acquired again and again.
- ▶
- ▶ Both partners must be treated at the same time to prevent reinfection.

22  **Preventing Bacterial STDs**

Abstinence: 100% effective

Latex condoms: very effective if...

- ▶ used properly
- ▶ every time
- ▶ with every partner
- ▶ for oral, anal or vaginal sex
- ▶ NO EXCUSES

23  **Viral STDs**

- ▶ Cannot be cured; you're infected for life.
- ▶
- ▶ Common viral STDs:
  - ▶ HIV
  - ▶ genital herpes
  - ▶ genital warts (HPV)
  - ▶ hepatitis B
- ▶
- ▶ May be controlled by anti-viral meds.

24  **HIV**

HIV = human Immunodeficiency virus



- ▶ About 56,000 new cases each year.
- ▶ More than 500,000 people are living with HIV, including almost 7,000 children under 13.

Half of all new cases are people under age 25.

25  **HIV**

If untreated, HIV infection can progress to AIDS:

- ▶ Pneumocystis pneumonia of the lungs
- ▶ Kaposi's sarcoma (cancer that causes red or purple skin blotches)
- ▶ Other, less common, diseases

Death is possible if untreated.

26  **Genital Herpes**

▶ 1 in 5 sexually active people are infected with herpes simplex 2.

- ▶ 1 in 4 are women
- ▶ 1 in 8 are men

▶ Painful and embarrassing

27  **HPV**

HPV = human papillomavirus

- ▶ More than 100 viruses in HPV family.
- ▶ 40 are sexually transmitted.
- ▶ An estimated half of all sexually active people will be infected with HPV.

28  **HPV – Risks**

Several strains of HPV can cause:

- ▶ cancer of the cervix
- ▶ cancer of the penis
- ▶ cancer of the vagina


- ▶ cancer of the anus

29  **HPV Vaccine**

- ▶ Protects against HPV strains responsible for 70% of cervical cancers and some genital warts.
- ▶
- ▶ Must be given before infection occurs.
- ▶
- ▶ Approved for 9- to 26-year-old both men and women.

30  **Hepatitis B**

- ▶ About 5,000 cases each year.
- ▶ Virus infects the liver.
- ▶ Can cause liver cancer, liver failure and death.
- ▶ Vaccine available.
- ▶ 44 states require vaccine for public school attendance.

31  **Other STDs – Trichomoniasis**

- ▶ Caused by microscopic protozoa.
- ▶
- ▶ An estimated 7.4 million cases each year.
- ▶
- ▶ The most common, curable STD among young, sexually active women.
- ▶
- ▶ Latex condoms prevent transmission.

32  **Other STDs – Pubic Lice**

Tiny, wingless parasitic insects, also called "crabs."

- ▶ burrow into the skin
- ▶ feed on blood
- ▶ lay their eggs on skin
- ▶ new lice mature 2 weeks after hatching

Transmitted by close physical contact (such as sexual contact), sharing towels or clothing.

33  **Now What?**

You've learned about:

- ▶ STD symptoms
- ▶ how to get treatment

► how to prevent STDs

Knowledge = Power