

Guide to SEXUALLY TRANSMITTED DISEASES (STD's)

GONORRHEA & CHLAMYDIA (the 'clap') ('Klamydia')

- Caused by bacteria germs; the infection starts a few days to a few weeks after having sex with an infected person.
- In men it causes a liquid (pus) to come out of the opening in the penis. It may also hurt to pee (urinate). The symptoms may be very strong or very mild and hardly noticeable.
- Women usually have very mild or no symptoms, but if untreated it can progress into a more serious disease (P.I.D.) and cause her not to be able to have babies in the future.
- These diseases can be completely cured by antibiotics if treated early.

HERPES

- Caused by a virus germ that can be treated but not cured.
- The symptoms may appear 3 to 10 days after having sex with a person who already has the disease.
- The herpes sores start as blisters, then they open up into little holes, and then they scab up.
- By 5 to 15 days they heal and disappear.
- The germs stay in your body and the sores may return in the future, sometimes often.
- Women may not know they have herpes because the sores may be inside the vagina.

protect yourself. REMEMBER TO USE A CONDOM.

GENITAL WARTS

- Caused by a virus (the Human Papilloma Virus or HPV).
- Appear as one or many raised lumps or bumps 1 month to 1 year after having sex with an infected person.
- Often cannot be seen in women because they may be all inside the vagina. They may also be too small in men to be easily seen. A vinegar wrap may be used as a test for warts.
- More serious in women because they may change into cancer of the cervix.
- They are treatable. Women should get a PAP smear after every new sex partner.

SYPHILIS

- Caused by a bacteria (germ), the sores appear 3 weeks to 3 months after having sex with an infected person.
- The sores look like holes in the skin that have a raised edge. They are usually painless.
- The sores disappear after a few weeks but the germ remains in the body and the disease reappears as a rash all over the body.
- This rash disappears too but the germs can attack other parts of the body years later.
- Syphilis can be completely cured at any stage by penicillin.
- In women the sores may be hidden in the vagina.

STD'S are preventable

PUBIC LICE ('Crabs')

- Very small (1/8th inch) gray to brown bugs that live in the pubic hair and cause itching.
- Easily treated with a liquid medicine that is put directly on the pubic hair.

SCABIES

- Similar to pubic lice but the bugs are too small to be seen and they live under the skin.
- They cause very itchy small sores all over the body.
- Treated with a liquid medicine that is applied over the whole body.
- Clothes, bed sheets and towels must be washed after treatment since the bugs can live in them.

VAGINITIS

- Infection of the vagina that usually causes a vaginal discharge. It is sometimes smelly or irritating.
- Caused by one of many different germs such as gonorrhea, chlamydia, or yeast. Also can be caused by other germs such as trichomonas or bacteria that are normal inside the vagina.
- Found by examining the discharge under a microscope.
- Usually easy to treat by the proper medicine depending on the germ that caused it.

YEAST INFECTION

- Caused by a fungus germ.
- It causes an itchy redness under the foreskin in uncircumcised men.
- In women it causes a thick white, itchy vaginal discharge.
- Easily treated with an anti-fungal cream or pill.

HEPATITIS

- A serious virus disease affecting the liver.
- May cause fever, abdominal pain, fatigue, yellowing of the eyes and skin, and darkening of the urine.
- Treated by rest. There is a vaccine available to prevent being infected.

AIDS (Acquired Immune Deficiency Syndrome) / HIV Disease

- The most serious STD caused by the HIV (Human Immunodeficiency Virus). It causes the part of the body that defends against disease (the immune system) to not work right.
- There are no visible symptoms during the first years of infection so it is not possible to tell if your partner has AIDS unless he or she has an HIV blood test.
- It can cause death about ten years after being infected but we now have very good treatment available.
- AIDS is a preventable disease. It is spread by sex and by sharing drugs by needles and syringes.

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