Sexually transmitted diseases (STDs)

- Infections spread from person to person through sexual contact
- AKA – sexually transmitted infections (STIs)
- Spread through direct genital contact or the exchange of semen or other body fluids
- Bacterial – antibiotics – a class of chemical agents that destroy disease-causing microorganisms while leaving the patient unharmed
- Viral – no cure
Many STDs are asymptomatic – individuals show no symptoms, or the symptoms are mild and disappear after the onset of the infection.
Genital HPV infections

- Caused by human papillomavirus
- May cause genital warts
- May result in cervical cancer
- HPV vaccine — a vaccine that can prevent cervical cancer, pre-cancerous genital lesions, and genital warts caused by genital HPV infection
Other STDs

- **Chlamydia**
  - Bacterial infection, often asymptomatic
  - Most common STD among teens
  - May cause infertility if left untreated

- **Gonorrhea**
  - Bacterial infection, often asymptomatic
  - Affects mucous membranes
  - May cause infertility or spread to bloodstream and affect joints
Other STDs

- **Genital herpes**
  - Viral, no cure, blisters or sores on genitals

- **Trichomoniasis**
  - Caused by a protozoan
  - Infects the vagina, urethra, bladder

- **Syphilis**
  - Bacterial, attacks many parts of the body
  - Progresses in stages, may be fatal if left untreated
The STD epidemic

- 19 million new cases each year
- Often go undiagnosed/untreated because of embarrassment, lack of symptoms, misinformation, lack of notification policies
Preventing STDs

- The only 100% guarantee against STDs is abstinence.
- Surround yourself with others who share your values
- Be clear about your decision
- Practice refusal skills
Avoid high risk behaviors such as:
- being sexually active with more than one person
- engaging in unprotected sex
- engaging in sexual activity with high-risk partners
- using alcohol and drugs
Treating STDs

- Must see health care professional for help
- See Figure 24.6 pg. 667 for diagnosis & treatment methods
HIV/AIDS

- **Human immunodeficiency virus (HIV)** – a virus that attacks the immune system
- **Acquired immunodeficiency syndrome (AIDS)** – a disease in which the immune system is weakened
- Killed more than 25 million worldwide
- Estimated 40 million cases currently worldwide
HIV Transmission – 3 ways

1) during sexual intercourse – one person’s infected blood, semen, or vaginal secretions comes in contact with another person’s broken skin or mucous membranes

2) by sharing needles

3) from mother to baby

How is HIV not spread??
What HIV does to the body

- HIV attacks the body’s immune system by destroying lymphocytes.
- The immune system gets more weak and AIDS-opportunistic illnesses set in.
Stages of HIV

1) Asymptomatic stage – no signs of infection, may last for many years

2) Middle stage – Mild symptoms, may be mistaken for something else

3) Symptomatic stage – flu-like symptoms, T cells weakening

4) AIDS stage – T-cells very low, other illnesses present
Preventing HIV/AIDS

- The CDC estimates about 25% of the people in the US who are infected do not know it.
- Practice abstinence.
- Do not share needles.
- Do not allow alcohol/drugs to compromise your decisions.
- Practice refusal skills.
Diagnosing HIV

- **EIA Test** – a test that screens for the presence of HIV antibodies in the blood
- **Western Blot Test** – a test that detects HIV antibodies and confirms the results of earlier EIA tests
- **Rapid test** – an HIV test that produces results in only 20 minutes
Treating HIV/AIDS

- Currently drugs can slow the growth of the virus and treat symptoms.
- There is no cure.