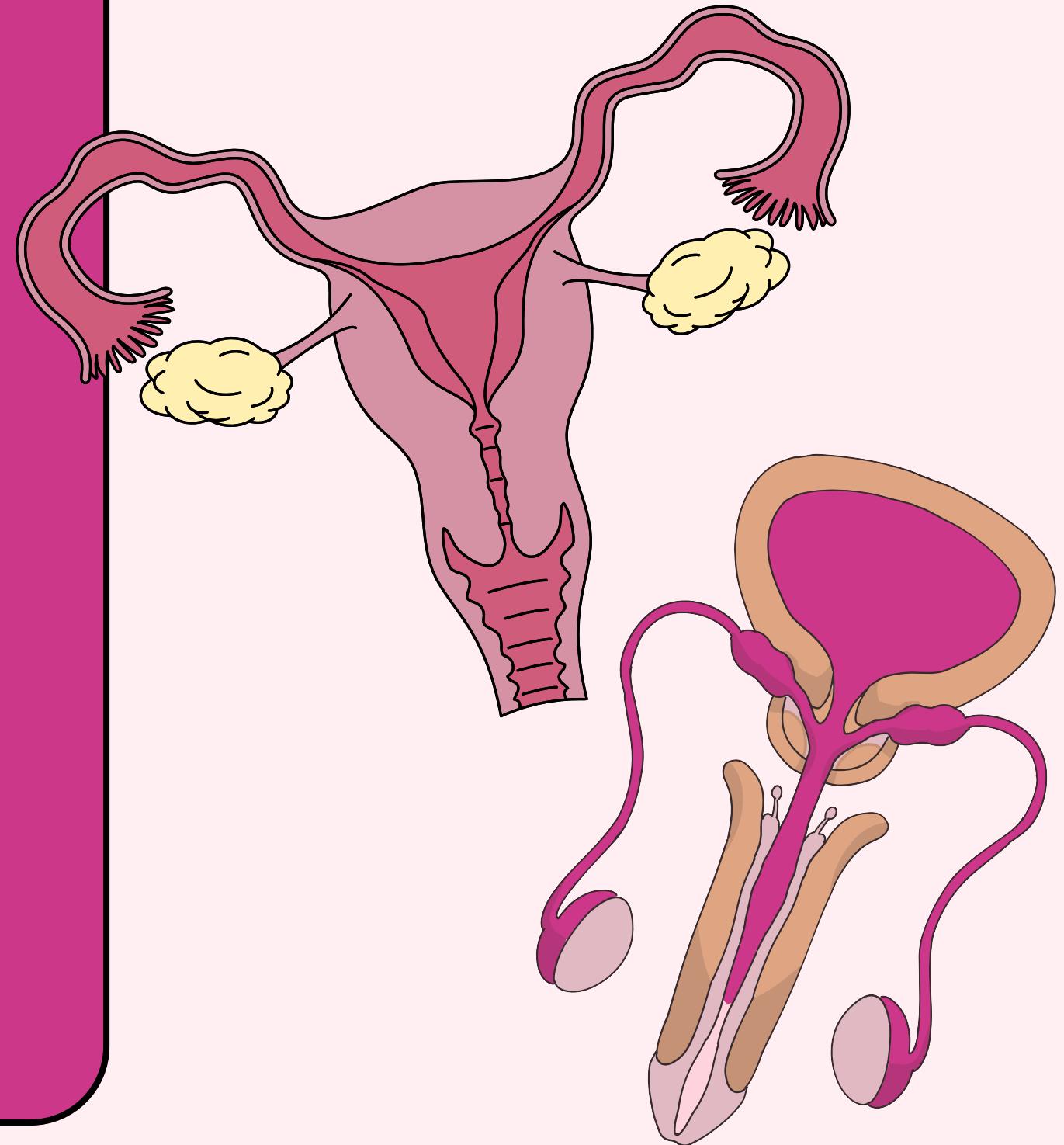


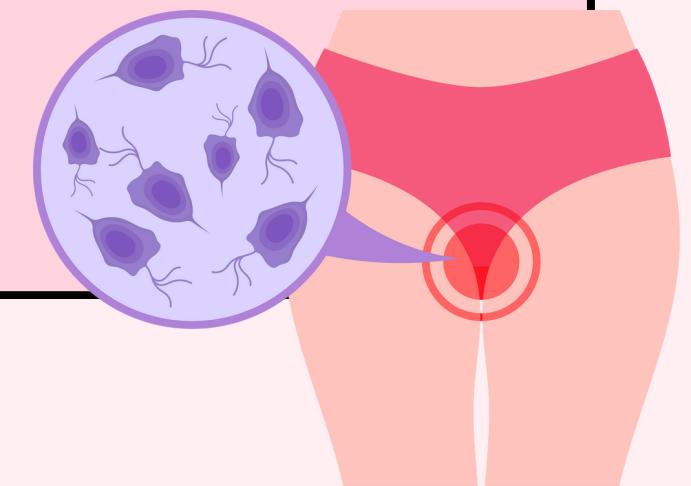
## **SEXUALLY TRANSMITTED INFECTIONS**

# **PREVENTION AND TREATMENT**



# WHAT ARE SEXUALLY TRANSMITTED INFECTIONS?

- **Sexually Transmitted Infections** (STIs) are bacteria, fungi, or viruses people contract during sexual intercourse/contact.
  - can sometimes be transmitted to child from mother during pregnancy, childbirth, or breastfeeding
- **Sexually Transmitted Disease** (STD) develops from an STI and implies that the infection has developed into a disease.
  - STI and STD are often used interchangeably.
  - The term STI is being used to break stigma



# TYPES OF STIs

## CHLAMYDIA

### Symptoms:

- No symptoms
- Your vagina and/or vulva is discolored, irritated, swollen, or uncomfortable.
- Itching, burning, and pain in your vulva, vagina, or penis.
- Pain or discomfort during sex.
- Peeing may sting if your vulva is really irritated.

**Treatment:** oral antibiotics, intra-vaginal antibiotic creams, or injections (shots) of antibiotics

## CENITAL HERPES

### Symptoms:

- sores or lesions on the genitals, anus or upper thighs

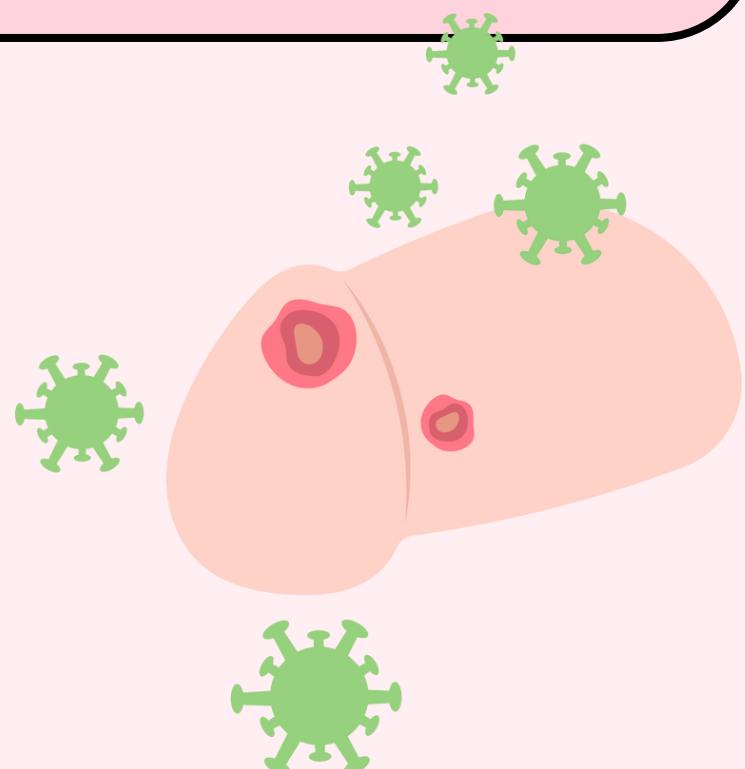
**Treatment:** a viral infection, cannot be cured, but antiviral medications can effectively manage symptoms, reduce the frequency and severity of outbreaks, and lower the risk of transmission

## HUMAN PAPILLOMAVIRUS (HPV)

### Symptoms:

- no symptoms
- genital warts

**Treatment:** no cure, but there is a vaccine



# TYPES OF STIs

## GONORRHEA

### Symptoms:

- No symptoms
- Your vagina, vulva, or penis is discolored, irritated, swollen, or uncomfortable.
- Itching, burning, and pain in your vulva, vagina, or penis.
- Pain or discomfort during sex.
- Peeing may sting if your vulva is really irritated.

**Treatment:** oral antibiotics, intra-vaginal antibiotic creams, or injections (shots) of antibiotics

## SYPHILIS

- **Primary:** A small, painless sore (chancre) appears about 3 weeks after infection; heals in 3–6 weeks.
- **Secondary:** Rash (often non-itchy) appears on trunk, hands, and feet. May include fever, sore throat, fatigue, hair loss, swollen glands.
- **Latent:** No symptoms, but the infection stays in the body.
- **Tertiary:** Years later, can damage the brain, heart, nerves, and more.
- **Congenital:** Passed from mother to baby during pregnancy or birth; can cause serious health issues if not treated early.
- **Any Stage:** If untreated, syphilis can spread to organs and cause severe complications.

# TYPES OF STIs

## TRICHOMONIASIS

### Symptoms:

- None
- A large amount of a thin, often foul-smelling discharge from the vagina — which might be clear, white, gray, yellow or green
- Genital redness, burning and itching
- Pain with urination or sex
- Discomfort over the lower stomach area
- Itching or irritation inside the penis
- Burning with urination or after ejaculation
- Discharge from the penis

### Treatment:

- Oral antibiotic

## MYCOPLASMA GENITALIUM (MGEN)

### Symptoms:

- None
- Vaginal discharge
- A burning sensation when peeing
- Discharge from the penis

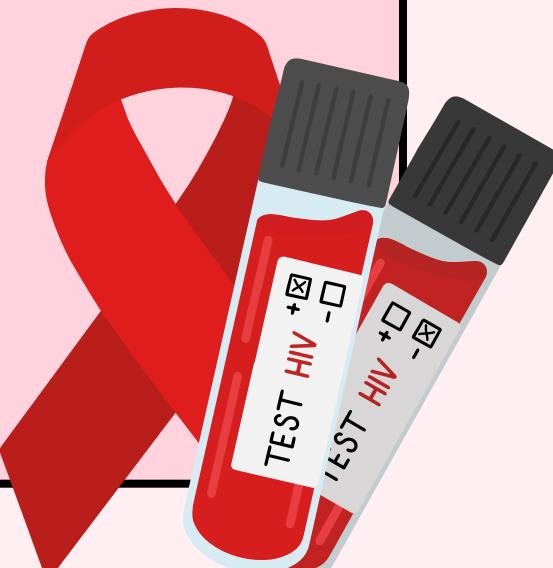
### Treatment:

- Antibiotics



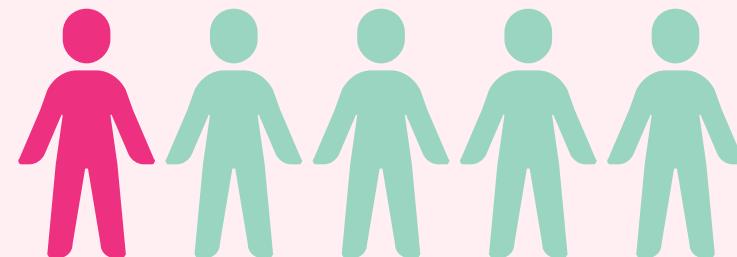
# **SEXUALLY TRANSMITTED, BUT NOT STIs**

- Related conditions that are often transmitted through sexual contact/intercourse.
  - Chancroid
  - Lymphogranuloma Venereum (LGV)
  - Pubic Lice
  - Scabies
  - Bacterial Vaginosis
- Other conditions that sometimes spread through sexual contact/intercourse.
  - HIV/AIDS
    - PrEP & PEP
  - Viral Hepatitis

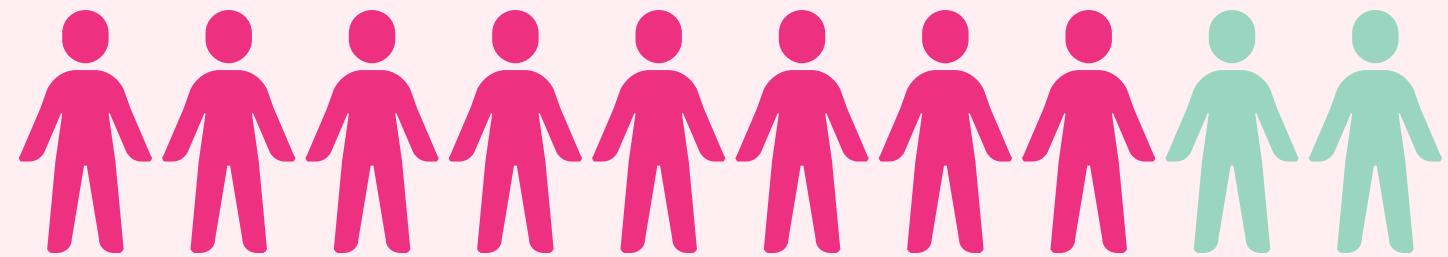


## STIs ARE MORE COMMON THAN YOU THINK

- In 2023, over 2.4 million reported and diagnosed cases of gonorrhea, syphilis, and chlamydia.
- 48.2% of reported gonorrhea, syphilis, and chlamydia cases were among young adults and adolescents (between 15-24 years).
- HPV is extremely common, almost everyone will get HPV at some point
  - 42 million people are infected with types of HPV that are known to cause disease.
  - 13 million Americans get infected each year, including teens



1 in 5 people in the U.S. had an STI in 2018



8 in 10 people will have some form of HPV in their lifetime

# HOW STIs SPREAD

- Oral, vaginal, and anal sex.
- Genital skin-to-skin contact.
- Risk factors:
  - Having multiple sex partners.
  - Engaging in vaginal, anal, or oral sex **WITHOUT** protection (condoms, dental dams).
  - Having sex while under the influence.
    - Drugs or alcohol lower inhibitions, leading to sexual risk-taking.



## SIGNS & SYMPTOMS

- The #1 symptom is **NO SYMPTOMS**
- Common STI symptoms:
  - Discharge
  - Sores or bumps on your genitals
  - Painful urination
  - Frequent urination
  - Flu-like symptoms
  - Itching or irritation on your genitals
- You can have an STI and not know it.
- Several STIs are treatable.



# I HAVE AN STI, NOW WHAT?

- Several common STIs can be treated with medications and antibiotics
- If you test positive for chlamydia, gonorrhea, or syphilis, antibiotics usually relieve your symptoms and cure the infection.
- Genital herpes, hepatitis B, and genital warts have no cure, but treatment can reduce symptoms.

- HPV or genital warts are result of a virus.
- There is no treatment for the virus itself, but you can treat the outbreak and reduce uncomfortable symptoms with:

**TOPICAL  
SOLUTIONS**

**CRYOTHERAPY  
(FREEZING)**

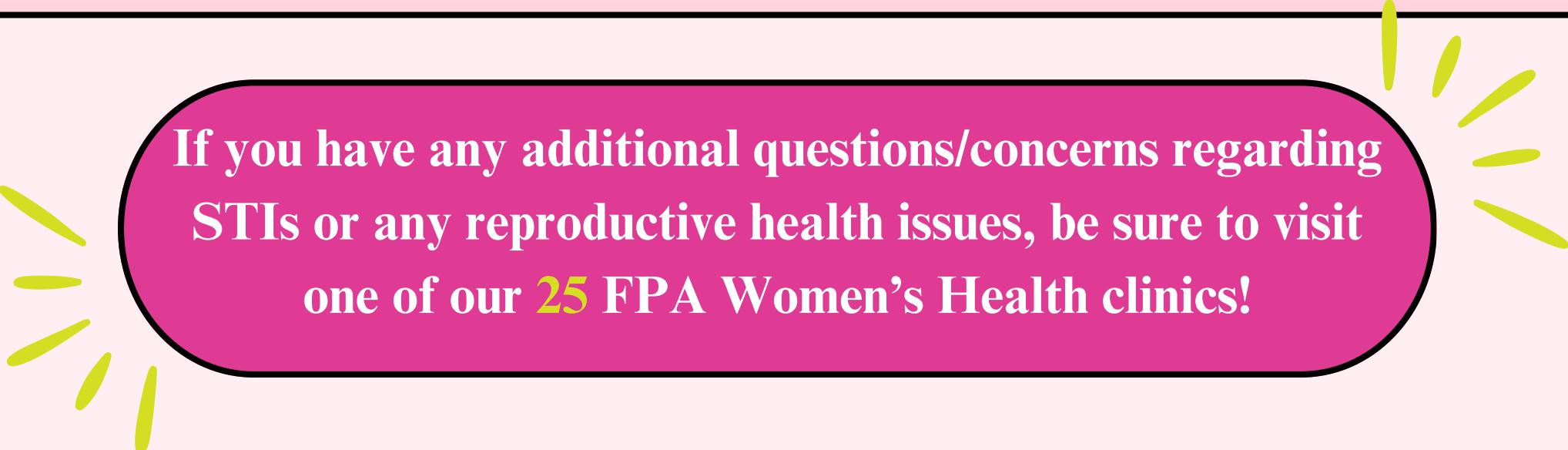
**SURGICAL  
EXCISION**

**LASER  
TREATMENTS**

**ELECTROCAUTERY**

## STI TESTING

- STI testing is super easy and super quick!
  - urine samples
  - blood tests
  - swabs
- Must get tested 2-weeks after sexual activity
- **SOME** HIV tests produce results as quick as 15 minutes!
- If you are sexually active, it is recommended that you get tested frequently
  - Once a year- or even more frequently depending on your sexual activity and exposure.



If you have any additional questions/concerns regarding STIs or any reproductive health issues, be sure to visit one of our **25** FPA Women's Health clinics!

# PREVENTION

## COMMUNICATION

Maintain full transparency with your sexual partner(s) to help prevent the spread of STIs. In addition, being transparent with your doctor(s) will ensure you get proper treatment so that your symptoms and side effects do not worsen.

## VACCINATION

There are vaccinations for Hepatitis B and C, and the human papillomavirus (HPV).

## EDUCATION

Staying informed can improve your ability to recognize STI symptoms.

## CONSISTENCY

Use male condoms, female condoms, and/or dental dams regularly and correctly every time you have sex and engage in sexual activity.

## REGULAR TESTING

You and your sexual partner(s) should be getting tested regularly. It is important to share test results with each other.



# DEBUNKING STI MYTHS

**Myth:** STIs do **NOT** increase your risk of infertility.  
**Fact:** Chlamydia & gonorrhea can increase your risk of infertility.

**Myth:** You can't get an STI from sex toys.  
**Fact:** STIs transmitted through bodily fluids or skin-to-skin contact can also spread through shared sex toys.

**Myth:** STIs are only transmitted during penetrative sex.  
**Fact:** STIs can be contracted via intimate skin-to-skin contact and sharing/mixing bodily fluids (e.g., oral sex, cunnilingus).

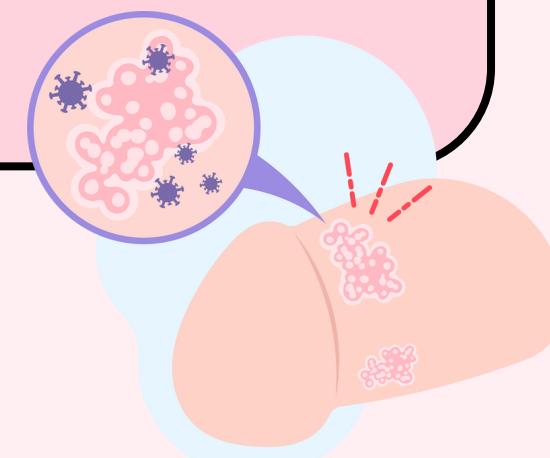
**Myth:** You do not need to get tested for STIs if you do **NOT** have multiple sexual partners.  
**Fact:** You can get an STI even after **ONE** sexual encounter. It is important to get tested regularly.

**Myth:** STIs go away on their own.

**Fact:** Most do **NOT** go away on your own. Leaving STIs untreated can have adverse health outcomes on you and your sexual partner.

**Myth:** If you do not show signs of an STI within 2-weeks after having sex, then you did not contract an STI.

**Fact:** Although it is possible that you did not contract an STI, some STIs take months or even years to show symptoms. Some might have an STI and never experience symptoms. Therefore, it is extremely important to get tested regularly.





# QUESTIONS?

Have a question you'd prefer to discuss privately?

Feel free to reach out to Marie Garcia at

[megarcia@fpawomenshealth.com](mailto:megarcia@fpawomenshealth.com)

for a confidential conversation.

# THANK YOU

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\*This presentation was made possible in part by the valuable contributions of our  
Community Engagement Intern, **Mackenzie Huynh**.

[www.fpa womens health.com](http://www.fpa womens health.com)



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