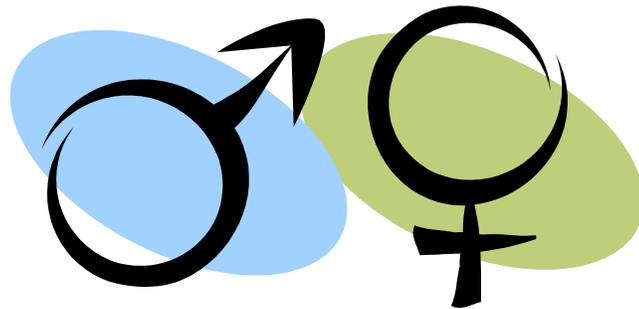


Sexually Transmitted Infections



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**Jessica Crews
Kris S. Calderon, PhD, CHES**

Introduction

Sexually Transmitted Infections (STIs) are common in the United States. Over 68 million Americans are living with a STI and each year, about 15 million new cases occur. In the 1960's, only two STIs were known; today, there are at least twenty-five known STIs. With so many new STIs and more Americans becoming infected throughout all age groups, it is important to recognize and know the recent facts about STIs.

Sexually Transmitted Infections (STIs)

STI	Transmission	Bacteria, Virus, or Other	Curable
Bacterial Vaginosis	- Vaginal intercourse	Bacteria	Yes
Chlamydia	- Vaginal and anal intercourse - Can spread from a woman to her fetus during birth, and rarely, from the hand to the eye and during oral sex	Bacteria	Yes
Gonorrhea	- Vaginal, anal, and oral intercourse - Can be passed from mother to fetus during birth	Bacteria	Yes
Hepatitis B	- Very contagious - Passed through an exchange of semen, vaginal fluids, saliva, blood, and urine - Can also be passed from mother to infant during birth	Virus	No
Herpes	- Can spread by touching, kissing, and sexual contact, including vaginal, anal, and oral sex - Can be passed from one partner to another and from one part of the body to another	Virus	No

Human Immunodeficiency Virus (HIV)	<ul style="list-style-type: none"> - Transmitted in blood, semen, vaginal fluids, and breast milk - Can also be passed from a woman to her fetus during pregnancy or birth 	Virus	No
Human Papilloma Virus (Genital Warts)	<ul style="list-style-type: none"> - Spread by vaginal, anal, and oral sex play - Warts often grow more rapidly during pregnancy or when a person's immune system is weakened 	Virus	No
Pelvic Inflammatory Disease (PID)	<ul style="list-style-type: none"> - PID is a progressive infection that harms a woman's reproductive system - PID is not always the result of a sexual transmitted infection — but is often the case - STIs most commonly caused by PID are gonorrhea and chlamydia 	N/A	Yes
Pubic Lice	<ul style="list-style-type: none"> - Can be spread by contact with infected bedding, clothing, upholstered furniture, and toilet seats - Transmission can occur during intimate and sexual contact 	Parasite	Yes
Scabies	<ul style="list-style-type: none"> - Spread through close personal contact, and infected bedding and clothing 	Parasite	Yes
Syphilis	<ul style="list-style-type: none"> - Spread through vaginal, anal, and oral intercourse, kissing - Can be passed to the fetus during pregnancy 	Bacteria	Yes
Trichomoniasis	<ul style="list-style-type: none"> - Transmitted through vaginal intercourse and intimate contact if bodily fluids are passed from one partner to the genitals of the other 	Protozoan	Yes

STI Incidence and Prevalence

Here are some recent statistics for some of the common STIs such as syphilis, chlamydia and gonorrhea.

- Number of new syphilis cases: 32,871 (2002)
- New syphilis cases per 100,000 population: 11.7 (2002)
- Number of new chlamydia cases: 834,555 (2002)
- New chlamydia cases per 100,000 population: 296.6 (2002)
- Number of new gonorrhea cases: 351,852 (2002)
- New gonorrhea cases per 100,000 population: 125.0 (2002)
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Among the STIs, HIV/AIDS continues to be the leading cause of death. Florida steadily ranks third among the nation for adult HIV/AIDS cases, and second in pediatric cases. Of the estimated number of AIDS cases in the United States, person's age at time of diagnosis were distributed as follows:

Age	Estimated # of AIDS Cases in 2003	Cumulative Estimated # of AIDS Cases, Through 2003
Under 13:	59	9,419
Ages 13 to 14:	59	891
Ages 15 to 24:	1,991	37,599
Ages 25 to 34:	9,605	311,137
Ages 35 to 44:	17,633	365,432
Ages 45 to 54:	10,051	148,347
Ages 55 to 64:	2,888	43,451
Ages 65 or older:	886	13,711

It is important to note that STIs and particularly HIV/AIDS do not affect only the young. These infections are prevalent across all age groups and risk factors such as unsafe sexual practices with unfamiliar and/or multiple partners can lead to infections.

STI Prevention

Unless you are in a long-term truly monogamous relationship where both you and your partner been tested for possible STIs (tested at least twice over a six month period), you need to know basic STI prevention. STIs can only be 100% prevented with the practice of abstinence. To help remember ways to prevent STIs, it is important to remember the ABC's...

Abstinence

Be Monogamous

Condoms

Condoms are the only barriers that prevent STIs. Both the male and female condom will prevent STIs, but they cannot be used together.

Instructions for condom use can be found on the package of condoms. Detailed instructions can also be found at www.plannedparenthood.org.

Practicing safer-sex allows couples to reduce their sexual health risks. Safer sex is anything we do to lower our risk of sexually transmitted infection. The basic rule for safer sex is to avoid contact with genital sores and prevent the exchange of body fluids, such as semen, blood, and vaginal secretions.

STI Treatment

Some STIs, such as chlamydia and gonorrhea, are caused by bacteria and these STIs can be cured with the use of antibiotics. The STIs that are caused by a virus can not be cured. People that contract a viral STI live with the infection for life, or until a cure is found. Although viral STIs can not be cured, there are various treatments available to prevent symptoms and outbreaks. It is important to contact your health care provider and discuss any concerns that you may have about STIs and to be seen if you suspect you are infected.

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Resources

Planned Parenthood
www.plannedparenthood.org
1-800-230-PLAN (7526)

Florida Department of Health
www.doh.state.fl.us

Centers of Disease Control and Prevention
www.cdc.gov