

Medication for Herpes; no drug can get rid of the herpes virus. Doctors may prescribe an antiviral, such as acyclovir, which prevents the virus from multiplying. Antiviral medications will help the outbreak clear up faster & will also help reduce the severity of symptoms.

Trichomoniasis

Trichomoniasis is also known as "trich." It's caused by a tiny **protozoan** organism that can be passed from one person to another through genital contact. **When symptoms do develop they may include:** discharge from the vagina or penis, burning or itching around the vagina or penis, pain or discomfort during urination or sex & frequent urination.

In women, trich-related discharge often has an unpleasant or **"fishy"** smell & if left untreated, trich can lead to: infections of the urethra, pelvic inflammatory disease and infertility.



Pubic Lice ('Crabs')

"Crabs" is another name for pubic lice. They're tiny insects that can take up residence on your pubic hair. Like head lice and body lice, they feed on human blood. **Common symptoms of pubic lice include:** itching around the genitals or anus, small pink or red bumps around the genitals or anus, low-grade fever and lack of energy & irritability. If left untreated, pubic lice can spread to other people through skin-to-skin contact or shared clothing, bedding, or towels. Scratched bites can also become infected. It's best to treat pubic lice infestations immediately.

How can STIs be Treated?

The recommended treatment for STIs varies, depending on what STIs you have. It's very important that you & your sexual partner be successfully treated for STIs before resuming sexual activity. Otherwise, you can pass an infection back & forth between you.

You can prevent yourself from acquiring STIs by;

- ❖ Abstaining from sex
- ❖ Always practice safe sex by using condom
- ❖ Have regular STIs screening for those that are sexually active
- ❖ Practice good personal hygiene
- ❖ Be sure of your sex partner by getting tested
- ❖ Get vaccinated
- ❖ Avoid sharing sharp instruments.

For more information, Contact us

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Sexually Transmitted Infections (STIs) and Symptoms What is Sexually transmitted infection? (STIs)

Sexually transmitted infection is an infection that can be transferred from one person to another through un protected sexual intercourse through blood, semen, or vaginal & other body fluids.

An infection is when bacteria, virus, or parasite enters & grows in or on your body. STIs are also called sexually transmitted diseases, or STDs. Some STIs can be cured & some STIs cannot be cured. STIs can have serious reproductive health consequences beyond the immediate impact of the infection itself (e.g., infertility or mother-to-child transmission).

Sexually Transmitted Infection Include; HIV

HIV is a virus that attacks cells in the human body & causes AIDS if one doesn't start on treatment. If the virus is not detected & treated, the immune system gradually weakens & AIDS develops. Some of the symptoms of HIV infection include loss in body weight, fevers, skin rash, weakened immunity that leads to opportunistic infections like TB.



Chlamydia

Chlamydia is caused by a bacterial called Chlamydia trachomatis. It is spread through having un protected sexual intercourse with an infected person. It increases the risk of getting HIV due to the sores. However, if it isn't treated early it can spread to other parts of your body and lead to long-term health problems.



WOMEN



MEN

SYMPTOMS FOR WOMEN	SYMPTOMS FOR MEN
An increase in vaginal discharge caused by an inflamed womb (cervix)	Pain and/or swelling in the testicles
Pain or burning when urinating (peeing)	Pain, discharge or bleeding in the anus
Bleeding between periods and/or heavier periods	Pain or burning when urinating
Pain, discharge or bleeding in the anus (bottom).	A white, cloudy or watery discharge from the penis
Pain in the lower abdomen especially when having sex	

Symptoms for both Women and Men include:

- Inflammation (redness) of the eye (called conjunctivitis) caused by infected semen or vaginal fluid getting into your eyes.
- Led conjunctivitis caused by infected semen or vaginal fluid getting into your eyes.

Syphilis

It is another bacterial infection caused by *Treponema pallidum* which is transmitted by having unprotected sex. It can develop on your genitals, anus, or mouth. It's painless but very infectious. Many people with syphilis won't have any symptoms for years. Syphilis has three stages, each with distinct symptoms:



First Stage (Primary Syphilis) - about 10 days to three months after infection you may find a painless sore (chancre) - usually on the penis or vagina, in the mouth or around the bottom. This usually heals within two to six weeks. Glands near the sore (in the neck, groin or armpit) may get bigger. If the infection is not treated, it will move to the second stage.

Second stage (secondary syphilis) - a few weeks after the sore disappears you may get a rash on your body, often on the palms of your hands or soles of your feet. You might feel ill, with a fever or headache; have hair loss, weight loss or skin growths around the vulva (area around the vagina) in women & around the anus (bottom) in both men & women. Between the second & third stage people with syphilis normally won't experience any symptoms (this is known as the 'latent stage').

Third or late stage (tertiary syphilis) - years later, syphilis can seriously damage your heart, brain & nervous system. The infection is usually detected by this point.

Gonorrhea

Gonorrhea is caused by bacterium *Neisseria gonorrhoea* which is transmitted by having unprotected sex.



MALE

FEMALE

Men and women experience slightly different symptoms; these can include:

Men:

- White, yellow, or green urethral discharge, resembling pus.
- Inflammation or swelling of the foreskin & pain in the testicles or scrotum
- Painful or frequent urination
- Anal discharge, itching, pain, bleeding, or pain when passing stools
- Itching, difficulty swallowing, or swollen neck lymph nodes
- Eye pain, light sensitivity, or eye discharge resembling pus
- Red, swollen, warm, painful joints.

Women:

- Painful sexual intercourse
- Fever
- Yellow or green vaginal discharge
- Vulvar swelling
- Bleeding in-between periods
- Heavier periods
- Bleeding after intercourse
- Vomiting & abdominal or pelvic pain
- Painful or frequent urination
- Sore throat, itching, difficulty swallowing, or swollen neck lymph nodes
- Eye pain, light sensitivity, & eye discharge resembling pus
- Red, swollen, warm, painful joints.

- **Anal gonorrhea signs include: itching, bleeding, or pain while passing anal discharge.**

If left untreated, gonorrhea can lead to infections of the urethra, prostate gland, or testicles, pelvic inflammatory disease, infertility & can pass from a mother to a baby during delivery.

Genital Herpes

Herpes is an infection caused by **HSV (herpes simplex virus)**. This virus affects the external genitalia, anal region, mucosal surfaces, & skin in other parts of the body. Most people do not experience symptoms for months or years after becoming infected.



Those who do have symptoms during the initial period will usually notice them about 4 days after exposure (the average range is 2-12 days).

Symptoms include: blisters and ulceration on external genitalia, in the vagina, or on the cervix, vaginal discharge, pain and itching, tender enlarged lymph nodes, pain when urinating, high temperature (fever), malaise (feeling unwell), cold sores around the mouth and red blisters on the skin