

Where: PR2 - Topic 2 – Module 2.3 – First video on Video resources: “Sexually Transmitted Diseases (STDs), Causes, Signs and Symptoms, Diagnosis and Treatment”

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VIDEO: Sexually Transmitted Diseases (STDs), Causes, Signs and Symptoms, Diagnosis and Treatment

Today's topic are sexual transmitted diseases or STDs. Sexually transmitted diseases also referred to as sexually transmitted infections, are infections that are majorly spread by sexual contact, especially vaginal, anal and oral sex. Some STDs can spread through non-sexual contact, such as through the use of unsterilized drug needles, from mother to infant during childbirth and breastfeeding and also blood transfusions. Sexually transmitted diseases that are transferred to an infant during childbirth may result in poor outcomes for the baby. To help prevent STD in newborns, doctors always encourage pregnant woman to be tested and treated for potential STD even in the absence of any symptom. Some sexually transmitted diseases may cause infertility in both woman and men. There is a greater risk of passing the disease on to others unknowingly because sexually transmitted diseases initially do not cause symptoms. The most common STD are chlamydia, chancroid, pubic lice or crabs, genital herpes, hepatitis, trichomoniasis, HIV/AIDS, gonorrhoea, syphilis, scabies, molluscum contagiosum, ureaplasma infection, human papilloma virus (HPV). Many STDs are curable while some are not curable. Some curable STDs include syphilis, crabs, gonorrhoea, trichomoniasis and chlamydia, while the incurable ones include herpes, HIV, Human papillomavirus and Hepatitis B. In 2005, about 1.1 billion people were reported to have STDs other than HIV/AIDS, this resulted in about 180,000 deaths. About 500 million were infected with either syphilis, gonorrhoea, chlamydia or trichomoniasis. An additional 530 million people had genital herpes and about 290 million women had human papillomavirus. STD can be caused by bacteria, parasites, viruses. Bacterial STDs include gonorrhoea, syphilis and chlamydia. Parasitic STDs include trichomoniasis and pubic lice. Virus STDs include papillomavirus, genital herpes and HIV. The genital areas are usually moist and warm environment, ideal for the growth of bacteria, parasites and viruses. Factors that may increase the risk of STD are: having unprotected sex, having sexual activity with multiple partners, having history of STDs and needle sharing. Being young, half of the STDs occur in people between the ages of 15 and 24. Common symptoms are, painful and burning urination, pain or discomfort during sex, unusual or odd-smelling vaginal discharge, fever, lower abdominal pain, unusual vaginal bleeding, penis discharge, sores, bumps, rashes on or around the penis or testicles, on or around the vagina, on or around the anus, buttocks, thighs or mouth, painful or swollen testicles, itchiness in or around the vagina. Diagnoses and treatment. In most cases, STDs can not be diagnosed based on symptoms alone. If the doctor suspects that you might have STD, they'll likely recommend tests to check. Tests may include blood test, urine samples, fluid samples from active genital sores. STI screening is important for everyone including pregnant women, women aged 21 and older, women under age 25 who are sexually active, men who have sexual contact with men, people with HIV and people who have a new partner. Screenings are done while symptoms are not present. This may help in preventing STDs and the complications associated with the condition. Treatment. Treatment varies depending on the type of STD that you have. For pregnant women with STD, prompt treatment can prevent or reduce the risk of your baby having the infection. STDs caused by bacteria are easier to treat than viral STDs. Viral infections can be managed but not always cured. Antibiotics can cure bacterial and parasitic STDs. Antiviral drugs can keep infections in check for many years and

reduce the risk of transmission. Medications are available to reduce the frequency and severity of herpes outbreak. Antiviral drugs can keep infections check for many years and reduce the risk of transmission. Medications are available to reduce the frequency and severity of herpes outbreak. You can prevent or lessen your risk of STDs by abstaining from sexual acts, vaccinations, having one sexual partner, drinking alcohol or avoiding recreational drugs which may increase your chance of engaging in risky behaviours or affect your judgment.