

Sexually Transmitted Diseases

What is it?

- **STD-** Sexually Transmitted Diseases, Venereal Diseases (VD)
 - **Infections-** passed from one person to another through sexual intercourse, genital contact, or fluids (semen, blood, vaginal)
 - **Spread-** sharing needles, infected blood or body fluids



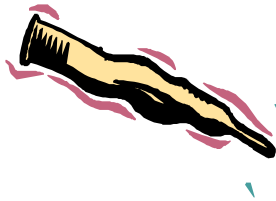
Signs and Symptoms:

- **Symptoms-** show up 1 to 3 weeks after the infection, if symptoms
 - **Women's Symptoms-** irregular menstrual bleeding, vaginal discharge, lower abdominal pain, pain when urinating, itching, burning, tingling
 - **Men's Symptoms-** pain when urinating, discharge from the penis



Facts:

- **Common STD's-** Trichomoniasis, Syphilis, HIV/AIDS, Hepatitis B, Genital Warts, Gonorrhea
- **Spread from Mother to Unborn Baby/Infant-** Chlamydia, Hepatitis B, Gonorrhea, HIV/AIDs, Herpes Simplex Virus, Syphilis
- **Chlamydia-** bacterial infection, most difficult to detect
 - **Affects-** millions of men and women
 - **No Symptoms-** 50% of men, 80% of women, both can infect their sex partner/s
- **Genital Herpes-** caused by a virus (herpes simplex), can also cause cold sores
 - **Easily Spread-** sexual contact
 - **Symptoms Occur-** 2 to 7 days after contact with an infected person, if symptoms
 - **Symptoms-** painful blisters, sores; headache, fever, swollen glands, muscle aches; sores inside the vagina or urethra causing pain when urinating or vaginal discharge
 - **Sores-** disappear within 3 weeks, no cure, 4 outbreaks per year is common



What can I do?

- **See your Health Care Provider-** for more information
- **See a Registered Dietitian or a FFF RD-** for help as needed

