



STIs



**SEXUALLY
TRANSMITTED
INFECTIONS**

Pasante[®]

Chlamydia

Gonorrhoea

Syphilis

HIV

Herpes

Genital Warts

Useful contacts

Chlamydia

What is it?

Chlamydia is a sexually transmitted infection, which often shows no symptoms, but if left untreated, can cause serious problems such as Pelvic Inflammation or even infertility. It is caused by a bacterium called Chlamydia trachomatis.

Who is at risk?

Sexually active men and women. In the UK, 1 in 9 women aged 16-24 have Chlamydia and many men are infected. Chlamydia can be transmitted during vaginal, anal, and oral sex, and from mother to baby during birth.



What are the symptoms?

Most women and many men experience no symptoms. If symptoms do occur, they usually appear within 1 to 3 weeks after infection.

Women can feel pain in the lower abdomen, which can lead to infection of the fallopian tubes, or the pelvic floor and ultimately to infertility. Men might notice discharge from the penis or pain when urinating. Left untreated, they can develop into inflammation of the testicles.

Where to test?

At Genitourinary Medicine (GUM) Clinics, Family Planning Clinics or your GP. Both you and your partner(s) should get tested.

How is it treated?

Chlamydia is treatable with antibiotics. You will need to visit a healthcare professional for formal diagnosis and treatment and should not have unprotected sex whilst infected. A free National Chlamydia Screening Programme, led by nurses, is available for 15-25 year olds.

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Gonorrhoea

What is it?

*Gonorrhoea is a Sexually Transmitted Infection caused by the bacteria **Neisseria gonorrhoeae**.*



Who is at risk?

Gonorrhoea most frequently affects 15 to 25-year-old men and women, but also older people. It can be transmitted through unprotected vaginal, oral or anal sex. Mothers infected with gonorrhoea can also transfer the infection to their children during birth.

What are the symptoms?

Men can experience painful urination and yellow or green discharge from the penis or rectum. Women can notice painful urination and discharge from the vagina or rectum. In both sexes, a sore throat is a sign of the infection acquired through oral sex.

Long term symptoms may be inflammation of sexual organs and infertility in women. Many infected individuals will not show any symptoms.

Where to test?

At Genitourinary Medicine (GUM) Clinics or your GP. Both you and your partner(s) should get tested.

How is it treated?

Gonorrhoea is treatable with antibiotics. You and your partner(s) should visit the doctor for diagnosis and treatment. You should not have sex whilst infected.

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Syphilis

What is it?

*Syphilis is a highly contagious sexually transmitted infection caused by a bacterium called *Treponema pallidum*. Syphilis has three stages. The first two are contagious and the third stage is not contagious but causes severe deterioration of general health.*



Who is at risk?

Sexually active men and women of all ages. It can be transmitted through unprotected vaginal, oral or anal sex. Mothers infected with syphilis can also transfer the infection to their children during pregnancy.

Long term symptoms may be inflammation of sexual organs and infertility in women. Many infected individuals will not show any symptoms.

Where to test?

At Genitourinary Medicine (GUM) Clinics or your GP. Both you and your partner(s) should get tested.

How is it treated?

Syphilis is treatable with antibiotics.

You and your partner(s) should visit the doctor for diagnosis and treatment. You should not have sex whilst infected.

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HIV

What is it?

Human Immunodeficiency Virus (HIV) can cause Acquired Immunodeficiency Syndrome (AIDS), a condition in humans in which the immune system begins to fail, leading to life-threatening infections.



Who is at risk?

Sexually active men and women and injecting drug users. Infection with HIV occurs by the transfer of blood, semen, vaginal fluid, pre-ejaculate (pre-cum), or breast milk. The three major routes of transmission are unprotected sex (in particular anal or vaginal), contaminated needles, and transmission from an infected mother to her baby at birth, or through breast milk; not through kissing, touching, sharing cups, cutlery or toilets.

What are the symptoms?

There may be no symptoms when someone first gets infected with HIV. If untreated, it can develop into AIDS, which is the gradual failure of the immune system, where life-threatening infections attack the body and this can ultimately lead to death.

Where to test?

At Genitourinary Medicine (GUM) Clinics or your GP. Both you and your partner(s) should get tested. HIV virus can be detected in the blood 3 months after infection at the earliest.

An Insti HIV test is easy and the result is available within a few minutes

How is it treated?

HIV is for life, but treatment can prolong life expectancy to that comparable to a normal life span.

If you have HIV, you risk giving it to others if you have unprotected sex.

HIV

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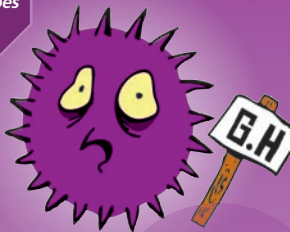
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Genital Herpes

What is it?

Genital Herpes is a viral infection caused by either of the two Herpes Simplex Viruses (HSV-1 or HSV-2). Cold sores and genital herpes are both caused by HSV viruses.



Who is at risk?

Sexually active men and women of all ages. Genital herpes is transmitted through unprotected oral, vaginal or anal sex with someone infected with herpes. The herpes virus is usually contracted when someone has herpes sores, but it can also be passed on when no sores are present.

What are the symptoms?

Redness and tingling in the affected area, then ulcers similar to cold sores appear. Discharge may also be experienced. After the episode, the sores heal without scars. Outbreaks can repeat several times in a year. The first outbreak is usually more severe and has flu-like symptoms. Herpes is not fatal and does not cause infertility.

Where to test?

At Genitourinary Medicine (GUM) Clinics or your GP. This is done by visual inspection and a swab.

How is it treated?

There is no treatment that can eradicate herpes virus from the body. Anti-viral medication can be used to control the outbreaks and creams are applied to numb the pain. You should not have sex whilst you have an episode.

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Genital Warts

What is it?

Genital warts are caused by the Human Papilloma Virus (HPV), which is very common. There are many types of the virus, some linked to Cervical cancer in women. However, the type that causes genital warts is harmless and does not cause any serious illnesses.



Who is at risk?

Sexually active men and women of all ages. Warts are usually passed on by skin on skin contact, especially during sex.

What are the symptoms?

Warts can occur on male and female genitals and in and around the anus. They can form weeks, months, or years after sexual contact with a person who has the genital wart virus. They may cause itching, burning, and discomfort. It is also possible that warts may never appear.

Where to test?

Your GP or your local Genitourinary Medicine (GUM) Clinic will be able to confirm whether you have genital warts.

How is it treated?

There is treatment for the changes that HPV can cause on the cervix, as well as treatment for genital warts. However, even after the warts are treated, the virus (genital HPV) may remain, and warts can return. You should not have unprotected sex during an outbreak.

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Pasante has the *WIDEST* selection of condoms on the market!



We have something for every size, shape & TASTE

Always check that latex condoms have the BSi Kitemark and CE mark and check the expiry date. Pasante Flavoured condoms work effectively as a barrier and taste great!

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Great Condoms, Great Sex

Useful contacts

CS Supplies (Mail Order)

Secure mail order service for condoms and safe sex products direct to the community.

Catalogues or on-line ordering.

Tel: 01273 593069

www.postalcondoms.co.uk

NHS Direct

Confidential health advice and information.

Calls charged at local rate. For patients safety, all calls are recorded.

Tel: 0845 4647

www.nhsdirect.nhs.uk

Brook

Free sex advice & contraception for young people.

Tel: 08000 185023 (UK & Scotland)

Tel: 028 9032 8866 (N. Ireland)

www.brook.org.uk

Genito urinary clinics, and answers to all your sexual health questions, can be found at

www.nhs.uk/sexualhealth

Useful contacts



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