

STI	Signs & Symptoms	Consequences	Treatment
<p><b>Chlamydia</b></p> <p><b>Transmission</b></p> <p>Chlamydia is passed on through vaginal or anal sex without a condom.</p> <p>Chlamydia can also be passed on through oral sex, with symptoms showing in the throat.</p>	<p>You may have no symptoms at all. This is particularly true for women. Chlamydia is often referred to as 'the silent STI'.</p> <p><b>Women:</b> most women have no symptoms at all. If symptoms are present they may include a burning or tingling sensation when urinating, increased discharge from the vagina, bleeding or spotting between periods, heavier periods, and pain in the abdomen.</p> <p><b>Men:</b> men may have a burning or tingling sensation when urinating, and a discharge or stickiness from the opening in the penis.</p>	<p>If left untreated chlamydia can lead to serious health problems including:</p> <p><b>Pelvic Inflammatory Disease (PID)</b> in women. This is where the Fallopian tubes are infected and can cause infertility.</p> <p><b>Ectopic pregnancy</b> – pregnancy outside the uterus (womb), in a Fallopian tube.</p> <p><b>Inflammation</b> of the testicles (balls) - can cause infertility.</p> <p>Transmission to a positive partner can cause more severe disease and increase the risk of transmission of HIV.</p>	<p>Chlamydia is easily cured with antibiotics.</p>
<p><b>Gonorrhoea</b></p> <p><b>Transmission</b></p> <p>Gonorrhoea is passed on through oral sex, vaginal or anal sex without a condom.</p>	<p>You may have no symptoms at all. The best way to find out if you have gonorrhoea is to have an STI check-up.</p> <p><b>Women:</b> most women have no symptoms. If symptoms are present they may include a burning or tingling sensation when urinating, increased discharge from the vagina, bleeding or spotting between periods, heavier periods, pain in the abdomen, sore throat and eye infection.</p> <p><b>Men:</b> men may have a burning or tingling sensation when urinating, and a discharge or stickiness from the opening in the penis, sore throat and eye infection.</p>	<p>Transmission to a positive partner can cause more severe disease and increase the risk of transmission of HIV.</p>	<p>Gonorrhoea is easily cured with antibiotics.</p>
<p><b>Syphilis</b></p> <p><b>Transmission</b></p> <p>Syphilis is passed on through vaginal, anal or oral sex without a condom.</p>	<p>Symptoms of syphilis may not be noticeable.</p> <p>About three weeks after catching syphilis one or more painless sores may appear on the body, usually around the penis or vagina. A few weeks and up to a few months later a rash may appear. Other sores may also appear and you may feel generally unwell, as if you have a bad cold.</p>	<p>If left untreated, syphilis can cause serious health problems.</p> <p>Transmission to a positive partner can cause more severe disease and increase the risk of transmission of HIV.</p>	<p>Syphilis is easily cured with penicillin.</p>

# STI

# Signs & Symptoms

# Consequences

# Treatment

## Genital Herpes

### Transmission

Both types of herpes can be passed on through skin-to-skin contact eg oral sex, vaginal or anal sex without a condom.

Can also be transmitted when no symptoms are showing.

There are two types of herpes.

Herpes Type 1: cold sores (blisters) around the mouth.

Herpes Type 2: tingling and blisters, like cold sores, around the vagina, penis or anus; flu-like symptoms.

Transmission to a positive partner can cause more severe disease and increase the risk of transmission of HIV.

Symptoms may be present more frequently, and may be more severe in positive men and women.

There is no permanent cure for the herpes viruses, but there are treatments that can help with symptoms. Ask your doctor about this.

## Genital Warts

### Transmission

Easily passed on through skin-to-skin contact eg anal or vaginal sex without a condom.

Wart virus is a very common virus. It is also called the Human Papilloma Virus or HPV.

Usually there are small warts on the penis or vulva and in or around the vagina and anus. There may also be no symptoms and no visible warts.

For women, having HPV is associated with cervical cancer. Regular Pap smears are recommended for all women. Six-monthly Pap smears are recommended for positive women.

There is no permanent cure for the wart virus but warts can be removed using different methods. Ask your doctor about this.

## Thrush

### Transmission

Thrush is not usually sexually transmitted. Can be the result of changes caused by pregnancy, diabetes, obesity or when a person is taking antibiotics, steroids or hormones like the Pill or HRT.

Thrush can be common in men and women. Also called candida or monillia. Is more likely to occur if you are HIV positive.

Symptoms include redness, a rash or itching and soreness around the genitals or in the mouth. White patches in the mouth or a thick white discharge from the vagina.

Can recur regularly if you are feeling stressed or run down.

Easily treated with anti-fungal creams from the chemist, or tablets from the doctor. Positive people will need longer courses of treatment.

## Trichomoniasis

### Transmission

Trichomoniasis is passed on through vaginal sex without a condom.

Trichomoniasis is caused by a small parasite. It is also called Trike. Most men, and about half the women who carry this infection have no symptoms.

Women: thin, frothy vaginal discharge, with an unpleasant fishy smell; sore and itchy vagina; burning or tingling sensation when passing urine.

Men: burning or tingling sensation when passing urine.

Transmission to a positive partner can cause more severe disease and increase the risk of transmission of HIV.

Easily treated with antibiotic tablets.

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## Hepatitis A

### Transmission

Hep A is caused by coming into contact with faeces, contaminated water or food, and oral-anal sex (using your tongue and mouth on the anus).

In adults with Hep A there are always obvious symptoms: mild flu-like illness, nausea, vomiting, abdominal pain and yellowing of the skin and eyes (jaundice).

Symptoms may last six weeks or up to six months in positive people.

Symptoms clear after several months. You will then develop immunity to Hep A.

Most people will have life-long protection against Hep A and will not be infectious.

Hep A causes inflammation of the liver.

Transmission to a positive partner can cause more severe disease and increase the risk of transmission of HIV.

A quick and easy vaccine is available from your doctor for Hep A.

## Hepatitis B

### Transmission

Hep B is passed on:

- through sharing drug injecting equipment and by vaginal, anal or oral sex without a condom
- by getting a tattoo or body piercing with unsterilised equipment
- from mother to child during childbirth
- by sharing toothbrush or razor.

Hepatitis B is sexually transmitted.

There can be no symptoms with Hep B. If there are symptoms these may be: yellowing of the skin and eyes (jaundice), fever and lethargy, stomach pains and vomiting, dark urine and pale faeces.

Symptoms may take up to six months to appear. Can cause cirrhosis, liver failure and liver cancer.

Most people recover from Hep B. Some keep the virus in their body.

Transmission to a positive partner can cause more severe disease and increase the risk of transmission of HIV.

A quick and easy vaccine is available from your doctor for Hep B.

Alcohol should be avoided so as not to stress the liver.

## Hepatitis C

### Transmission

Hep C is passed on:

- through sharing drug injecting equipment including needles/ syringes, spoons, tourniquets, water.
- by getting a tattoo, body piercing or acupuncture with unsterilised equipment.
- from mother to child during childbirth.

Sexual transmission of Hep C is extremely rare, but is more common if one partner is HIV positive.

Most people will have no symptoms when they are first infected with hepatitis C.

If you do have symptoms these will be:

yellowing of the skin and eyes (jaundice), flu-like symptoms, tiredness, pain in the abdomen, nausea, dark urine and pale faeces.

Can cause serious damage to the liver. Some people may develop cirrhosis of the liver, liver failure or liver cancer.

Transmission to a positive partner can cause more severe disease and increase the risk of HIV transmission.

People with HIV get more severe complications of Hep B and C.

There are treatments available for Hep C. Ask your doctor about this.

Changes to your lifestyle are also recommended. Ask your doctor about this too.

Alcohol should be avoided so as not to stress the liver.