

| <b>Disease</b>   | <b>Symptoms</b>   | <b>Diagnosis</b>                         | <b>Treatable?</b>         | <b>Therapy</b>   | <b>Result<br/>(if left untreated)</b>                        |
|--|---|--|---------------------------|--|--|
| <b>Chlamydia</b>   | Pain and burning when urinating; clear discharge. May not notice symptoms.      | Lab exam of fluid from the infected area | Yes                       | Prescription medication to kill the bacteria               | Pelvic infections (PID); sterility (not able to have babies) |
| <b>Crabs (Pubic Lice)</b>  | Severe itching  | Visual (of live louse)                   | Yes                       | Over-the-counter or prescription lotion                    | Continuing Symptoms  |
| <b>Genital Herpes</b>  | Pain and burning when urinating; red bumps or painful blisters in genital area. | Lab exam of fluid from the sore          | Yes (but cannot be cured) | Prescription medication to relieve symptoms                | Prolonged and more severe symptoms                           |
| <b>Genital Warts<br/>(Condylomas, HPV or Human Papillomavirus)</b> | Bumpy warts on or near genitals   | Visual; may show up on Pap test          | Yes (but cannot be cured) | Removal of warts by physician                              | May lead to some cancers in women; contagious                |
| <b>Gonorrhea</b>   | Pain and burning when urinating; yellow/green discharge.                        | Lab exam of fluid from the infected area | Yes                       | Prescription medication; may need to re-treat              | Pelvic infections (PID); sterility                           |
| <b>Hepatitis B</b>   | Nausea, vomiting, yellow skin, eyes, stomach pain                               | Blood tests                              | Yes (but cannot be cured) | Prescription medication; follow-up with physician          | Liver damage   |
| <b>HIV (Human Immunodeficiency Virus)</b>                          | Varies with each individual   | Blood tests                              | Yes (but cannot be cured) | Drugs that slow progress of the virus and fight infections | Serious infections; disease progresses faster                |
| <b>Syphilis</b>  | Chancre sore, rash, genital ulcers  | Blood tests                              | Yes                       | Injections and/or prescription medications                 | Blindness, heart disease, brain damage                       |
| <b>Trichomonas</b>   | Itching in/or near vagina; discharge with foul odor                             | Lab exam of fluids; Pap test             | Yes                       | Prescription medications                                   | Men - prostate damage<br>Women - continuing symptoms         |

**You should understand clearly what STD you have, its possible health effects and the treatment. You should know what tests you have had and what the results mean. If you have questions, don't be afraid to ask the nurse or doctor.  
You have a right to know about your medical condition.**

## About STDs

There are as many as 20 different sexually transmitted diseases (STD), all of them transmitted sexually through the exchange of body fluids such as semen, vaginal fluid and blood.

STDs can also be given to babies by their mothers. You can get diseases such as herpes by kissing and caressing or from close contact with infected body areas — not just by intercourse.

You don't get STDs from toilet seats or shaking hands. Anyone, at any age, can be a victim. There are no vaccines for STDs.

Some STDs just make you uncomfortable; some are painful; some show no symptoms. Others are more dangerous and, left untreated, can cause permanent damage such as blindness, brain damage, or inability to have children.

The HIV (human immunodeficiency virus) disease often leads to AIDS (acquired immune deficiency syndrome) which causes death.

The most common STDs are genital warts, chlamydia, herpes, gonorrhea, syphilis, hepatitis, trichomoniasis, and pubic lice.

## Talk With Your Partner

Don't blame him/her. Just be honest and stress that he or she **must** get medical help.

Be positive, stay calm. Present the facts clearly. Be sensitive to your partner's feelings. He/she may react with anger or disbelief. Try to be supportive and listen to his/her feelings.

## To Prevent Future Infection:

- k The best protection is to have sex with only one partner who has not had sex with anyone else.
- k Look closely at your partner for STD signs — rash, sore, discharge, redness. Don't have sex if you are in doubt.
- k Always use condoms for vaginal, anal or oral sex. Condoms offer 90% protection.
- k Use only latex condoms. "Natural skin" condoms have tiny pores (holes).
- k Use only water-based lubricants such as KY Jelly — not oil-based ones like Vaseline.
- k Use birth control with spermicide (foam, jelly or cream). These kill many STD germs.
- k Don't use drugs or alcohol when you think you might have sex. You might forget to protect yourself.
- k Always wash after sex.
- k Always urinate after sex.
- k Know the signs and symptoms of STDs. Get checked immediately if you suspect an infection.
- k If you have an STD, your partner(s) **must** also be treated.
- k If you have an STD, don't have sex until your doctor says you are cured.
- k Women who suspect an infection should not douche or use feminine sprays.
- k Women should have a follow-up check by a doctor or nurse before resuming sex.

**Confidential tests for STDs are given by appointment Monday - Friday.**  
**Anonymous tests for HIV are by walk-in Monday, 4 - 5:30 p.m., or by appointment Tuesday - Friday.**

**CALL 419-774-4700**

**If you have sex,  
you are at risk for  
catching and giving**



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