

# *Healthy Relationship* Need to Know Toolbox

Love Myths

Sexually Transmitted Infections

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# Relationships

## *I know what I am doing*

- ◉ Knowledge is power
- ◉ Eliminating ignorance that may lead to dangerous experimentation
- ◉ To have happy and stress-free relationships
- ◉ To forgo the possibilities of unplanned pregnancies or STIs.
- ◉ To protect against life-altering or life-threatening situations.

I read it....*somewhere*.

- ◉ Opposites attract and are more likely to stay interesting to one another over the long haul.
- ◉ A lack of conflict in a relationship signals that you may not be dealing with issues that really matter.
- ◉ To be happy, you need to talk about relationship challenges and problems often.

# The dangers of being a... *single-minded female.*

- ◉ It was love at first sight.
- ◉ My significant other is perfect.
- ◉ He is so romantic.
- ◉ I will go along to get along.
- ◉ We never fight.
- ◉ We don't need anyone but each other.
- ◉ When he gets jealous, it's just so darn cute.
- ◉ Thank goodness for our cell phones so we can keep in touch.
- ◉ Sex is great...or going to be great...or....

# These issues do not affect *....Really?*

- One in two sexually active young people will get an STI by the age of 25.
- Most young people with STIs don't even know they have them.
- STIs are very common -- every year there are more than 19 million new cases in the U.S.
- Left untreated, some STIs can cause infertility or increase your risk of getting cancer

# The Bottom Line...

## **19 Million**

STIs are one of the most critical health challenges facing the nation today. CDC estimates that there are 19 million new infections every year in the United States.

## **\$17 Billion**

STIs cost the U.S. health care system \$17 billion every year—and cost individuals even more in immediate and life-long health consequences.

CDC's surveillance report includes data on the **three** STIs that physicians are required to report to local or state public health authorities—gonorrhea, chlamydia, and syphilis—which represent only a fraction of the true burden of STIs. Some common STIs, like Human Papillomavirus (HPV) and genital herpes, are not required to be reported.

# *Still not worried?* Here is your CDC Statistical Data for 2011

- Human Papilloma Virus
- Genital Herpes
- Chlamydia
- Pelvic Inflammatory Dis.
- Gonorrhea
- Syphilis
- Hepatitis B
- HIV & AIDS
- Trichomoniasis (Trich)
- Pubic Lice
- Genital Warts
- 6.2 million new cases
- One million new cases
- 1,244,180 new cases
- One million new cases
- 301,174 cases \*
- 13,997 new cases
- 4,500 new cases
- 700,000 new cases \*
- 7.4 million new cases\*
- Three million people
- HPV causes genital warts\*

# TWO STI CATEGORIES: VIRAL AND BACTERIAL

- STIs are often divided into two categories-viral and bacterial-based on the type of microorganism that causes the specific disease.
- Those STIs caused by bacteria-such as **Gonorrhea, Syphilis, and Chlamydia**-are curable with antibiotics. On the other hand, those STIs caused by viruses are not curable. These include **Human Immunodeficiency Virus (HIV), Human Papillomavirus (HPV), Herpes, and Hepatitis B**. Medical treatment can, however, alleviate the symptoms of these STIs.
- Some STIs are also caused by protozoa (Trichomoniasis) and other organisms (crabs/pub lice and scabies). These STIs are curable with antibiotics or topical creams/lotions.



# Human Papilloma Virus (HPV)

HPV is the most common STI.

There are more than 40 HPV types that can infect the genital areas of males and females.

These HPV types can also infect the mouth and throat.

Most people who become infected with HPV do not even know they have it.

**HPV is the most prevalent sexually transmitted infection at UTC.**

# Genital Herpes

Genital herpes is a common STD, and most people with genital herpes infection do not know they have it.

You can get genital herpes even if your partner shows no signs of the infection.

If you have any symptoms (like a sore on your genitals, especially one that periodically recurs) laboratory tests can help determine if you have genital herpes.

There is no cure for herpes, but treatment is available to reduce symptoms and decrease the risk of transmission to a partner.

# Chlamydia

- Caused by a bacterium, *Chlamydia* can damage a woman's reproductive organs.
- Symptoms of Chlamydia are usually mild or absent, serious complications that cause irreversible damage, including infertility, can occur "silently" before a woman ever recognizes a problem.
- Chlamydia also can cause discharge from the penis of an infected man.
- Chlamydia is the most frequently reported bacterial sexually transmitted disease in the United States.
- In 2011, 1,307,893 Chlamydia infections were reported to CDC from 50 states and the District of Columbia.
- Under-reporting is substantial because most people with Chlamydia are not aware of their infections.
- An estimated 2.8 million infections occur annually in the U.S. Women are frequently re-infected if their sex partners are not treated.
- Chlamydia can be transmitted during vaginal, anal, or oral sex.
- Chlamydia is easily passed from mother to child in the birthing process.

# Gonorrhea

Gonorrhea can grow easily in the warm, moist areas of the reproductive tract, including the cervix (opening to the womb), uterus (womb), and fallopian tubes (egg canals) in women, and in the urethra (urine canal) in women and men.

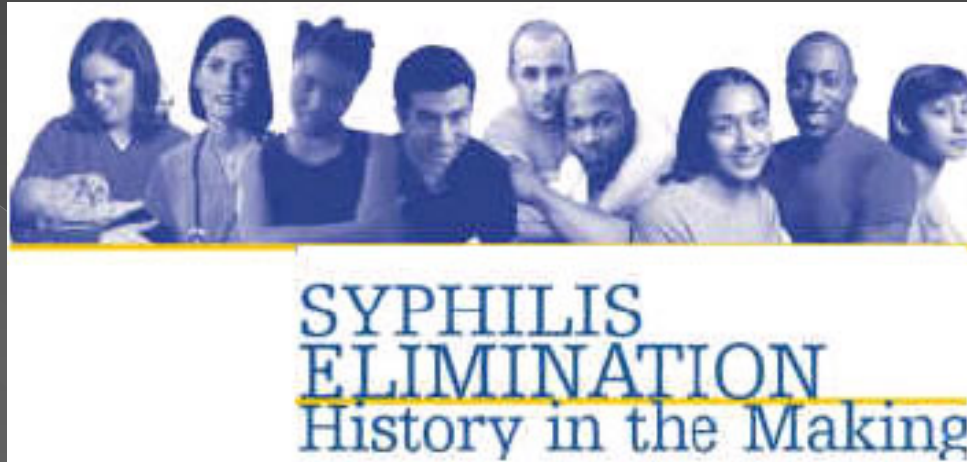
The bacterium can also grow in the mouth, throat, eyes, and anus. CDC estimates that, annually, more than 700,000 people in the United States get new gonorrhea infections. Gonorrhea is transmitted anally, vaginally, or by having oral sex.

Gonorrhea can still be transmitted via fluids even if a man does not ejaculate. Gonorrhea can also be spread from an untreated mother to her baby during childbirth.

# Gonorrhea....A SUPER BUG

Scientists announced the discovery of a new gonorrhea strain in Japan, raising concern among health officials worldwide. The new strain of Gonorrhea, dubbed H041, is resistant to the only kinds of antibiotics that treat the common sexually transmitted disease.





In 1998, the Centers for Disease Control and Prevention launched its plan to eliminate syphilis in the United States. The national goal is to reduce the total number of primary and secondary syphilis cases to 1,000 or fewer - 0.4 cases per 100,000 people - and to increase the number of syphilis-free counties to 90 percent by 2005.

# Syphilis –*the plan...*

## **The syphilis elimination plan outlines five strategies:**

- increase surveillance.
- strengthen community involvement and partnerships.
- rapidly respond to outbreaks.
- improve and increase health promotion.
- expand clinical and laboratory services.

## **Current Status:**

In 2008, there were 5,979 cases of syphilis reported in the United States. This represented a nine percent drop since 1999 and a 30 percent drop since 1997.

Also, 529 cases of congenital syphilis were reported. This shows a drop of 51 percent since 1997.

# Questions?

Contact [Carol-Oglesby@utc.edu](mailto:Carol-Oglesby@utc.edu)  
or make an appointment w/ Student  
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