

Understanding Health Risks with STI's and Unplanned Pregnancy
Chapter 12 pg.194-209

- Sexual activity carries the possibility of several serious health risks.
 - Sexually Transmitted Infections (STI's), including HIV/AIDS
 - Becoming a parent when you are not yet prepared or able to be one.
 - if you contract an STI, you will require medical treatment. Some infections cannot be cured. Some have other unpleasant consequences.
 - Just remember there are negative and positive consequences to your choices.

Abstinence from sexual activity means refraining from **any** form of sexual activity that could result in pregnancy or the transmission of an STI.

Some Myths:

- **a woman can get pregnant the first time she has intercourse.
- **"pulling out" is not an effective way to prevent pregnancy or infection as some semen is present prior to ejaculation.
- **At this point there is no cure for HIV/AIDS

How STI's Spread:

- usually spread through sexual contact or intercourse because the bacteria or viruses travel in semen, vaginal fluids, and blood. Saliva, spit can spread some STI's if you have a tiny cut in or around your mouth, allowing the infection to enter the bloodstream.
 - infected blood (on needles and syringes, for example) can spread certain STI's.
 - Infected women can pass some STI's to their babies during pregnancy, at childbirth or during breastfeeding.
 - Most STI's show no symptoms so people do not know they are infected.
 - Only sure way to avoid contracting an STI is to avoid risky behavior. Abstinence!! or condoms can dramatically decrease the risk also if used properly.

Since some sexually transmitted infections do not have symptoms, it is important to get tested regularly if you become sexually active.

-STI's are caused by a different microorganisms (bacterial, viral, or parasitic.)

-different tests are done to determine the precise infection.

-some infections can be completely cured with medication, while some can only be controlled.

-Bacterial infections: chlamydia, gonorrhoea, and syphilis can be cured using various antibiotics but will require different types of medication, no single drug is effective against all bacteria.

-Viral infections, such as Hepatitis B, genital herpes, genital warts, and HIV/AIDS often have no cure but treatments can reduce symptoms.

-Parasitic infections: crabs (pubic lice) can be cured by medications from a doctor.

<u>Name</u>	<u>Symptoms</u>
Chlamydia	usually no symptoms, genital discharge, pain during urination/intercourse/testes
Gonorrhoea (the clap)	often no symptoms, genital discharge, pain during urination/intercourse/genitals
Herpes Simplex Virus (genital herpes)	usually no symptoms, facial/genital sores or blisters, flu like symptoms achiness/fever/swollen glands, pain during urination or inability to urinate
Hepatitis B	darkened urine; yellow skin; flu like symptoms; half usually have no symptoms.
Syphilis (Miss Siff, Pox)	small red bumps can turn into rash; hair loss; genital growths
Human Papilloma Virus (HPV) (genital warts)	usually no symptoms; genital warts; some links to cervical cancer.
Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS)	often no symptoms but will lead to weight loss, fatigue, flu symptoms; other infections like cold can be dangerous.
Pubic Lice (crabs)	itching or irritation around genitals/infected area; greyish colored rash.

HIV and AIDS

-Estimated that 15,000 Canadians do not know they have contracted HIV.

-Estimated that there are close to 60,000 Canadians who have HIV.

-HIV starts growing in the body fairly quickly, the virus can live in a person's body for 10 years or longer before any signs of it appear.

-There is no cure for HIV or AIDS.

HIV and sub Saharan Africa

-2.7 million people contracted HIV in 2005.

-HIV has killed over 71 million people in Africa.

-HIV and AIDS are not the same thing

-HIV can only be spread by blood, semen, vaginal fluids or breast milk from an infected person.

Teen Pregnancy

-estimated that over 85% of all teen mothers end up single parents.

-50% to 70% of teen mothers drop out of school and go on social assistance.

-Teen mothers are at greater risk of pregnancy problems and defects with their child.

-Teen marriages: 75% end up in divorce.

<u><i>Different Methods</i></u>	<u><i>Types</i></u>
Abstinence	No sex of any nature.
Barrier	Male/Female condom; Diaphragm; Cervical Cap; Spermicides (foam/jelly)
Hormonal	Birth Control; Transdermal Patch; Vaginal Ring; Injectables
Natural Family Planning	Calendar; Ovulation; Sympto-thermal; Post-ovulation
Sterilization Methods	Male Sterilization(Vasectomy) Female Sterilization (tubal ligation)
Emergency	Emergency Contraceptive Pill (ECP)

Outline all the ways sexually transmitted infections can be passed from person to person.

- unprotected vaginal sex, anal sex, oral sex
- mother to infant at birth
- hand to eye contact
- direct contact with sores
- sharing personal items such as needles, razors, toothbrushes, etc.
- kissing, direct skin to skin contact
- mutual masturbation
- sharing sex toys
- exchange of fluids (blood, semen, vaginal fluids, breast milk)
- contact with infected items.