



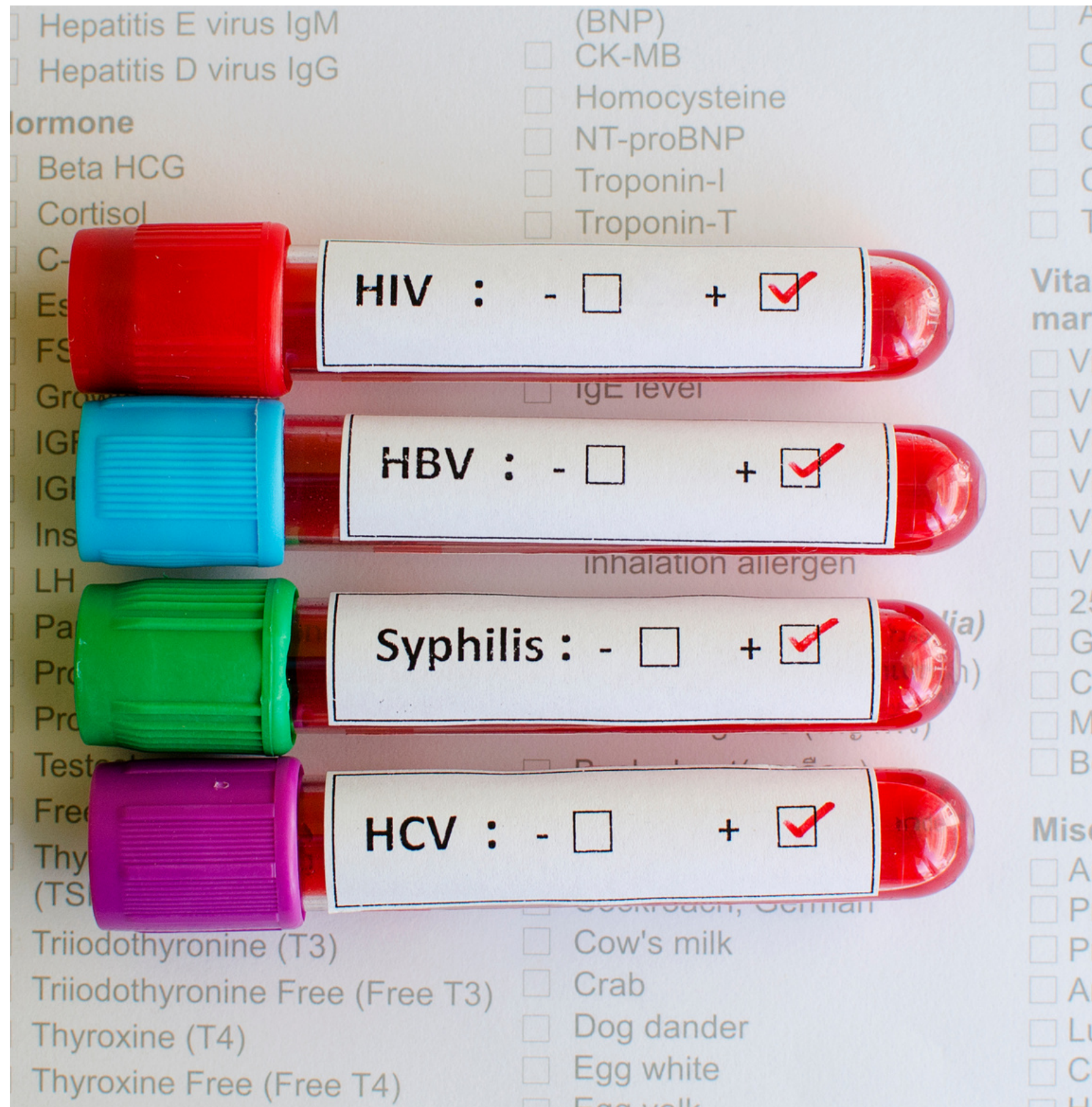
Sexual Health is Health

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Objectives

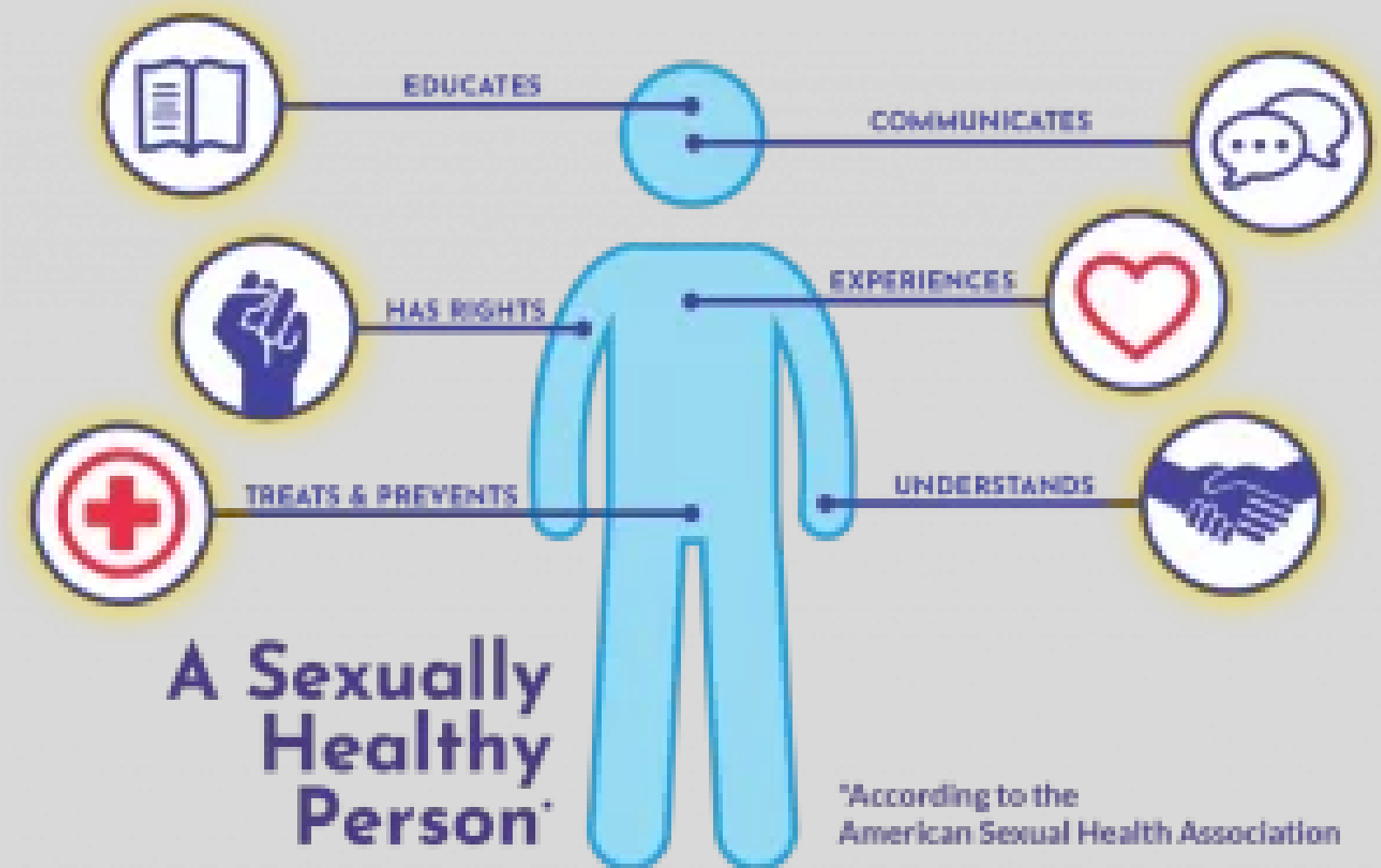
1. Basic sexual health concepts/principles
2. Sexually Transmitted Infections (STIs)
 - a. Disease Specifics
 - b. Prevention & Treatment
 - c. Partner Services



When someone hears the term, “sexual health,” they may think it refers only to avoiding an unplanned pregnancy or preventing Sexually Transmitted Infections (STIs). While these areas are components, sexual health is really an umbrella term that encompasses many facets of a person’s physical and emotional well-being surrounding sex and sexuality.

**Sexual health impacts every one of us,
and our overall health.**

Sexuality is a big part of being human. Love, affection and sexual intimacy all play a role in healthy relationships. They also contribute to your sense of well-being.



WHY DO I NEED TO KNOW THIS? I am not sexually active or I am in a monogamous relationship

- Understanding what behavior puts your body, health, past and future at risk
- Identifying healthy decisions that are right for you
- Supporting each other to make healthy decisions



TYPES OF STI's

Bacteria

Chlamydia*

Gonorrhea*

Syphilis*

Virus

HSV

HPV

Hepatitis*

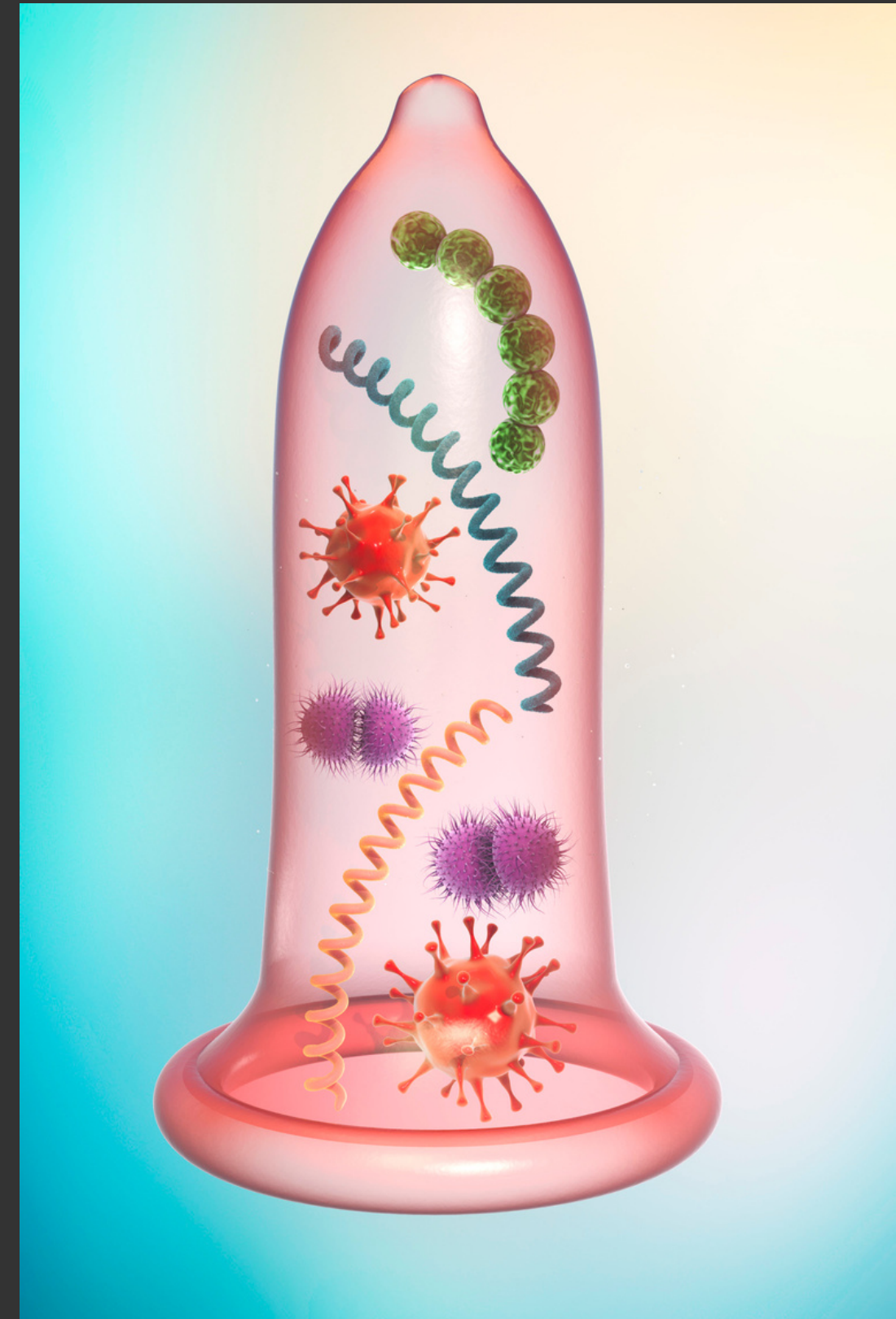
HIV*

Parasite**

Trichomoniasis

Pubic Lice

Scabies



*Reportable in Idaho

**Presentation will not cover in detail

Potential STI Infection Locations

Not all STIs spread equally!

Genitals

Rectum

Mouth/Throat

Systemic

Patients may request testing, or providers may want to suggest testing, based on particular sexual activities.



Chlamydia

Symptoms:

- Discharge or bleeding (vaginal, penile, rectal)
- Burning sensation or pain when urinating
- Pain and swelling at location of infection

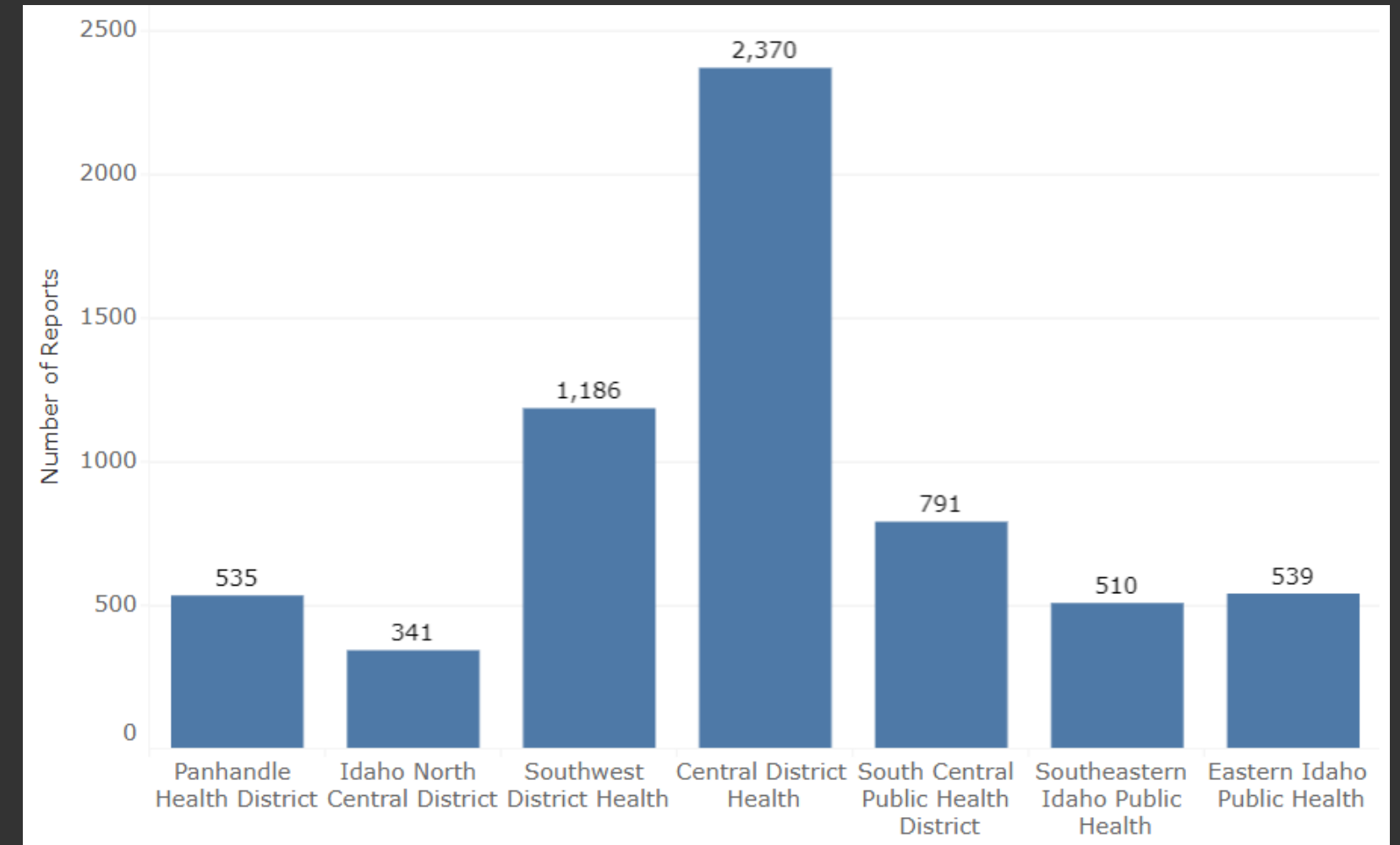
Up to 75% may be asymptomatic

Diagnosis:

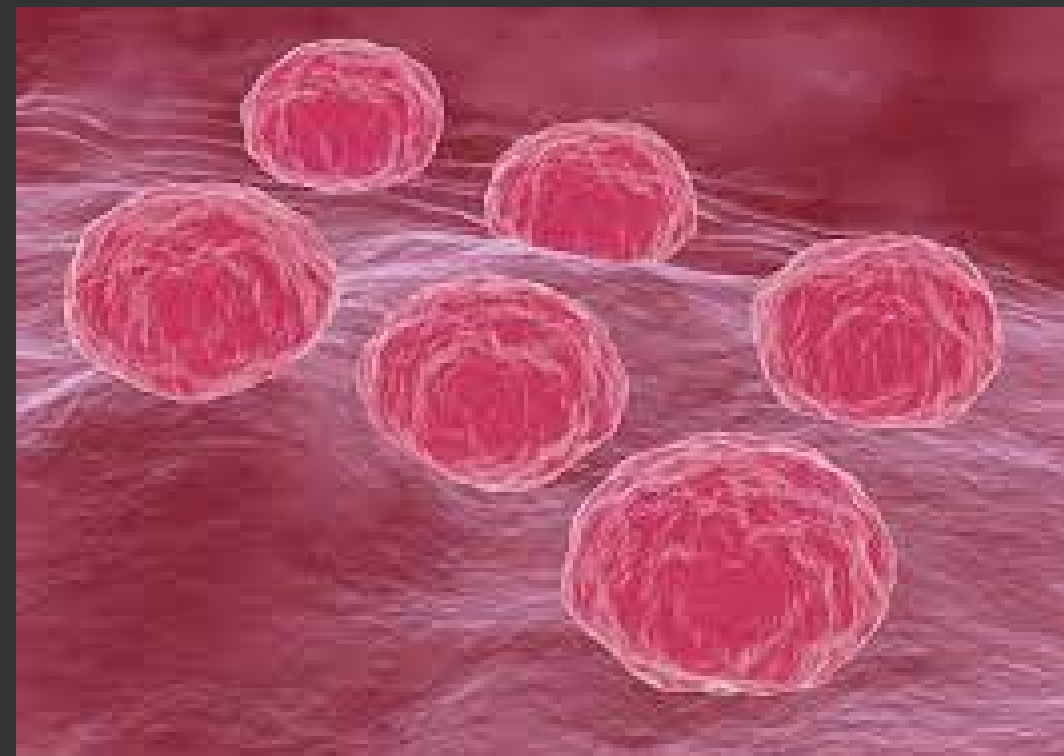
Swab and/or urine specimen

Treatment:

Curable with oral antibiotics



*data for 2021 is still provisional

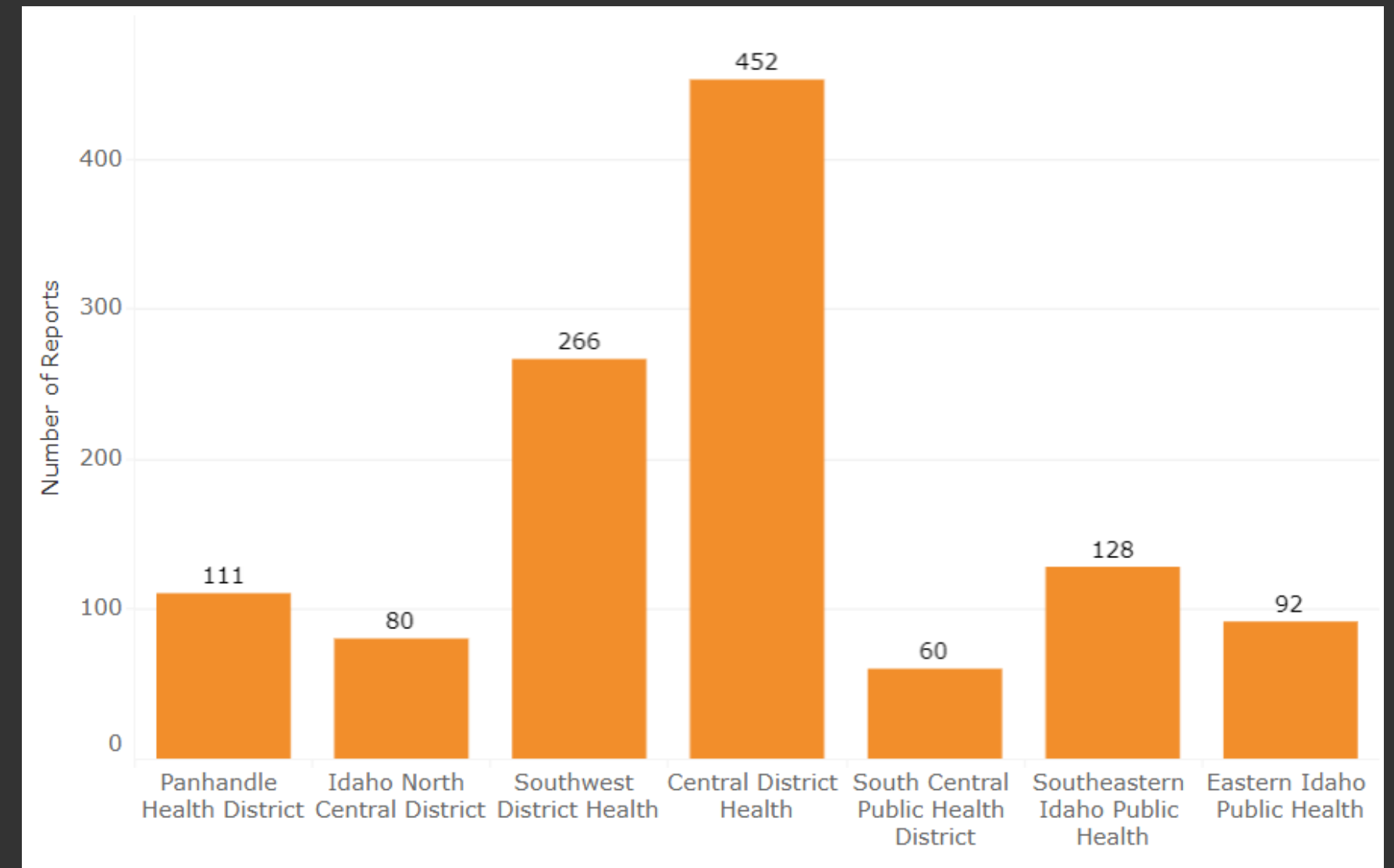


Gonorrhea

Symptoms:

- Discharge or bleeding (vaginal, penile, rectal)
- Burning sensation or pain when urinating
- Pain and swelling at location of infection

Up to 80% may be asymptomatic, more common for asymptomatic infection in women



*data for 2021 is still provisional

Diagnosis:

Swab and/or urine specimen

Treatment:

Curable with oral & injectable antibiotics

Syphilis



Diagnosis:

Blood test

CSF Test may be needed

Treatment:

Injection(s)

IV

Symptoms develop in stages:

Primary:

Development of sore(s), which are usually (but not always) painless. Sores usually lasts 3 to 6 weeks and heals.

Secondary:

Development of skin rashes and/or mucous membrane lesions (mouth, vagina, or anus)

Other symptoms may have can include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches, and fatigue.

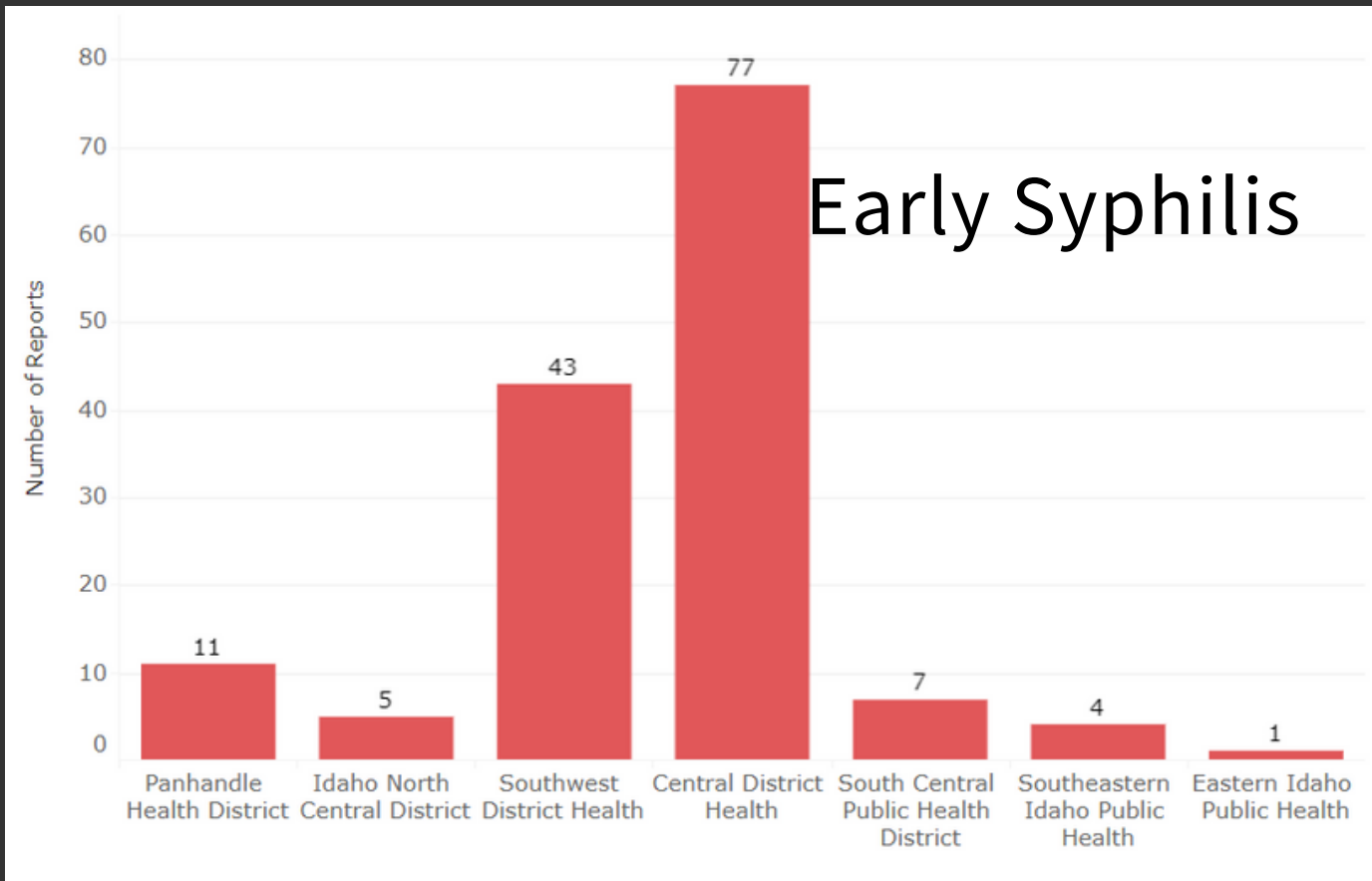
Latent:

No visible signs or symptoms.

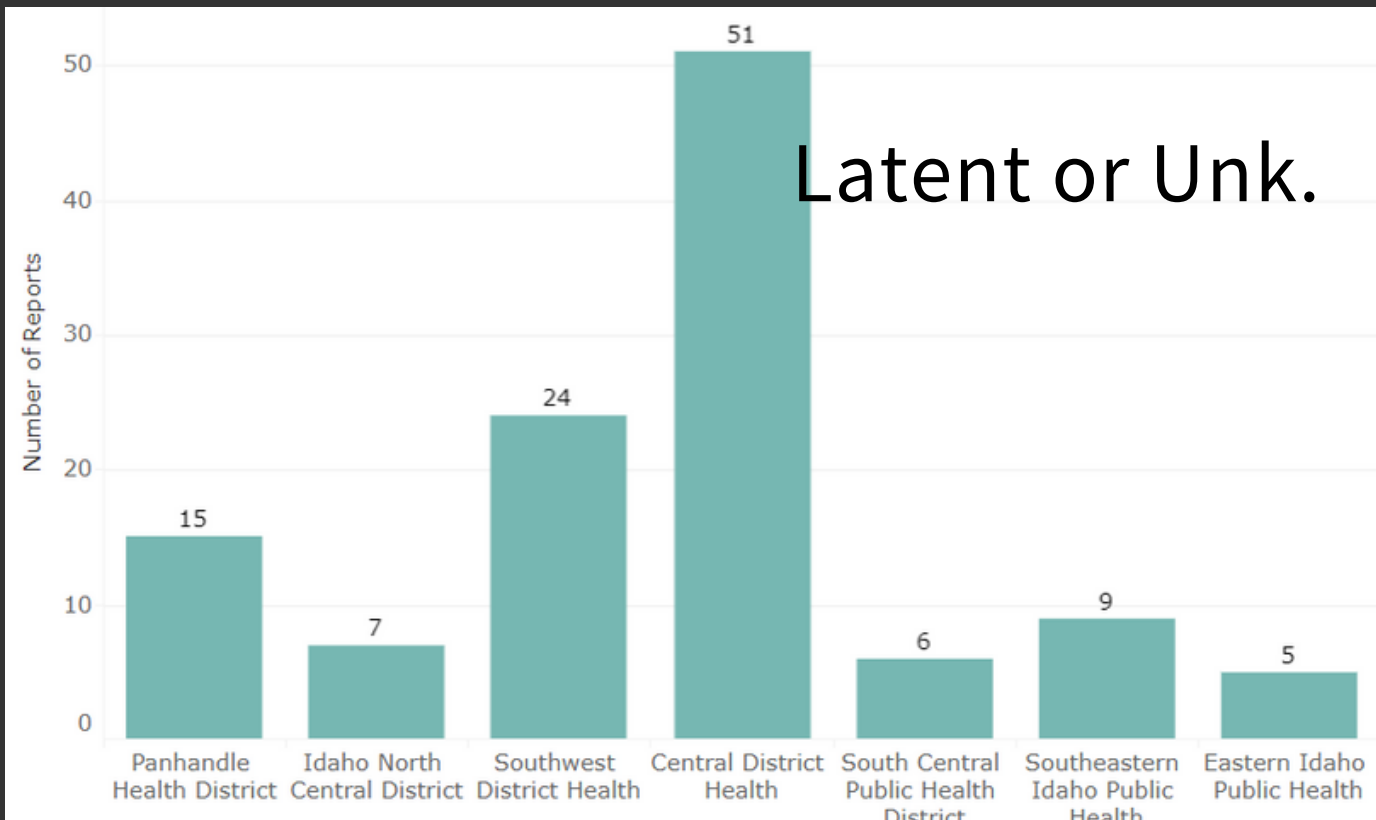
Tertiary:

Impact to internal organs including the heart and blood vessels, and the brain and nervous system, 10–30 years after infection.

Syphilis Continued



*data for 2021 is still provisional



SYPHILIS IN NEWBORNS IS ON THE RISE IN IDAHO

Congenital syphilis is a tragic disease that can cause miscarriages, premature births, stillbirths, or even death of newborn babies. Idaho recommends screening ALL women for syphilis in the third trimester and at delivery.

In the past four years, cases of congenital syphilis have **INCREASED 400%**

Year	Number of Cases
2018	1
2019	1
2020	2
2021	5*

**Data are preliminary*

TALK. TEST. TREAT.

80% The chance of a mother passing syphilis on to her unborn baby if left untested or untreated.

To learn more about treating syphilis during pregnancy visit [cdc.gov/std/treatment-guidelines](https://www.cdc.gov/std/treatment-guidelines)

IDAHO DEPARTMENT OF HEALTH & WELFARE
DIVISION OF PUBLIC HEALTH
November 2021

HIV

Virus spread through blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, and breast milk.

Symptoms:

Acute symptoms can be flu-like

Diagnosis:

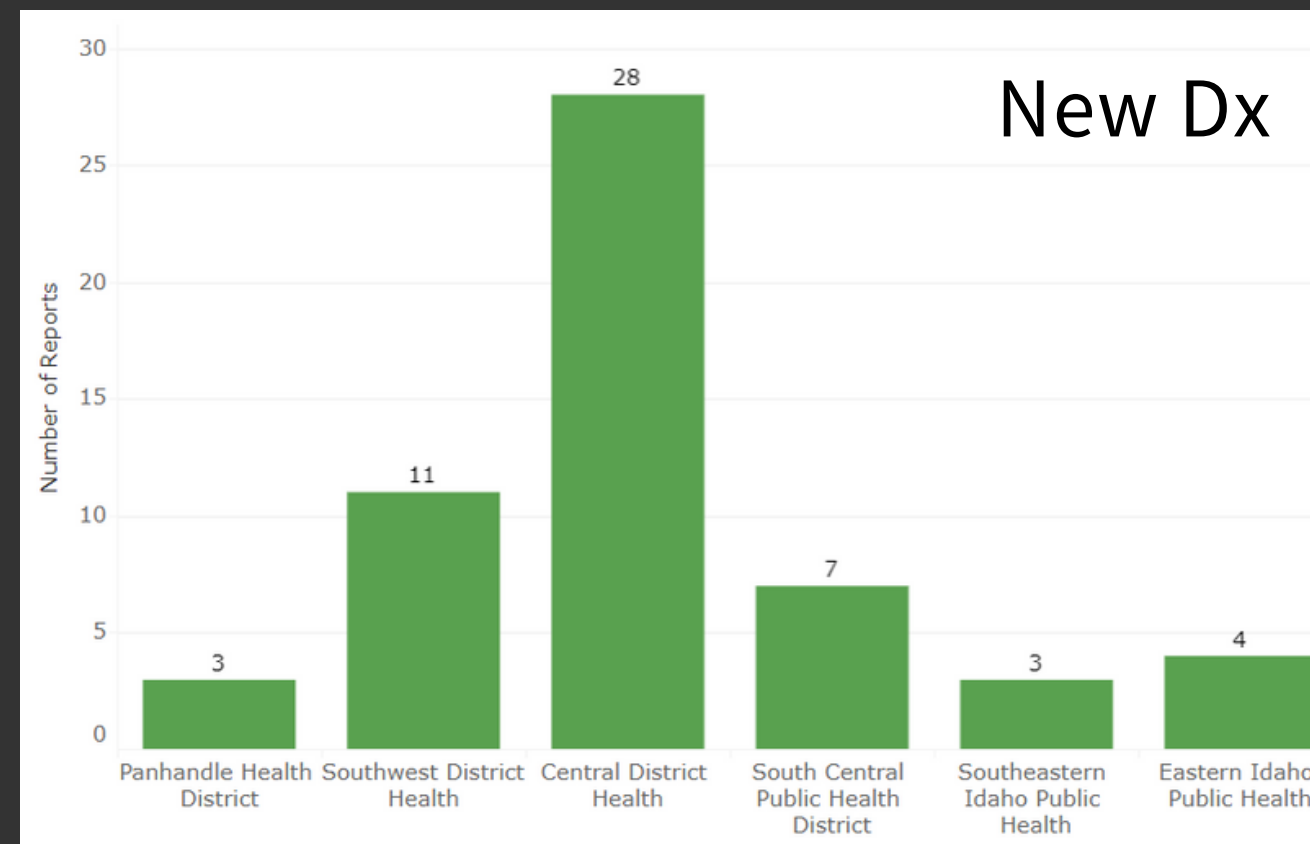
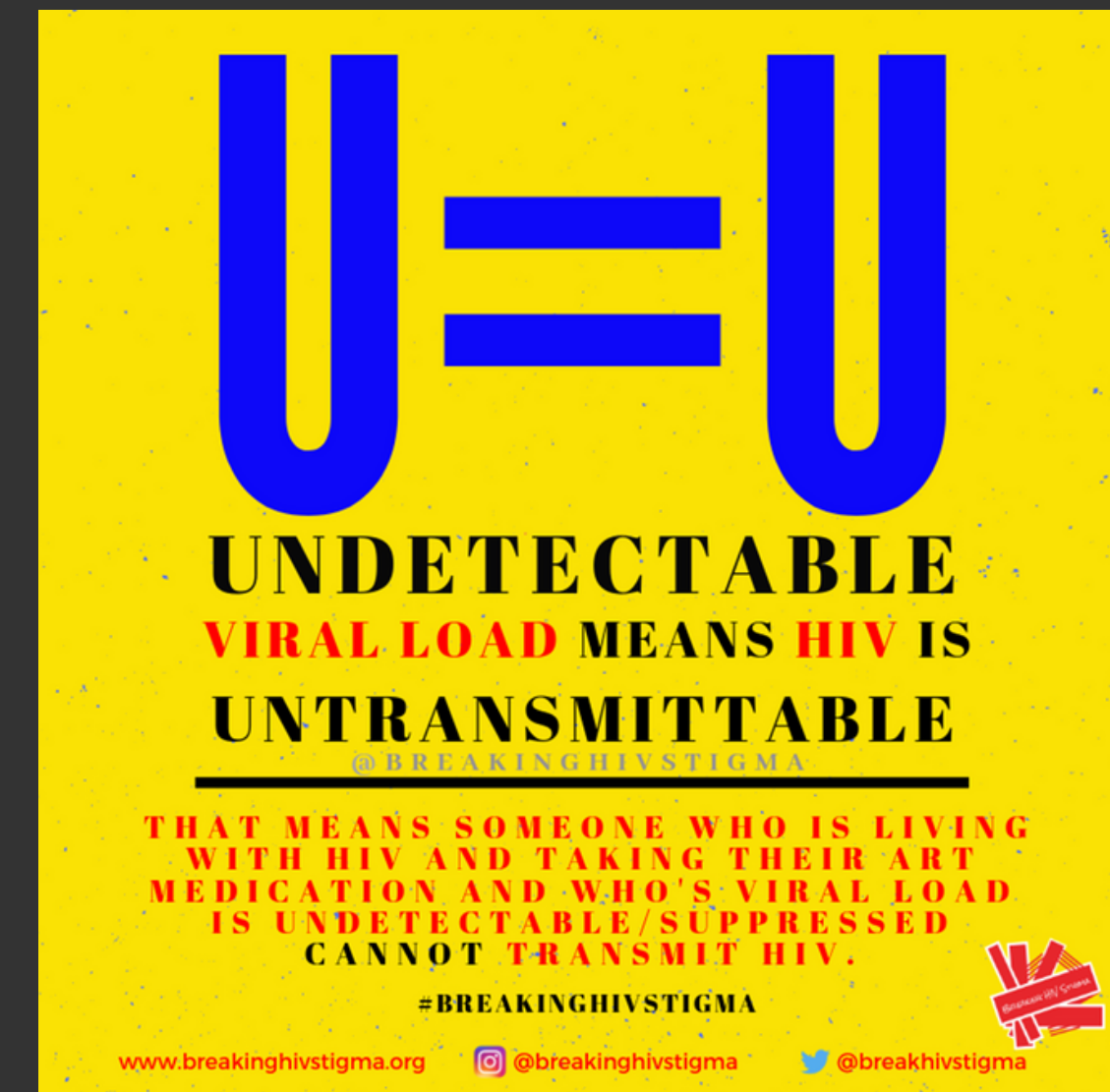
Rapid test (finger-stick or oral swab)

Blood test

Treatment:

Antiretroviral Treatment - generally oral medication

Pre and post exposure prophylaxis



*data for 2021 is still provisional

HSV - Herpes Simplex Virus

Viruses (HSV-1 and HSV-2) that are spread through saliva, genital secretions, or sore of a person who has an infection in that area. Can spread even when symptoms are not present.

Symptoms:

Sores in infected sites

Most people are asymptomatic or experience symptoms infrequently

Diagnosis:

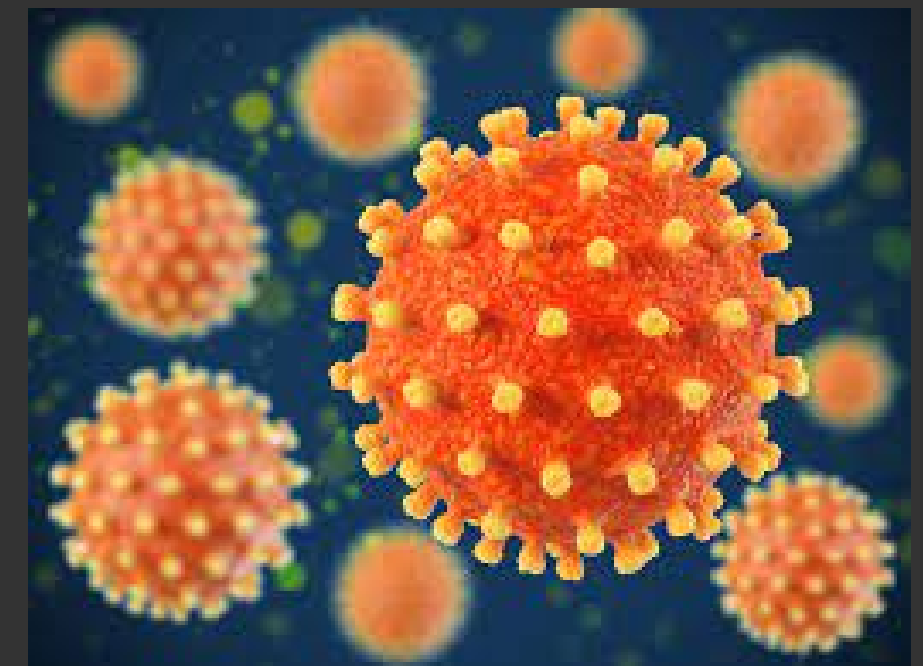
Blood test for antibodies

Swab of observable sores during examination

Treatment:

Antiviral oral medication

More than one out of every six people aged 14 to 49 years have genital herpes.



HPV - Human Papillomavirus

Symptoms:

Genital warts

Many are asymptomatic

Diagnosis:

Visible warts observable in exam

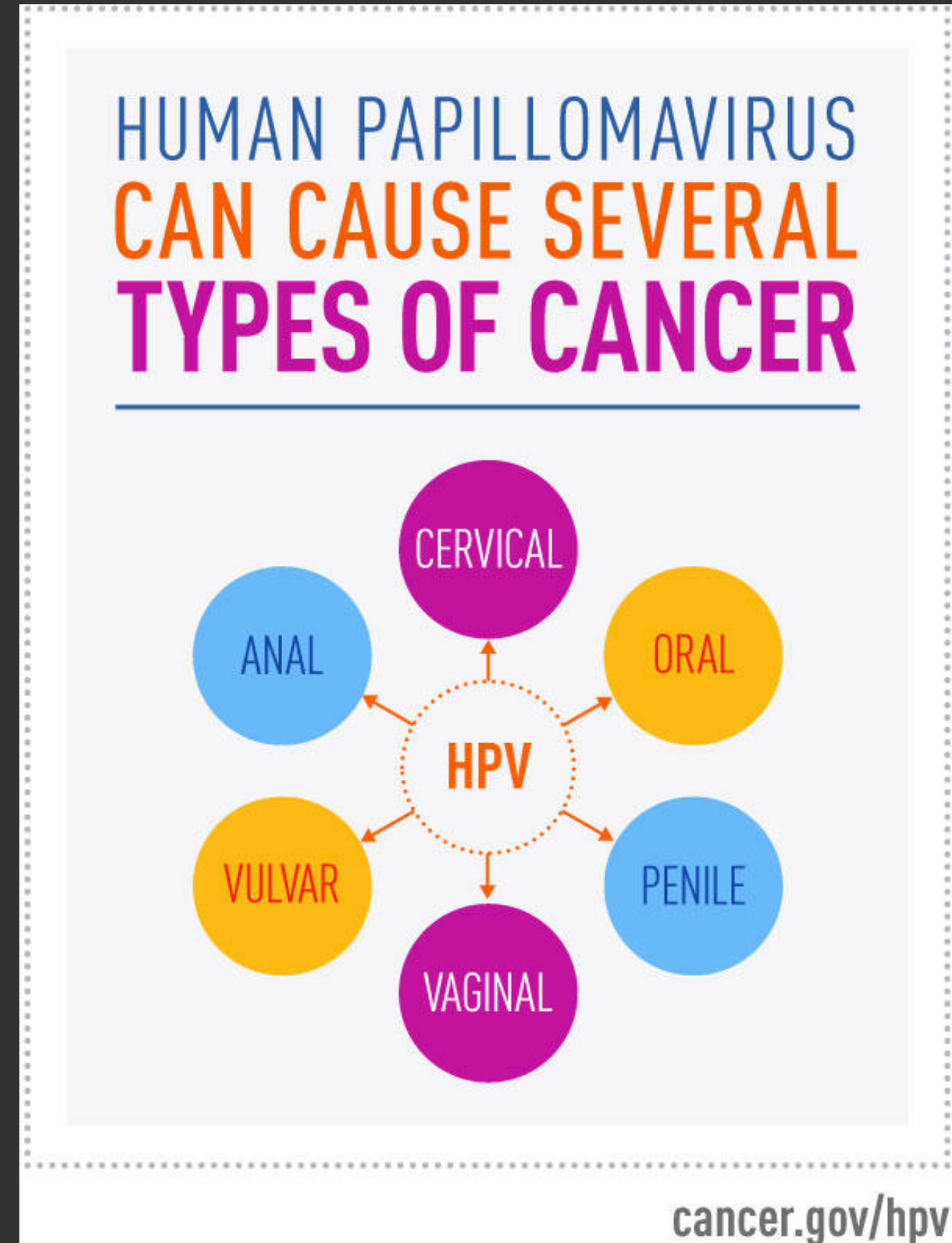
Pap test, DNA test - part of routine recommended screening for women

Treatment:

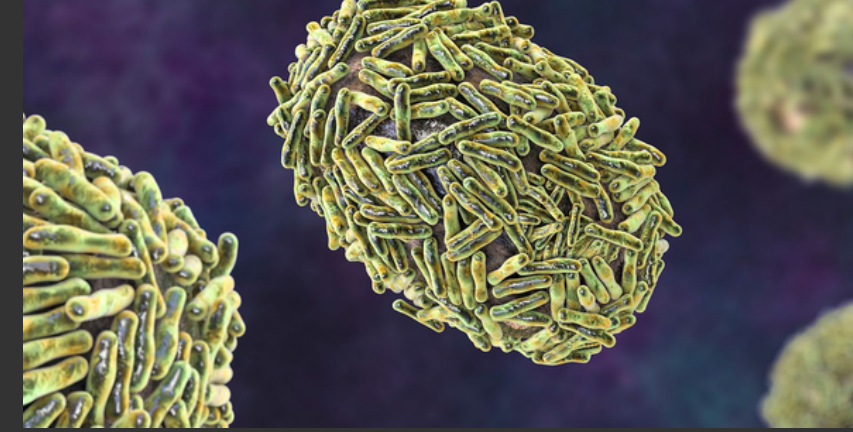
Warts have multiple treatment options cancer.

Vaccine -

Routine HPV vaccination for all adolescents at age 11 or 12 years.



Sexually Transmissible Infections



MPX (Monkeypox)

Global outbreak with over 24,000 cases in the US. At this time, data suggest that gay, bisexual, and other men who have sex with men make up the majority of cases in the current MPX outbreak. However, anyone, regardless of sexual orientation or gender identity, who has been in close, personal contact with someone who has MPX is at risk.

MPX can spread to anyone through close, personal, often skin-to-skin contact, including:

- Direct contact with monkeypox rash, scabs, or body fluids from a person with MPX.
- Touching objects, fabrics (clothing, bedding, or towels), and surfaces that have been used by someone with monkeypox.
- Contact with respiratory secretions.



This direct contact can happen during intimate contact, including:

- Oral, anal, and vaginal sex or touching the genitals (penis, testicles, labia, and vagina) or anus (butthole) of a person with MPX.
- Hugging, massage, and kissing.
- Prolonged face-to-face contact.
- Touching fabrics and objects during sex that were used by a person with MPX and that have not been disinfected, such as bedding, towels, fetish gear, and sex toys.

Vaccine offers protection.

Sexually Transmissible Infections

Shigella & Other Enteric Diseases

People with an infection might have Shigella on their skin in the anal and genital areas, including the thighs and buttocks. You cannot tell if someone has germs in these areas just by looking at the skin. Shigella that's on someone's skin, including on and around an infected person's anus, penis, vagina, butt, or thighs can spread to people who touch the skin.

If you or your partner has diarrhea, do not have sex. To reduce the chance of Shigella spreading, wait at least two weeks after diarrhea ends to have sex.

Sex includes anal sex (penis-to-anus), oral sex (mouth-to-penis, mouth-to-vagina, mouth-to-anus), and vaginal sex (penis-to-vagina).

Sex also includes anal, oral, and vaginal sex with shared toys that are not washed after each use.



Sexually Transmissible Infections

Hepatitis A, B & C

Hepatitis A is an acute infection and do not see reinfection. It is transmitted similar to an enteric illness. There has been transmission and outbreaks within sexual networks.

Hepatitis B is an chronic infection. It can be transmitted through sex (bodily fluids), blood and perinatal (mom to baby at birth). Unvaccinated adults who have multiple sex partners, along with sex partners of people with chronic hepatitis B infection, are at increased risk for transmission. Injection-drug use and sexual contact are other common modes of hepatitis B transmission in the United States.

Among adults seeking treatment in STD clinics, as many as 10%–40% have evidence of past or current hepatitis B virus infection.

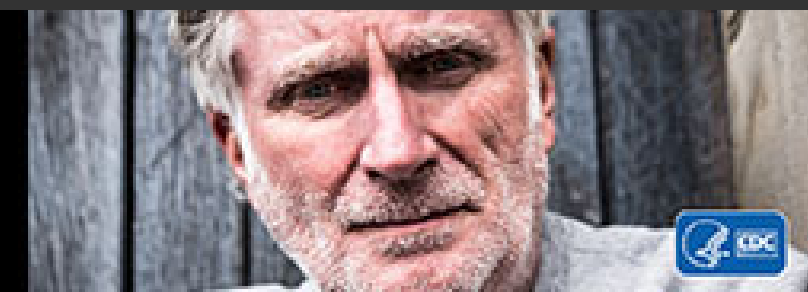
Vaccine to prevent Hepatitis A and Hepatitis B

Hepatitis C is an chronic infection. There is no vaccine, but treatment is available.

Hep C can be transmitted through sexual activity, but is not a common mode of transmission. Having a sexually transmitted infection, having sex with multiple partners, and engaging in anal sex appear to increase a person's risk for hepatitis C.



You are a survivor. You deserve to be healthy. Safe, effective vaccines can protect you from **hepatitis A** and **hepatitis B**. Your life is worth it.



HEALTH
CARE

Addition Prevention Efforts & Resources

MEDICINE

PREVENTION

Abstinence from all sexual activity

Use of condoms and/or dental dams

Know your status and the status of your partner - set up a testing schedule

Be in a mutually monogamous relationship with a partner whose status you know

Reduce number of partners

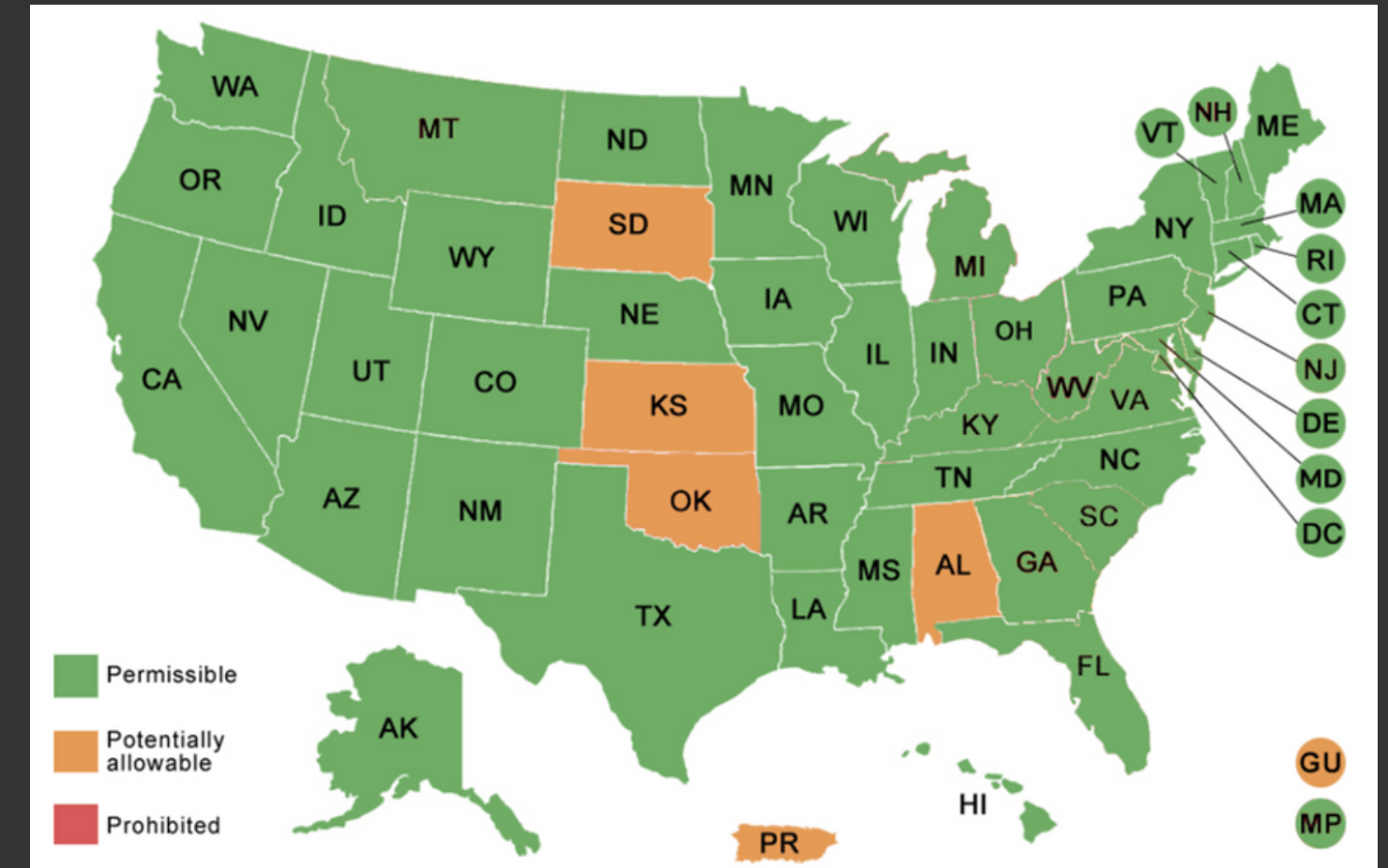
Limit factors that may lead to behavior changes, lack of inhibitions, may include substance use

Talk. Test. Treat.



EPT

Expedited Partner Therapy (EPT) is the clinical practice of treating the sex partners of patients diagnosed with certain STIs (primarily chlamydia & gonorrhea) by providing prescriptions or medications to the patient to take to his/her partner without the health care provider examining the partner.



<https://www.cdc.gov/std/ept/legal/default.htm>

"Effective clinical management of patients with treatable sexually transmitted diseases (STDs) requires treatment of the patients' current sex partners to prevent reinfection and curtail further transmission."
- CDC

www.findidahotesting.com

GET TESTED. FIND SERVICES.

Select services:

- ☐ Free Condoms Near Me
- ☐ Free Condoms by Mail
- ☐ HIV Testing
- ☐ Ryan White Case Management/ADAP
- ☐ Hepatitis Testing
- ☐ Hepatitis Treatment
- ☐ STD Testing
- ☐ HIV Pre-Exposure Prophylaxis (PrEP)
- ☐ HIV Post-Exposure Prophylaxis (PEP)
- ☐ Safer Syringe Program (SSP)
- ☐ Find Naloxone
- ☐ Gender Health

Enter a zip code or city to find services within 50 miles:



**HIV, STD and HEPATITIS
PREVENTION & CARE**

Let's Get Checked




<https://www.letsgetchecked.com/idaho/>


<https://takemehome.org/>



Learn About HIV Prevention
Pre-exposure prophylaxis, or PrEP, is a way for people who do not have HIV to help prevent HIV infection by taking a pill every day. When used consistently, PrEP has been shown to greatly reduce the risk of HIV infection in people who are at substantial risk.
[Read more](#)



Find A Provider
Find a prescribing provider in your county...
[Read more](#)



Contact Us
Get connected to even more education about HIV prevention and treatment options or for help finding a provider nearest you.
[Read more](#)

<https://www.prepmeidaho.com/>

Partner Services and Disease Intervention Specialists (DIS)

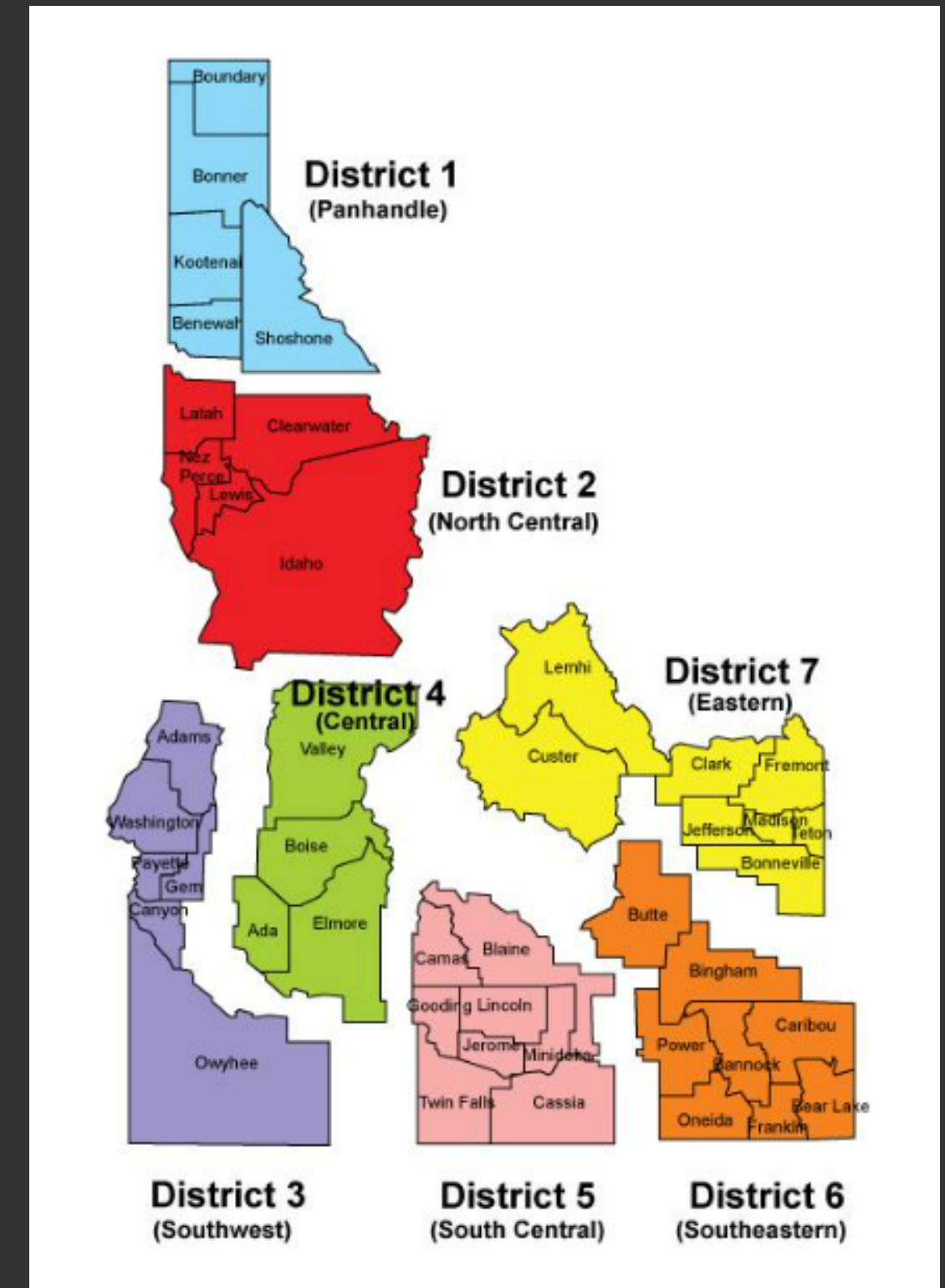
Partner Services are a broad array of services that should be offered to persons with HIV or STIs and their sexual or substance-use equipment (i.e., needles, syringes, etc.)-sharing partners.

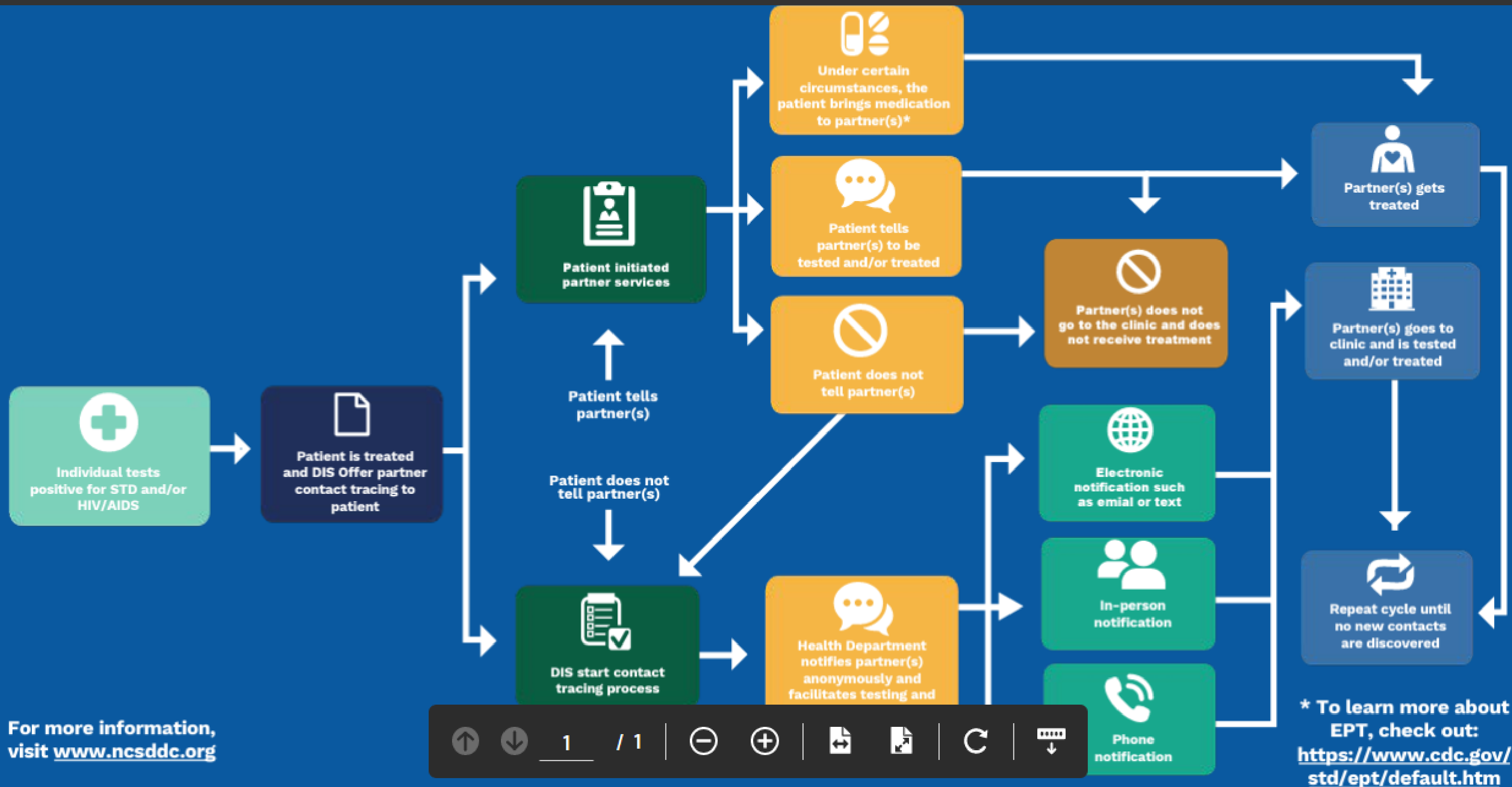
An important job of Partner Services is partner notification, a process through which infected persons are interviewed by a DIS about their partners, who can then be confidentially notified of their possible exposure or potential risk.

Other roles of partner services include prevention counseling, testing, hepatitis screening and vaccination, treatment or linkage to medical care, linkage or referral to other prevention services, and linkage or referral to other services (e.g., reproductive health services, prenatal care, substance use treatment, social support, housing assistance, legal services, and mental health services).

Partner Services and DIS Continued

CDC strongly recommends that all persons with newly diagnosed or reported HIV infection or early syphilis receive Partner Services with health department involvement. Persons diagnosed with gonorrhea or chlamydial infection are also suitable candidates for Partner Services; however, disease burden and resource limitations may prevent direct health department involvement.







Thank you!

Contact me:
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