

The State of STDs in the United States



STDs SURGE FOR THE FIFTH
STRAIGHT YEAR, REACHING
AN ALL-TIME HIGH.



1.8 million
CASES OF CHLAMYDIA
19% rate increase since 2014



583,405
CASES OF GONORRHEA
63% rate increase since 2014



115,045
CASES OF SYPHILIS
71% rate increase of infectious
syphilis since 2014



1,306
CASES OF SYPHILIS
AMONG NEWBORNS
185% rate increase since 2014

LEARN MORE AT: www.cdc.gov/std/

Anyone who has sex is
at risk, but some groups
are more affected

- YOUNG PEOPLE AGED 15-24
- GAY & BISEXUAL MEN
- PREGNANT WOMEN

LEFT UNTREATED, STDs CAN CAUSE:



INCREASED RISK OF GIVING
OR GETTING HIV



LONG-TERM
PELVIC/ABDOMINAL PAIN



INABILITY TO GET PREGNANT OR
PREGNANCY COMPLICATIONS

PREVENT THE SPREAD OF STDs WITH THREE SIMPLE STEPS:

TALK

TEST

TREAT



Centers for Disease
Control and Prevention
National Center for HIV/AIDS,
Viral Hepatitis, STD, and
TB Prevention

Sexually Transmitted Infections (STIs)

How are STIs passed on

Common STDs

STD	Organism Type					Transmission	
	Bacterial	Viral	Protozoa	Can be cured	Cannot be cured, but can be managed	Fluids	Skin to Skin
Chlamydia	X			X		X	
Gonorrhea	X			X		X	
Syphilis	X			X			X
Trichomoniasis			X	X		X	
HSV (herpes simplex virus)		X			X		X
HPV (Human Papilloma Virus)		X			X		X

It's just condom sense

- Correctly and consistently using latex or polyurethane male/female condoms and Lube can lower your chances of getting certain STI's, including HIV.



Use lube to keep
things moving
smoothly



Water based lube



Silicone-based lube



Oil-based lube (breaks down condoms)



Risk isn't just about you

- There are multiple factors that can affect the chances of being exposed to HIV or other STI's.
- They can include:
 - who you have sex with
 - how do you have sex
 - the zip code you're in
- Getting tested regularly for HIV and other STI's (even if you're in a relationship), as well as communicating honestly with your partner(s) can help protect yourself from HIV



What's a sexual network?

- Sexual network includes all of your partners, but it may be bigger than you think. Not only does your network include your partner, but all their partners too

Is that a big deal?

- More connections there are in a sexual network, the greater the chances of coming into contact with an STI, including HIV



Honest Communication – Don't Be Shy

- Starting the conversation about sex may make you blush, but when you talk about how, you'll both be more prepared.

TALK ABOUT

- HIV and STI status
- Whether you're going to be sleeping with other people
- what prevention methods you're using

there's no wrong way to start the conversation!

Start the conversation

Need some ice
breakers? Here
are a couple
suggestions:



"Before we take a things a step further, I really prefer we both get tested "
"I really want to spend the night with you, but I prefer we get tested first "
"I was thinking we could STI test together at Hey Denver"

None of these
your style?

How would you start the conversation?

Finding and talking to a healthcare provider

- Good communication doesn't end with your partner. The health care provider can help you understand how to have healthier sex.
- Don't have a health care provider?
 - You can find one using these links
 - [Coloradohealthnetwork.org/health-care-services/medical-clinic/](https://coloradohealthnetwork.org/health-care-services/medical-clinic/)
 - [PrEPLocator.org](https://prelocator.org/) (PrEP)
 - [GLMA.org](https://glma.org/) – (LGBT friendly)
 - [AIDSVu.org](https://aidsvu.org/) (testing locations)

What should you talk about

1. Who you like to have sex with
2. Partners and practices
3. Sexual health review
4. Testing
5. Prevention methods

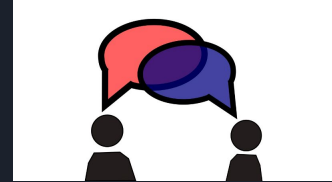


Testing is all about health

- It's important to get tested so that you know where you stand.
- Getting tested for HIV and other STI's is no different from getting a checkup.
 - It's regular maintenance for a healthier body



You can get tested at a clinic, the health care providers office, or at home



Every office has a different routine for providing results, such as in person, over the phone, or online.

Different STI's can be diagnosed in different ways

STIs	visual exam	urine sample	cotton swab	blood draw or finger prick	oral fluid sample
Chlamydia		+	+		
Gonorrhea		+	+		
Herpes	+		+	+	
HIV				+	+
HPV	+				
Syphilis	+			+	
Trichomoniasis		+	+		

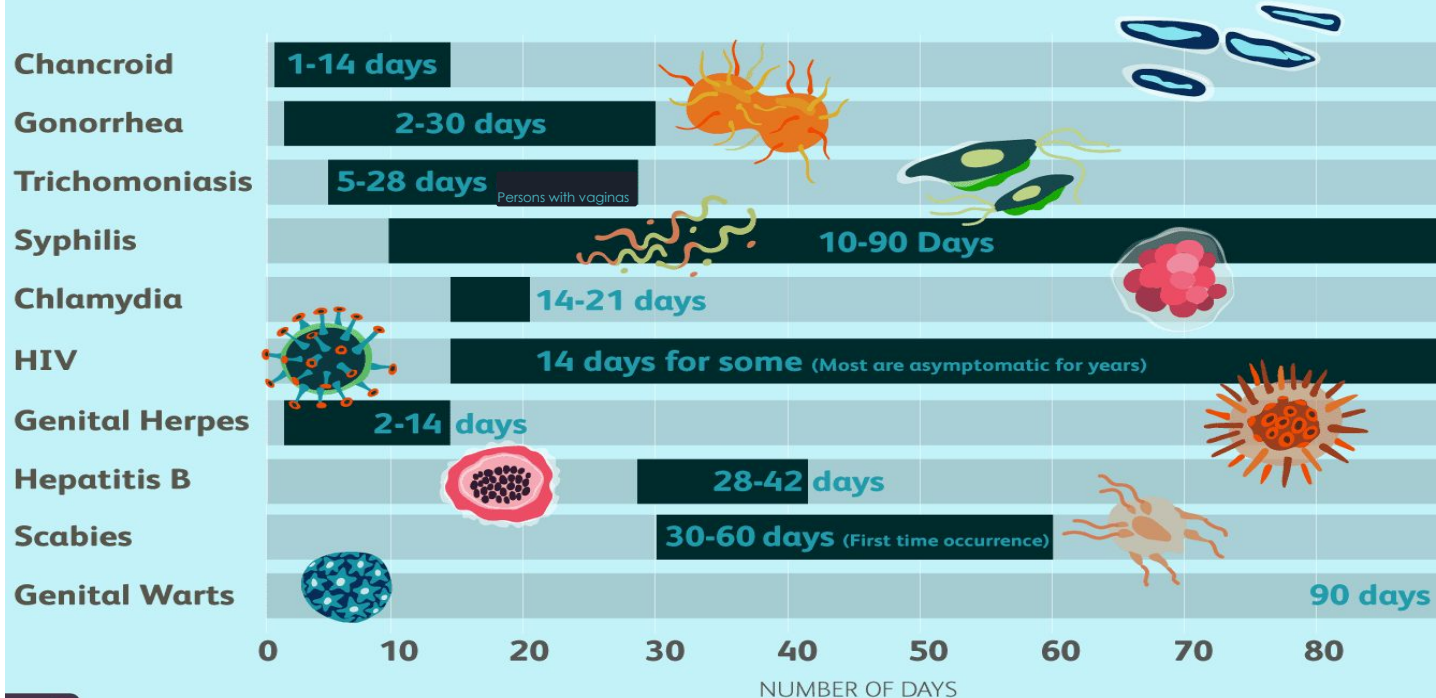
What's next?

- If any of your test results come back positive, remember this about STI's:
 - *some are curable. Most are treatable. All are manageable.*
- Health care provider and help you figure out what treatment option is right for you.

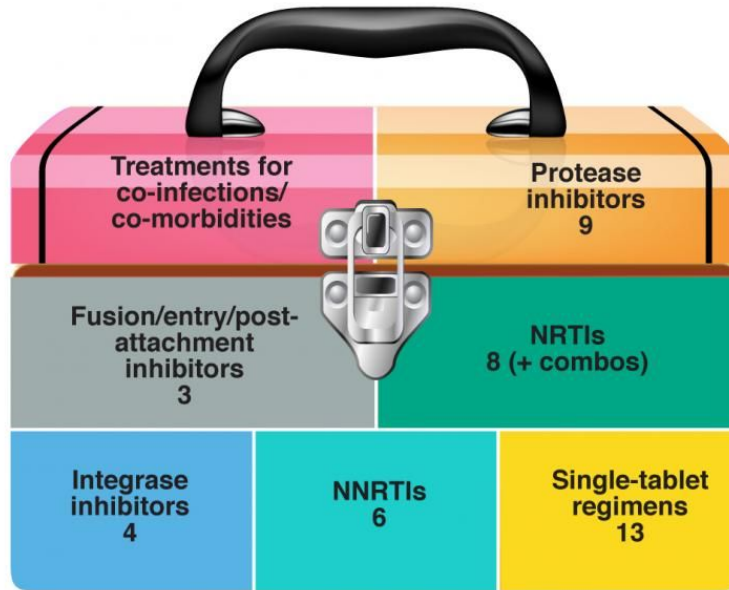
What's the deal with retesting?

- Even if all your test results come back negative, testing isn't a one and done kind of thing . If you are sexually active you should get tested regularly.
- Ask your health care provider about how often you should get tested.

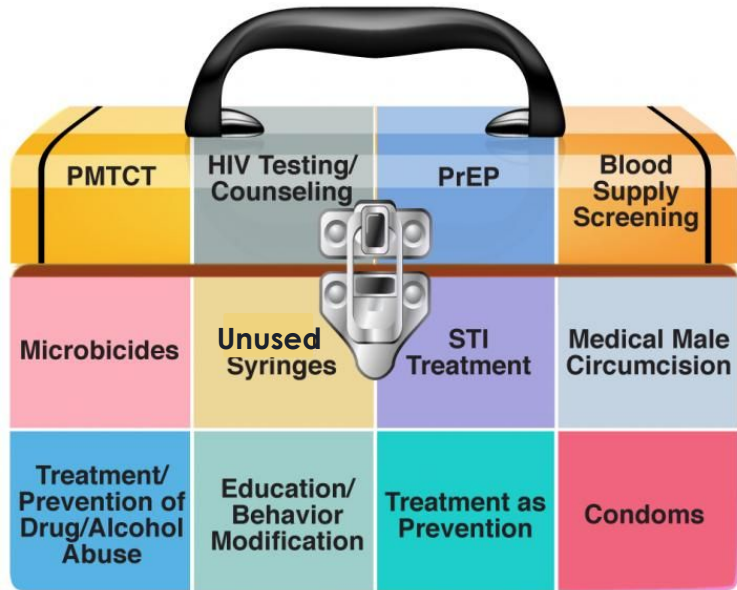
How Long Before Common STD Symptoms Appear?



Treatment



Prevention



What are prevention medicines?

Vaccinations

Can help prevent HPV, hepatitis A and hepatitis B



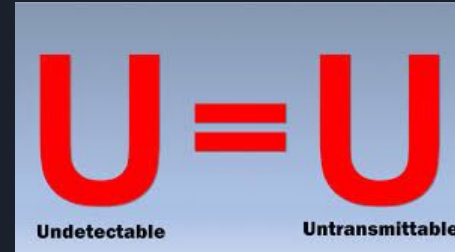
PrEP and PEP

can help prevent HIV



TasP

can help prevent passing HIV to others



Vaccinations

Hepatitis A&B

- now recommended for everyone as children
- if you are not vaccinated as a child, a health care provider can tell you if you should get vaccinated now

HPV

- Prevent against certain strains of HPV that can cause genital warts or abnormal cell growth that can lead to cancer
- Recommended for all girls and boys ages starting at age 9., but you can be vaccinated for HPV up to the age of 45
- if you haven't been vaccinated your health care provider can tell you if you should get vaccinated now



PrEP (Pre-Exposure Prophylaxis)

- PrEP basics

- “Pre” means before. “Exposure” means contact. “prophylaxis” means prevention.
- PrEP Means taking prescription medicine everyday before you're exposed to HIV to help reduce the risk of getting HIV
- PrEP is for people who are HIV negative or at risk of getting HIV through sexual intercourse or PWID
- PrEP does not protect against other STI's
- PrEP is a part of a prevention package. Regular HIV and STI testing , using condoms, and communicating honestly with all sexual partners



PEP (Post-Exposure Prophylaxis)

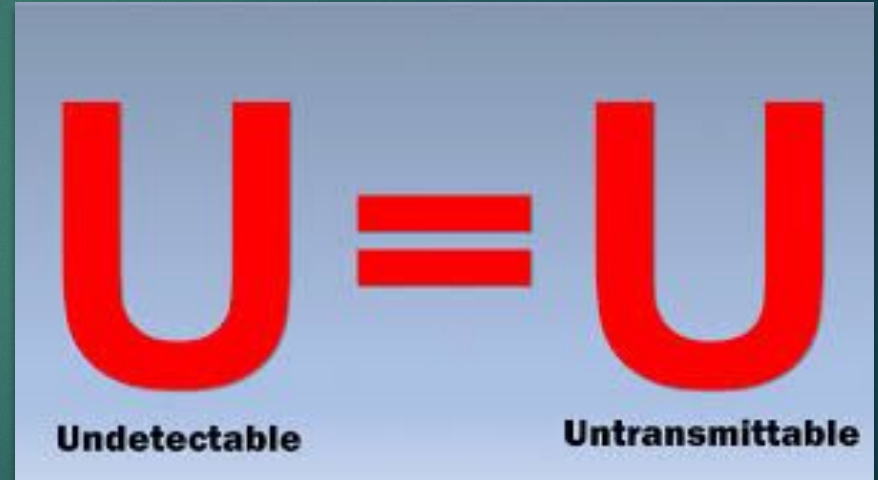
PEP Basics

- “Post” means after
- PEP Means that you are taking prescription medicines daily after you think you've been exposed to HIV. PEP requires prescription for 28 days
- You need to start taking this medication in 72 hours of exposure. However the sooner the better
- Can get a prescription for PEP in the emergency room, urgent care clinic, or health care provider

TasP (Treatment as Prevention)

TasP Basics

- It's a prevention strategy **for people living with HIV** to help protect their sexual partner(s)
- TasP means taking HIV treatment every day to lower the amount of virus in the blood to the point where a test can't even pick it up. This is called undetectable. In current research shows that people living with HIV who get to an undetectable status have basically no risk of passing HIV to their partners through sex To stay undetectable people must keep taking their HIV treatment every day



To wrap things up

- It all starts with conversation
 - Talk to your sexual partner(s) about being tested regularly and ways to prevent STIs and HIV transmission
 - Condoms and lube are highly effective to reduce your risk
 - Talk to your healthcare provider for HIV prevention methods – PrEP
- If diagnosed with HIV
 - Talk to your healthcare provider for confirmation of the result
 - Talk to your healthcare provider for available treatment options
 - Inform your sexual partner(s) so they can get tested

