

DISEASE	FACT	TYPICAL SYMPTOMS	TRANSMISSION	DIAGNOSIS	TREATMENT	COMPLICATIONS
CHLAMYDIA Cause: Bacteria	1 in 10 sexually active teens has chlamydia.	Most infections don't cause signs or symptoms - 75% of infected women and 50% of infected men have no symptoms. If symptoms do occur, there might be an abnormal discharge or burning sensation when peeing. Infections that are gotten while receiving anal intercourse can cause rectal pain, discharge, or bleeding. Chlamydia can also be found in the throat if you have oral sex with an infected partner.	Chlamydia and gonorrhea can both be passed during vaginal, anal, or oral sex. Ejaculation does not have to occur for the bacteria to be transmitted or acquired. Both can also be passed from an infected mother to her baby during vaginal childbirth.	Laboratory tests can diagnose infection. Some tests can be performed on urine, others require that a specimen be collected from the penis or cervix.	Infections can be easily treated and cured with antibiotics.	You can give chlamydia and gonorrhea to your sexual partner(s). Women: untreated infections can spread into the uterus or fallopian tubes and cause pelvic inflammatory disease (PID). This happens in up to 40% of women with untreated chlamydia. PID can cause permanent damage to the fallopian tubes, uterus, and surrounding tissues, leading to chronic pain, infertility (unable to have babies), and ectopic pregnancy. Men: infection can spread to the epididymis (a tube that carries sperm from the testis), causing pain, fever, and sterility. Men and Women infected with STDs are 2-5 times more likely to become infected with HIV, if exposed.
GONORRHEA Cause: Bacteria	Gonorrhea rates are highest among 15-24 yr. olds.	Most infections don't cause signs or symptoms. Symptoms may include a burning sensation when peeing Men: white/yellow/green discharge from the penis, or painful or swollen testicles. Women: increased vaginal discharge, or vaginal bleeding between periods (can be mistaken for a bladder or vaginal infection).				
GENITAL WARTS (HPV) Cause: Virus	Nearly 50% of sexually active people have HPV.	Genital warts appear as growths or bumps. Warts may be raised or flat, single or multiple, small or large. They tend to be flesh-colored or whitish in appearance. Warts usually do not cause itching, burning, or pain.	HPV is spread by direct skin-to-skin contact during vaginal, anal, or possibly oral sex.	Lab tests, physical examination, or pap smear.	There is no medical cure for HPV, but genital warts can be treated or removed.	You can give genital warts to your sexual partner(s). There are many different types of genital HPV, which can cause genital warts in men and women, or cervical cancer in women.
HEPATITIS Cause: Virus	Hepatitis is caused by viruses that attack the liver.	Sometimes a person with Hepatitis has no symptoms at all. The older you are, the more likely you are to have symptoms. If you have symptoms, they might include: yellow skin or yellowing of the whites of your eyes, tiredness, loss of appetite, nausea, abdominal discomfort, dark urine, clay-colored bowel movements, or joint pain.	Hepatitis can be spread during vaginal, anal, and oral sex, by sharing needles to inject drugs, or through contact with infected blood.	Blood test or physical examination.	Hepatitis cannot be cured. Some symptoms can be treated, and some infections (Hep B) can be prevented with immunizations.	You can give hepatitis to your sexual partner(s) or anyone you share needles with. Hepatitis can cause permanent liver damage, liver cancer, liver failure, and death.
HERPES Cause: Virus (HSV-2)	1 out of 5 Americans have had an HSV infection	Most people infected with Herpes (HSV-2) are not aware of their infection. If symptoms occur, it may include a crop of sores, followed by flu-like symptoms, or fever and swollen glands. Most people diagnosed with a first episode of genital herpes can expect to have several (typically four or five) outbreaks within a year. Over time these recurrences usually occur less frequency.	Transmission can occur during sexual contact. The infected partner does not have to have a visible sore, and may not know that he or she is infected.	Herpes can be diagnosed by visual inspection, or by testing a sample.	Herpes cannot be cured, but antiviral medications can shorten/prevent outbreaks, and reduce transmission to partners.	You can give genital herpes to your sexual partner(s). It can cause recurrent painful genital sores. It can also cause potentially fatal infections in babies. Herpes can make people more susceptible to HIV infection, and can make HIV-infected individuals more infectious.
HIV/AIDS Cause: Virus	Over 3,000 American Indians have been diagnosed with AIDS	Many people do not have any symptoms when they first become infected with HIV. Some people, however, have a flu-like illness within a month or two after exposure, which may include: fever, headache, tiredness, or enlarged lymph nodes. Symptoms usually disappear within a few weeks.	HIV can be transmitted during vaginal, anal, or oral sex, by sharing needles, or from mother-to-child during birth or breast-feeding.	Blood, saliva, or urine lab tests are available to test for HIV.	HIV cannot be cured. Medications can slow the progress of the disease.	You can give HIV to your sexual partner(s) or anyone you share needles with. AIDS infections can cause seizures, difficulty swallowing, confusion, persistent diarrhea, fever, vision loss, nausea, abdominal cramps, vomiting, weight loss, severe headaches, or coma.
SYPHILIS Cause: Bacteria	In 2004, the syphilis rate among Natives rose 14.3%	1st Stage: A painless, reddish-brown sore or sores on the mouth, sex organs, breast, or fingers. 2nd Stage: Symptoms show up 1 week to 6 months after sores heals. A rash anywhere on the body. Flu-like symptoms.	Syphilis is passed through direct contact with a syphilis sore.	Blood or laboratory tests.	Infections can be cured with antibiotics.	You may give syphilis to your sexual partner(s). If left untreated, late stage syphilis can cause brain damage, paralysis, heart disease, and death.

How STDs Spread:

Sexually Transmitted Diseases (STDs) are infections that can be spread by having sex with another person who is infected.

You do not need to have sex to become infected, though. Some STDs can be passed by skin-to-skin contact or through sexual fluids, in addition to oral, vaginal, or anal sex.

Many people who have an STD don't know it. Many infections do not cause any noticeable signs or symptoms.

Common STDs Include:

- **Chlamydia** - Caused by a bacteria. Infections can be cured with antibiotics.
- **Genital Herpes (HSV-2)** - Caused by a virus. Infections can be treated but not cured.
- **Genital Warts** – Caused by a virus. Infections can be treated but not cured.
- **Gonorrhea** - Caused by a bacteria. Infections can be cured with antibiotics.
- **Hepatitis B (HBV)** – Caused by a virus. There is a vaccine that can prevent HBV.
- **HIV/AIDS** – Caused by a virus. Infections can be treated but not cured.

Know the facts:

- 1 of every 4 sexually active teens will get an STD this year.
- 1 of every 5 sexually active teen females will get pregnant this year.
- 1 in 10 sexually active adolescents has chlamydia.
- Two U.S. teens are infected with HIV every hour of every day.

If you think you have an STD, you can do something about it. The only way to know for sure is to be tested.

Testing: Do my parents have to find out?

In Oregon, Washington, and Idaho, teens age 14 years and above may consent to STD and HIV testing and treatment without parental consent.

Look inside for more info!

Northwest Portland Area
Indian Health Board

"Respecting Our Bodies and Relationships"

PROTECT RED TALON



**Thinking about Sex?
Know your Score!**

Sexually Transmitted Diseases



PROTECT RED TALON

The activities of Project Red Talon are funded by the Centers for Disease Control and Prevention (CDC). This project is designed to provide tribes in Idaho, Oregon, and Washington with education, training, and technical assistance for the prevention and treatment of STDs.

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**Know your Score,
Take the Quiz!**

1. Have you talked to your partner about Sexual Health?
2. Do you have sex with a condom or barrier on every occasion?
3. Are you sure your current partner is free of Sexually Transmitted Diseases?
4. Do you know for sure if any of your past partners had an STD?
5. Has you partner shown you their STD results?

If you answered "No" or "Not sure" to any of these questions, visit your clinic to receive confidential testing.

Questions about STDs? Contact:

- ❖ **Your Tribal Clinic**
- ❖ CDC National STD Hotline - 1-800-227-8922
- ❖ National Herpes Hotline - 1-919-361-8488
- ❖ Hepatitis Information - 1-800-223-0179
- ❖ National Indian AIDS Line - 1-800-283-2437
- ❖ CDC National HIV Hotline - 1-800-342-AIDS
- ❖ Alcohol, Drug, Pregnancy Hotline - 1-800-638-BABY
- ❖ Boystown National Hotline - 1-800-448-3000
- ❖ National Gay & Lesbian Youth Hotline - 1-800-676-TEEN

Prevention:

What Works?

- Abstinence (not having sex) is the best way to protect yourself. It is possible to get an STD even without having sex through skin-to-skin contact.
- If you have sex, choose only one partner who you know and trust. Limiting your number of sex partners helps reduce your risk of getting an STD.
- Use latex condoms for any type of sex (vaginal, oral, or anal) from start to finish.
- Always use water-based lubricants (like K-Y jelly) with latex condoms. Oil lubricants, like baby oil can cause latex condoms to break.
- Latex condoms protect the penis, vagina, mouth or anus from some STDs, but they will not protect against genital warts (HPV) or other lesions such as herpes, when they are present.
- A female polyurethane condom is available and may protect these areas better, but it is NOT to be used with a male condom.
- Combine any of the above.