



Volume 4...Issue 10

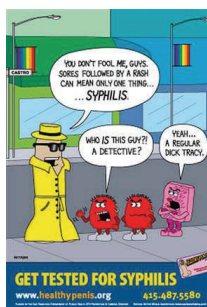


Bladder Chatter

TRU student health & wellness newsletter

SEXUALLY TRANSMITTED INFECTIONS Syphilis

- Caused by the bacterium *treponema pallidum*
- Passed from person to person through direct skin to skin contact with a syphilis
- Occurs during vaginal, oral or anal sex and through kissing if there are sores present in the mouth



Signs & Symptoms



Prevention

Practice safer sex and use a condom!

Primary Stage

- Marked by the appearance of a single sore called a chancre (multiple sores may be present)
- Chancre is small, firm, round and painless, lasts 3 to 6 weeks and heals without treatment

SECONDARY Stage

- Characterized by a skin rash on one or more areas of the body
- Other signs and symptoms include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches, and fatigue

Tertiary Stage

- Begins when primary and secondary symptoms disappear and can last for years
- Damage to the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints occur
- Can lead to death



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This newsletter is sponsored and published by the TRU Wellness Centre. Questions or comments? Please contact Chelsea at 828-5010 or ccorsi@tru.ca for more info

Check us out at www.tru.ca/wellness for more info on other men's health issues!

References: www.sexualityandu.ca www.optbc.org

Gonorrhoea

- Commonly referred to as “the clap”
- Bacterial infection transmitted through oral, vaginal, or anal sex



Signs & Symptoms

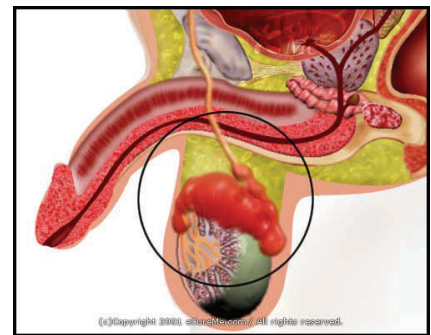
- May not experience any symptoms of infection
- If symptoms do occur (usually within 2-5 days) they may include...burning sensation when urinating, yellowish green discharge from opening of penis, painful/ swollen testicles, & burning or itching at opening of penis
- Infection may also be acquired in rectum or throat

Chlamydia

- The most commonly reported STI in Canada
- Bacterial infection transmitted through oral, vaginal, or anal sex

Signs & Symptoms

- Known as the “silent” disease as signs and symptoms are often absent
- If symptoms do occur (usually within 1-3 weeks) they may include: burning sensation when urinating, discharge from penis, & burning or itching at opening of penis



Complications

- If left untreated chlamydia and gonorrhoea can cause epididymitis, a painful condition where the epididymis, a hollow tube located at the back of the testes through which semen passes, becomes inflamed and irritated and can lead to infertility

Prevention

- Transmission of gonorrhoea & chlamydia can be reduced with the proper use of male and female condoms and regular STI screening



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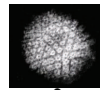
Check us out at www.tru.ca/wellness for more info on testicular cancer & other men's health issues!

Genital Herpes

Did you know?

HSV-1, which is responsible for cold sores, can be passed to the genital region through oral sex.

- Caused by the herpes simplex viruses type 1 (HSV-1) and type 2 (HSV-2)
- Transmitted through direct skin to skin contact with an infected person



Herpes simplex virus



Note: An infected person without noticeable signs and symptoms can still transmit the virus

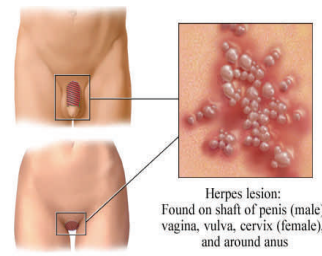
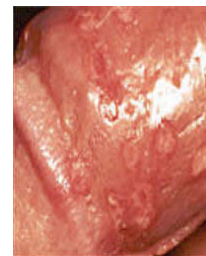
Signs & Symptoms

Symptoms may vary from person to person but generally include:

- Flu-like symptoms (e.g. fever, headache)
- Discharge from penis
- Painful urination
- Pain in the genital or anal area
- Appearance of one or more small, painful, fluid filled blisters on the penis, buttocks and thighs and in the urethra
- Blisters eventually break, leaving painful, open sores that may last 2 weeks or more before scabs form

Prevention

- Abstinence
- Condoms reduce the risk of transmission, however they may not provide adequate protection because they do not cover all areas of skin where the virus can be present
- Abstain from sexual activity when lesions or other symptoms of herpes are present



Herpes lesion: Found on shaft of penis (male), vagina, vulva, cervix (female), and around anus

Herpes on the penis

Human Papilloma Virus (HPV)

- The world's leading sexually transmitted infection; may cause cervical cancer in women
- Over 200 types!
- An estimated 75% of Canadians will get HPV in their lifetime!
- Transmitted by skin-to-skin contact so it spreads easily!
- Condoms are not entirely effective against preventing HPV as there may be skin-to-skin contact where the condom does not cover



Signs & Symptoms

- May be no signs or symptoms present
- In males, HPV may cause skin warts or genital warts which can be spread easily



Also see p. 1103



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Check us out at www.tru.ca/wellness for more info on sexually transmitted infections.