



Volume 4...Issue 10B



# 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

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

Check us out at [www.tru.ca/wellness](http://www.tru.ca/wellness) for more info on pelvic exams and other women's health issues!

References: [www.sexualityandu.ca](http://www.sexualityandu.ca) [www.optbc.org](http://www.optbc.org)



## Gonorrhea

- Commonly referred to as “the clap”
- Bacterial infection transmitted through oral, vaginal, or anal sex as well as from mother to child during birth



## 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, yellow or bloody vaginal discharge, & lower abdominal pain
- Infection may also be acquired in the rectum or throat

## Chlamydia

- The most commonly reported STI in Canada
- Bacterial infection transmitted through oral, vaginal, or anal, sex as well as from mother to child during birth

## Signs & Symptoms

- Known as the “silent disease” since signs and symptoms are often absent
- If symptoms do occur (usually within 1–3 weeks) they may include: burning sensation when urinating, abnormal vaginal discharge, lower abdominal pain & pain during intercourse



## Prevention

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



## Complications

If left untreated both gonorrhea and chlamydia may cause pelvic inflammatory disease which can lead to chronic pelvic pain, infertility & increased risk ectopic pregnancy



TRU WELLNESS CENTRE  
LIVE TRULY WELL

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](http://www.tru.ca/wellness) for more info on other women's health issues!

## Genital Herpes

- 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

### Signs & Symptoms

Symptoms may vary from person to person but generally include:

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

## 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!

## Prevention

- Condoms are not entirely effective against preventing HPV as there may be skin-to-skin contact where the condom does not cover
- The HPV vaccine, such as Gardasil, is recommended for women ages 9-26



### Did you know?

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



### Herpes simplex virus



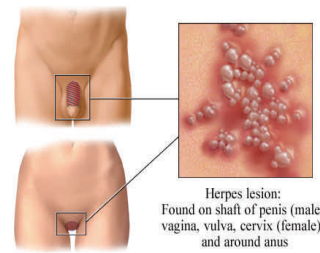
Note: An infected person without noticeable signs and symptoms can still transmit the virus

## 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 on the labia



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

## Signs & Symptom

- May be no signs or symptoms present
- If left undetected, HPV may cause skin warts, genital warts, pre-cancerous lesions, and eventually cervical cancer
- Get a PAP and get checked out!!



Contact TRU Health Services @ 828-5126 or TRU Wellness Centre @ 828-5010 for more information on the HPV vaccine.

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](http://www.tru.ca/wellness) for more info on sexually transmitted infections.