



Testing and Prevention Methods of STIs



Objectives:

- Understand the importance of early detection of sexually transmitted infections (STIs).
- Learn about different testing methods available for STIs.
- Explore effective prevention methods to reduce the risk of STIs.

Learning outcomes

By the end of this lesson, learners will be able to:

- ➔ Explain the role of early detection in managing STIs.
- ➔ Identify the different methods of testing for STIs.
- ➔ Describe preventive strategies, including safe practices and medical interventions.
- ➔ Advocate for personal and community health measures to combat the spread of STIs.

What are STIs?

Sexually Transmitted Infections (STIs) are infections transmitted primarily through sexual contact.

Types of Sexually Transmitted Infections (STIs)

❖ Bacterial STIs

- Caused by bacteria, bacterial STIs can usually be cured with antibiotics if detected early.
- Often asymptomatic in the early stages.
- Can lead to severe complications if untreated.

Common Bacterial STIs

1. Chlamydia

Symptoms: Often no symptoms; may include genital pain or unusual discharge.

Complications: Infertility, pelvic inflammatory disease (PID).

2. Gonorrhea

Symptoms: Burning during urination, yellow or green discharge, and testicular pain.

Complications: Infertility or systemic infections if untreated.

3. Syphilis

Stages and Symptoms:

Primary: Painless sores.

Secondary: Rashes and flu-like symptoms.

Tertiary: Severe organ damage, including brain and heart.

Complications: Can cause life-threatening damage if untreated.

4. Trichomoniasis

Symptoms: Itching, burning, or frothy discharge.

Complications: Higher risk of acquiring other STIs.

❖ **Viral STIs**

- Caused by viruses, these infections often require lifelong management rather than a cure.
- Some can be prevented with vaccines (e.g., HPV, Hepatitis B).
- Symptoms may be recurrent or chronic.

Common Viral STIs

1. **HIV (Human Immunodeficiency Virus)**

Symptoms: Early flu-like symptoms; weakens the immune system over time.

Complications: Leads to AIDS without treatment, making the body vulnerable to infections.

2. **HPV (Human Papillomavirus)**

Symptoms: Genital warts; often asymptomatic.

Complications: Certain strains cause cervical, anal, and throat cancers.

3. **Herpes (HSV - Herpes Simplex Virus)**

Symptoms: Painful blisters or sores on the mouth or genitals.




Complications: Recurring outbreaks; may increase susceptibility to HIV.

4. **Hepatitis B and C**

Symptoms: Jaundice (yellowing of the skin), fatigue, and abdominal pain.
Complications: Liver cirrhosis, liver cancer, or chronic infections.



Why Early Detection Matters

-  Prevent complications such as infertility, chronic pain, and serious illnesses.
-  Reduce the risk of spreading STIs to others.
-  Ensure timely treatment and improve quality of life.

How to Get Tested for STIs

Where to Go?

- ☐ Local health clinics
- ☐ Community health centers
- ☐ Doctor's offices

What to Expect?

- ☐ Urine tests, blood tests, swabs, or physical exams depending on the STI.
- ☐ Results can be confidential and sometimes anonymous.



Testing Methods for STIs

➤ Blood Tests

Detects infections like HIV, syphilis, and herpes.



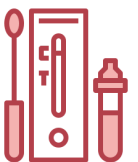
➤ Urine Tests

Common for chlamydia and gonorrhea detection.



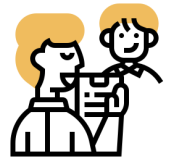
➤ Swab Tests

Cervical, vaginal, throat, or rectal swabs for chlamydia, gonorrhea, and other STIs.



➤ **Physical Examinations**

Identify visible symptoms like sores or warts.



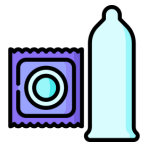
➤ **Rapid Diagnostic Tests**

Provide quick results for infections like HIV and syphilis.

Prevention Methods for STIs

★ **Condom Use**

Use condoms consistently and correctly during sexual activity.

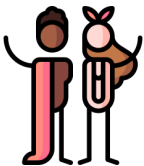


★ **Vaccinations**

HPV and Hepatitis B vaccines can prevent certain STIs.

★ **Regular Testing**

Especially important if sexually active with multiple partners.



★ **Mutual Monogamy**

Being in a relationship with a partner who has tested negative for STIs.

★ **Abstinence or Limiting Partners**

Reducing exposure risk by avoiding sexual contact or having fewer partners.

