

Ethics and Values

Digital

Assignment 3

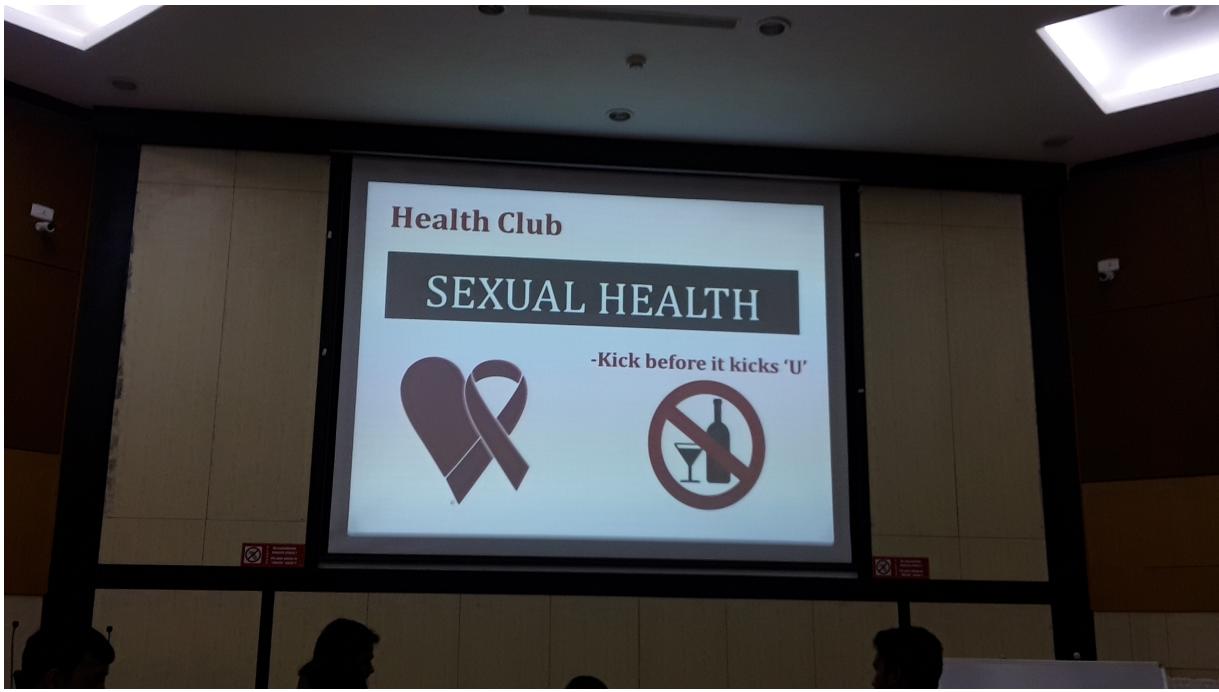
GUEST LECTURE

Name: Om Ashish Mishra

Registration Number: 16BCE0789

Slot: TD1

SEXUAL HEALTH



Location: TT Gallery-1

Date: 22/03/2017

Time: 11.00 – 12.50 pm (EXTRA MURAL HOURS)

Conducted By: Health Club VIT

Sexual Health

What is Sexual Health?

The state of mental, physical, emotional, social well being as well as sexually free from sexual relationship with respect to one's sexuality without violence and away from sexually transmitted diseases is called Sexual Health.

Where do you come across the word sex?

The word "sex" can be seen in Biology text books, internet, applications, magazines, papers, documentaries, movies etc.

What is sex?

Sex means different things to different people. Above all it, is a healthy and natural activity. It is something most people enjoy and find meaningful even if they create meaning in different ways. It means gender or it can be the biological characteristics that defines a man or a woman.

How can it be expressed?

- Desire: It can be a pure love from a man to a woman or vice versa.
- Sexual role: It is used the mechanism for reproduction
- Instrumented: Blackmailed for something

What is sexually transmitted disease?

Sexually Transmitted Diseases (STDs) are diseases or infections transmitted to healthy males or females due to sexual intercourse with infected persons.

The sexually transmitted diseases are otherwise known as venereal diseases (VD) or reproductive tract infections (RTI).

Most common STDs are gonorrhoea, syphilis, genital herpes, chlamydia, genital warts, trichomoniasis, hepatitis- B and AIDS. Except for HIV infections, hepatitis B and genital herpes, other STDs are completely curable if detected early and treated properly. Infections like hepatitis-B and HIV are not only transmitted

sexually but also by sharing of injection needles with infected persons, blood transfusion or from infected mother to foetus.

What are the symptoms?

Early symptoms of STDs are itching, fluid discharge, and slight pain swellings in genital regions. Infected females usually do not show any symptoms for a long time and therefore remain undetected. This can lead to severe complications later which include pelvic inflammatory disease (PID), abortions, still births, ectopic pregnancies, infertility or even cancer of the reproductive tract.

What are the preventions?

Under the reproductive health care programmes, prevention, early detection and cure of STDs are given priority. Though all persons are vulnerable to these infections, their incidences are reported to be very high among persons in the age group of 15 to 24 years.

STDs can be prevented by taking following precautions:

1. Sex should be avoided with unknown partners or multiple partners.
2. During sexual intercourse, condoms should be used.
3. In case of doubt, one should go to a qualified doctor for early detection and proper treatment.

Types of STDs:

1. Bacterial STDs:

The following three types are common:

(i) Syphilis:

The causative pathogen is *Treponema pallidum*. The first stage of the disease has symptoms like infections and painless ulcers on the genitals, swelling of lymph glands. In the second stage there are skin lesions, rashes, hair loss, swollen joints etc. In the later stage, chronic ulcers appear on palate, nose or lower leg.

There can be paralysis, brain damage, blindness, heart trouble etc. The incubation period is 10 to 90 days. The disease is curable through appropriate antibiotics like penicillin and tetracycline.

(ii) Gonorrhoea:

The causative pathogen is *Neisseria gonorrhoea*. The bacteria lives in genital tubes and produces pus containing discharge pain around genitalia and burning sensation during urination. Incubation period is 2 to 5 days. It can be treated with appropriate antibiotics like penicillin and ampicillin.

(iii) Chancroid:

The causative bacterium is *Haemophilus ducreyi*. In this infection ulcer appears over the external genitalia which is painful and bleeding with swelling of nearby lymph nodes. It can be treated with antibiotics.

2. Viral STDs:

(i) AIDS:

The caustive virus is Human Immunodeficiency Virus (HIV). The symptoms of AIDS are continued fever, lethargy, weight loss, nausea, headache, rashes, pharyngitis etc. Due to loss of immunity, the body is unable to protect itself against any type of infection. The disease can be diagnosed by Western Blotting and ELISA tests. The incubation period is 6 months to 10 years. So far, there is no cure, but certain drugs can prolong the life of AIDS patients which are Zidovudine or Azidothymidine (AZT), Didanosine etc.

(ii) Hepatitis B:

The causative virus is Hepatitis B Virus (HBV). The symptoms of the disease are fatigue, jaundice, persistent low fever, rash and abdominal pain. At a later stage there is liver cirrhosis and possibly liver cancer, it can be diagnosed by Australian antigen test and ELISA. The incubation period is 30-80 days, it is incurable. Hepatitis C and Hepatitis D are also STDs.

(iii) Genital herpes:

The causative virus is Herpes simplex virus. In this disease there are vesiculopustular lesions followed by clusters of painful erythematous ulcers over external genitalia and perianal regions. Symptoms are more severe in females. There is fever, headache, pain, and itching, vaginal and urethral discharge with swelling of lymph nodes. It is also an incurable STD.

(iv) Genital Warts:

The causative virus is Human Papilloma virus (HPV). These are hard outgrowths developing on the outer surface of external genitalia and perianal area. In women infection may enter vagina and cervix. It spreads through sexual intercourse with carriers of this virus. Cryosurgery is used for removal of the warts.

3. STDs caused by Chlamydiae:

Chlamydiae is a bacterial class whose members are obligate intracellular pathogens. The following STDs are caused by chlamydiae.

(i) Chlamydiasis:

The causative bacteria are chlamydia trachomatis. This is a human pathogen that causes trachoma, sexually transmitted and perinatal infection. It causes urethritis, epididymitis, cervicitis, inflammation of fallopian tubes, proctitis. The disease is transmitted by sexual contact with infected mating partner. The incubation period is about one week. Antibiotics like tetracycline, erythromycin and rifampicin are effective medicines.

(ii) Lymphogranuloma Venereum:

The causative bacterium is chlamydia trachomantis of L₁, L₂, L₃ serotype. It is a sexually transmitted infection usually of warm climate. The disease consists of a primary cutaneous or mucosal genital lesion, urithritis or endocervicitis. Locally destructive ulcerations, rectal strictures and genital elephantiasis also occur.

4. Protozoan STDs:

(i) Trichomoniasis:

The causative protozoan is Trichomonas vaginalis. The parasite infects both males and females. In females it causes vaginitis with foul odour, yellow vaginal discharge and burning sensation. In males it causes urethritis, epididymitis and prostatitis resulting in pain and burning sensation. The disease is transmitted through sexual intercourse. The disease is treated with metronidazole.

5. Fungal STDs.

(i) Candidiasis:

The causative organism is vaginal yeast, Candida albicans. The pathogen is found in mouth, colon and vagina. In case of vaginal infection, the women experience painful inflammation with thick cheesy discharge. Males may develop painful

inflammation of urethra through sexual contact with infected woman. Antibiotics like clotrimazole, miconazole and nystatin can cure the infection.

Table 4.1. Some Important STDs and Common Techniques for their Detection

STD	Causal agent	Detection Techniques
Chlamydia	<i>Chlamydia trachomatis</i>	Clinical, Gram-staining of discharge detection, nucleic acid hybridisation.
Gonorrhoea	<i>Neisseria gonorrhoeae</i>	Gram-staining of discharge, culture
Trichomoniasis	<i>Trichomonas vaginalis</i>	Microscopic examination, culture
Genital Herpes	<i>Herpes simplex virus</i>	Clinical, antigen test, PCR
Syphilis	<i>Treponema pallidum</i>	Antibody detection, e.g. VDRL (Venereal Disease Research Laboratory)
Chancroid	<i>Haemophilus ducreyi</i>	Clinical, culture
Genital warts	<i>Human papilloma virus (HPV)</i>	Clinical, antibody detection, culture hybridisation
Hepatitis B	<i>Hepatitis B Virus</i>	ELISA
Hepatitis C	<i>Hepatitis C virus</i>	ELISA
AIDS	<i>Human immunodeficiency Virus (HIV)</i>	ELISA, PCR

What are the causes for the diseases?

- Stress, Depression, Physiological feelings.
- Sexual abuse
- Drug abuse



What is HIV?

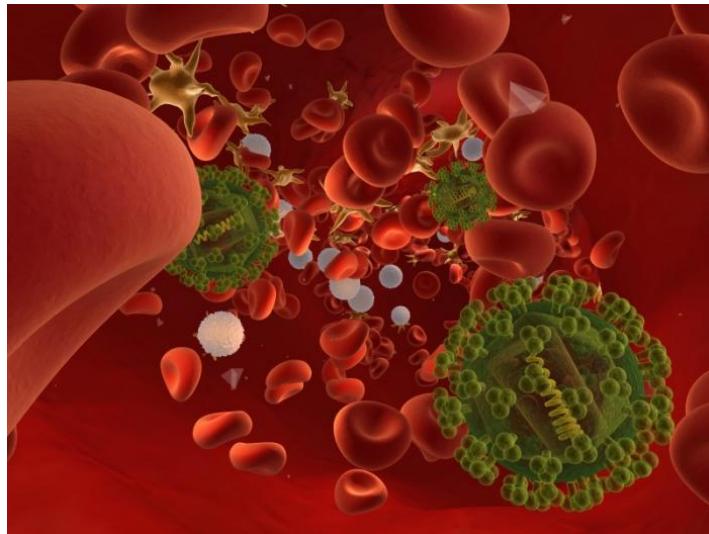
HIV is the virus, which attacks the T-cells (CD-4 cells) in the immune system. AIDS is the syndrome, which appears in the advanced stage of HIV infection.

HIV is a virus.

AIDS is a medical condition.

HIV infection can cause AIDS to develop. However, it is possible to be infected with HIV without developing AIDS. Without treatment, the HIV infection can progress and, eventually, it will develop into AIDS in the vast majority of cases. Once someone has received an AIDS diagnosis, it will always carry over with them in their medical history.

Causes of HIV and AIDS



HIV can be passed from one person to another through blood-to-blood and sexual contact.

HIV is a retrovirus that infects the vital organs and cells of the human immune system.

The virus progresses in the absence of antiretroviral therapy (ART) - a drug therapy that slows or prevents the growth of new HIV viruses.

The rate of virus progression varies widely between individuals and depends on many factors;

These factors include the age of the patient, the body's ability to defend against HIV, access to healthcare, existence of other infections, the infected person's genetic inheritance, resistance to certain strains of HIV, and more.

How is HIV transmitted?

Sexual transmission - it can happen when there is contact with infected sexual fluids (rectal, genital, or oral mucous membranes). This can happen while having unprotected sex, including vaginal, oral, and anal sex, or sharing sex toys with someone infected with HIV.

Per natal transmission - a mother can pass the infection on to her child during childbirth, pregnancy, and also through breastfeeding.

Blood transmission - the risk of transmitting HIV through blood transfusion is nowadays extremely low in developed countries, thanks to meticulous screening and precautions. However, among injection or IV drug users, sharing and reusing syringes contaminated with HIV-infected blood is extremely hazardous.

HIV symptoms

For the most part, the symptoms of HIV are the result of infections caused by bacteria, viruses, fungi, and/or parasites.

These conditions do not normally develop in individuals with healthy immune systems, which protect the body against infection.

Symptoms of early HIV infection

Many people with HIV have no symptoms for several months to even years after becoming infected. Others may develop symptoms similar to flu, usually 2-6 weeks after catching the virus.

The symptoms of early HIV infection may include:

- fever
- chills
- joint pain
- muscle aches
- sore throat
- sweats (particularly at night)
- enlarged glands
- a red rash
- tiredness
- weakness
- unintentional weight loss

Asymptomatic HIV

In many cases, after the initial symptoms disappear, there will not be any further symptoms for many years.

During this time, the virus carries on developing and damaging the immune system and organs. Without being on medications to stop HIV's replication, this process can take up to 10 years on average. The infected person often experiences no symptoms, feels well, and appears healthy.

Late-stage HIV infection

If left untreated, HIV weakens the ability to fight infection. The person becomes vulnerable to serious illnesses. This stage of infection is known as AIDS.

Symptoms of late-stage HIV infection may include:

- blurred vision
- diarrhea, which is usually persistent or chronic
- dry cough
- fever of above 100 °F (37 °C) lasting for weeks
- night sweats
- permanent tiredness
- shortness of breath (dyspnea)
- swollen glands lasting for weeks
- unintentional weight loss
- white spots on the tongue or mouth

During late-stage HIV infection, the risk of developing a life-threatening illness is much greater. Life-threatening illnesses may be controlled, avoided, and/or treated with proper medications, often including HIV treatment.

HIV and AIDS myths and facts

There are many misconceptions about HIV and AIDS. The virus CANNOT be transmitted from:

- shaking hands
- hugging
- casual kissing

- sneezing
- touching unbroken skin
- using the same toilet
- sharing towels
- sharing cutlery
- mouth-to-mouth resuscitation
- or other forms of "casual contact"

HIV blood tests and results

Diagnosis is made through a blood test that screens specifically for the virus. If the HIV virus has been found, the test result is "positive." The blood is re-tested several times before a positive result is given to the patient.

If a person has been exposed to the virus, it is crucial that they get tested as soon as possible. The earlier HIV is detected, the more likely the treatment will be successful. A home testing kit can be used as well.

After infection with HIV, it can take from 3 weeks to 6 months for the virus to show up in testing. Re-testing may be necessary. If the moment a patient was most at risk of infection was within the last 6 months, they can have the test immediately. However, the provider will urge that another test be carried out within a few weeks.

AIDS treatments



Fig: The red ribbon is the worldwide symbol of support and awareness for people living with HIV.

There is currently no cure for HIV or AIDS. Treatments can slow the course of the condition - and allow most infected people the opportunity to live a long and relatively healthy life.

Earlier HIV antiretroviral treatment is crucial - it improves quality of life, extends life expectancy, and reduces the risk of transmission, according to the World Health Organization's guidelines issued in June 2013.

Currently, there is no vaccine or cure for HIV, but treatments have evolved which are much more effective and better tolerated - they can improve patients' general health and quality of life considerably, in as little as one pill per day.

Emergency HIV pills (post-exposure prophylaxis)

If an individual believes they have been exposed to the virus within the last 72 hours (3 days), anti-HIV medications, called PEP (post-exposure prophylaxis) may stop infection. The treatment should be taken as soon as possible after contact with the virus.

PEP is a very demanding treatment lasting 4 weeks, a total of 28 days. It can be associated with unpleasant side effects (diarrhea, nausea, and headache).

After a positive HIV diagnosis, regular blood tests are necessary to monitor the progress of the virus before starting treatment. The therapy is designed to reduce the level of HIV in the blood, which has many benefits. Antiretroviral drugs

HIV is treated with antiretroviral (ARVs). The treatment fights the HIV infection and slows down the spread of the virus in the body. Generally, patients take a combination of medications called HAART (highly active antiretroviral therapy) or CART (combination antiretroviral therapy).

The combination of drugs is adapted to each individual. HIV treatment is usually permanent and lifelong. HIV treatment is based on routine dosage. Pills must be taken on a regular schedule, every time. Each class of ARVs has different side effects, but some possible common side effects may include nausea, fatigue, diarrhea, headache, skin rashes, or moodiness.

Complementary or alternative medicine

Although widely used, alternative or complementary medications, such as herbal ones, have not been proven to be effective. According to some limited studies, mineral or vitamin supplements may provide some benefits in overall health. Patients are urged to discuss these options with their providers especially because some of these options, even vitamin supplements, may have drug interactions with ARVs.

HIV prevention

To prevent being infected with HIV, healthcare professionals advise precautions related to:

Unprotected sex - having sex without a condom can put a person at risk of being infected with HIV and other sexually transmitted infections (STIs). HIV can be spread by having unprotected sex (vaginal, oral, and/or anal sex). It can also be caught from sharing sex toys with someone infected with HIV. Condoms should be used with every sexual act.

Drug abuse and needle sharing - intravenous drug use is an important factor in HIV transmission in developed countries. Sharing needles can expose users to HIV and other viruses, such as hepatitis C. Strategies such as needle-exchange programs are used to reduce the infections caused by drug abuse. If someone needs to use a needle, it must be a clean, unused, unshared needle.

Body fluid exposure - exposure to HIV can be controlled by employing precautions to reduce the risk of exposure to contaminated blood. At all times, healthcare workers should use barriers (gloves, masks, protective eyewear, shields,

and gowns). Frequent and thorough washing of the skin immediately after being contaminated with blood or other bodily fluids can reduce the chance of infection.

Pregnancy - some ARVs can harm the unborn child. But an effective treatment plan can prevent HIV transmission from mother to baby. Precautions have to be taken to protect the baby's health. Delivery through caesarean section may be necessary. HIV-infected mothers should not breastfeed.

Education - health education is an important factor in reducing risky behavior. Managing HIV

Adherence - HIV treatment is effective if the patient is committed and constant in taking the medication on time. Missing even a few doses may jeopardize the treatment. A daily, methodical routine should be programmed to fit the treatment plan around the patient's lifestyle and schedule. A treatment plan for one person may not be the same treatment plan for another. "Adherence" is sometimes known as "compliance".

General Health - it is crucial for patients to take medication correctly and take steps to avoid illness. Patients should seek to improve their general health and reduce the risk of falling ill by practicing regular exercise, healthy eating, and not smoking.

Additional precautions - HIV-infected people should be extra cautious to prevent exposure to infection. They should be careful around animals, avoid coming into contact with cat litter, and animal feces, and often birds too. Meticulous and regular washing of hands is recommended.

Long-term condition - HIV is a lasting condition, and therefore patients have to be in regular contact with their healthcare team. Treatment plan is reviewed regularly.

Psychological - common misconceptions about AIDS and HIV are diminishing. However, the stigma of the condition persists in many parts of the world. People infected with the virus may feel excluded, rejected, discriminated, and isolated. Being diagnosed with HIV can be very distressing, and feelings of anxiety or depression are common. If you feel anxious or have symptoms of depression, seek medical help immediately.

Peer Pressure

What is Peer Pressure?

Peer pressure is a really common experience for young people. Peer pressure is when someone influences your decisions around what you should or should not do. Someone you know may try to get you to do something you don't want to do, or they may try to stop you from doing something that you really want to do. The reason that you may decide to change your mind and do what they say is because you may want to 'fit in' and be part of a group. Feeling part of a group is really important for everyone, so it is understandable that most people do feel pressured to go along with what other people are doing. But if you're doing/not doing something because you want to fit in and it's not sitting well with you, then it's not a positive thing.

Have you ever wondered why they call it "peer pressure" and not "teen pressure"? The reality is that peer pressure occurs at every age regardless of whether you are at school, work or uni, so learning how best to deal with it is really a learning skill you can use for the rest of your life.

While peer pressure is mostly viewed as negative, sometimes your friends influence can be a good thing – they might stop you from doing something that you may regret later such as smoking, drinking, or taking drugs.



Negative Peer Pressure:

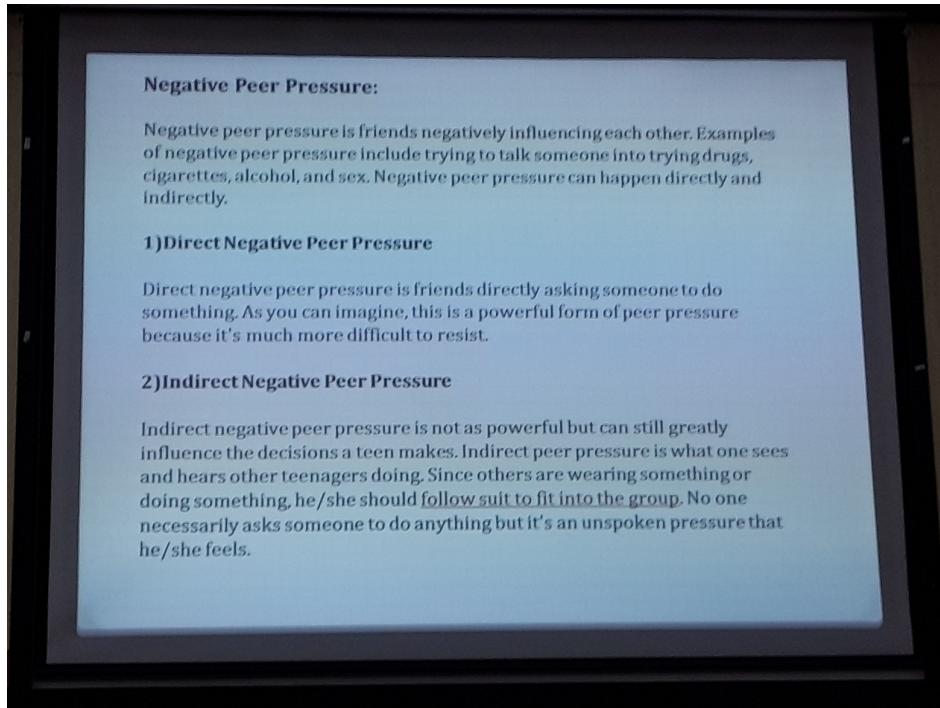


Fig: Taken in session

Positive Peer Pressure:

On the other hand, there is positive peer pressure. For example, things like being encouraged by friends to do well in sport or school. Other forms of positive peer pressure may be:

- Encouragement to stop smoking
- Pressure to stop any illegal activity such as underage drinking or drug taking
- Friends supporting you to stop any activity that might be damaging your health or well being such as bad eating habits or unhealthy relationships
- Encouraging you to try new things that are of interest to you

The difference between negative and positive peer pressure is how it makes you feel and the intention behind your friends' pressure or encouragement. From the above examples, it may feel uncomfortable if your friends are encouraging you to stop smoking but on some level, you may feel that you probably should stop

because of all of the health risks. The common theme with positive peer pressure is that the pressure is designed to assist you to feel better, healthier or happier. Negative peer pressure on the other hand, can make you feel the opposite; unhappy, unwell or uncomfortable.

How to handle negative peer pressure?

This is not an easy thing to do because as the name applies it can be your friends who are pressuring you. So how do you stand up to the pressure from friends?

- Sometimes humor is a good strategy. Some people are really good at deflecting attention from themselves or their actions by using humor. Have you noticed those people? A quick witted one liner can take the pressure off the current conversation without offending anyone.
- Having a direct conversation with the person or people who you feel are pressuring you is another way to stop peer pressure. To do this effectively it is good to have some idea of what you want to say, choose the right time and place to say it and speak honestly by letting your friends know how much their actions are affecting you.
- Seeking support. Getting help from others, whether they be friends, family or a teacher, school counselor or a counselor here at Kids Helpline. Sometimes, just talking about it can start to make a difference. With support, you can begin to not feel so alone with the problem and talk through some useful strategies that will work for your individual situation.
- Be true to yourself. Being aware of your values can help you to stand up for what you believe in and can limit the effect other people have on your actions and beliefs. Learning more about your values and being true to your values and beliefs is something that you continue to develop over your life, so starting to identify these things now can be a great help as you get older.

Extra:

These all were told to us and 2 movies are shown regarding to rape and the people ignored due to AIDS. It was a nice session.

THANK YOU