Notes

**HIV** (human immunodeficiency virus) is a virus that interferes with the body's ability to fight infections. The virus targets and damages the white blood cells that would normally attack the virus. As a result, the immune system is left exposed and therefore susceptible to serious infections and illnesses. In many cases, early symptoms often mimic the flu. Alternatively, HIV can be asymptomatic until it develops to AIDS. Early diagnosis and treatment makes a big difference, and many people with HIV never develop AIDS.

Causes & Prevention

* Although there’s no cure for HIV/AIDS, antiretroviral regimens can dramatically slow the disease's progress.
* HIV is primarily found in body fluids including, but not limited to blood, semen, and even breast milk.
* Educating yourself about HIV and avoiding any behavior that allows HIV-infected fluids into your body is an easy step to preventing HIV.
* Medicines to treat HIV/AIDS are improving daily. There are currently one-a-day pills on the market that can control the progression of HIV in the body. The newer pills are constantly being enhanced so that they can be taken less often than everyday. The newer pills also tend to have fewer side effects, making the routine even easier to keep.

Most health insurance plans provide free HIV screenings for anyone ages 15 to 65 with no copayment or coinsurance.

The first step after testing HIV positive is to see a health care provider, even if you don't feel sick. Prompt medical care and treatment with HIV medicines as soon as possible is the best way to stay healthy. It is recommended that people with HIV start taking HIV medicines as soon as possible.

Nearly half of all pregnancies in the U.S. are unplanned, according to the Centers for Disease Control and Prevention. Roughly 1 in 4 teens get pregnant before they turn 20. **Unplanned pregnancies** are a well-recognized problem and can pose a health risk for the baby as well as the mother.

Prevention

* Prevention can include the use of a condom, birth control, or abstinence. Informative sexual education is also beneficial for many teens.

STDs (sexually transmitted diseases) are infections transmitted through sexual contact. STDs are very common. The symptoms of an infected person aren’t always physically visible. Similar to HIV, STDs can be controlled, but not cured. Both men and women can be affected by the viruses, however the health problems can be more severe to women.

Prevention

* Correct use of condoms greatly reduces the risk of contracting STDs, but the possibility of getting infected is always a possibility.
* Other forms of prevention include: abstinence, vaccination, and avoiding sex while under the influence of alcohol or drugs.
* Human papilloma virus (HPV) and hepatitis B (HBV) are both preventable by vaccine.

If you think you may have a sexually transmitted infection, go to your general practitioner or local sexual health or GUM (genitourinary medicine) clinic. Most STIs can be successfully treated, but it's important to get any symptoms checked as soon as possible.

Unplanned Pregnancy

* Reasoning
* Trump administration cut teen pregnancy prevention program funds
* Health risk for both the baby and the mother
* Roughly 1 in 4 teens get pregnant by the age of 20
* Unplanned teenage pregnancy is a well-recognize problem
* Prevent
* Use of condom during sexual intercorse
* Birth control
* For more information visit…
* <https://www.womenonweb.org/en/page/495/how-can-you-prevent-a-future-unwanted-pregnancy>
* Helpful
* Planned Parenthood <https://www.plannedparenthood.org/learn/pregnancy/pregnancy-options>
* [www.womenshealth.gov/pregnancy/you-get-pregnant/unplanned-pregnancy](http://www.womenshealth.gov/pregnancy/you-get-pregnant/unplanned-pregnancy)

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* What is it?
* An infection transmitted through sexual contact. STDs can be controlled, but not cures.
* Reasoning
* STDs are very common and the symptoms of an infected person aren’t always physically visible because the medicine clears and/or controls the symptoms.
* Both men and women can be affected by the viruses, however the health problems can be more severe to women.
* Prevent
* Correct use of condoms greatly reduces the risk of contracting STDs, but the possibility of getting infected is always a possibility.
* Abstinence
* Vaccination
* Avoid alcohol and recreational drug use
* Resources
* Test centers
  + <https://www.plannedparenthood.org/health-center/texas/austin/78758/north-austin-health-center-2398-91620/std-testing-treatment>
  + https://gettested.cdc.gov/

WAYS TO PREVENT

* Limit your number of sexual partners.
* Avoid sex when under the influence of alcohol or drugs.
* Get vaccinated against the human papillomavirus (HPV) and hepatitis B (HBV).
* using a male or female condom for intercourse
* Rinse off after
* using condoms or dental dams for oral sex
* using gloves for manual penetration
* Pee after