

## THINGS TO KNOW ABOUT STD/STI

### Sexually Transmitted Infections vs Sexually Transmitted Diseases

**Infections** - Occurs when microbes enter the body and begin to multiply. Infections can be caused by pathogens contracted from the environment or other organisms. In rare cases, infections can be caused by microorganisms that normally live on or in the body, but become harmful when the immune system is weakened.

**Diseases** - A broader term that can include infections and other processes that disrupt bodily functions. Disease occurs when an infection damages cells in the body, causing signs and symptoms of illness to appear. Not all diseases are caused by pathogens.

#### Types of STI/STD:

- Parasitic – caused by parasites
- Bacterial – caused by bacteria
- Viral – caused by viruses

#### PARASITIC STI/STD

1. **PUBIC LICE** - Often called "crabs". Pubic lice known as ***Pthirus pubis*** are tiny insects that attach themselves to the skin and hair in the pubic area.
  - a. **TRANSMISSION**
    - i. Pubic lice are very easily transmitting during sex.
    - ii. Close physical contact.
    - iii. Very rarely, they are transmitting from contact with infected bedding, clothing, upholstered furniture, and toilet seats.
    - iv. Animals cannot spread lice to humans.
  - b. **TREATMENT**
    - i. Thoroughly work the shampoo into dry pubic hair and surrounding area for at least 5 minutes.
    - ii. Comb the pubic hair with a fine-toothed comb to remove eggs (nits). Applying vinegar to pubic hair before combing may help loosen nits.
    - iii. Shave or trim the pubic hair.
2. **SCABIES** - a contagious skin condition caused by a small mite ***Sarcoptes scabiei***.
  - a. **SYMPTOMS**
    - i. The skin may show signs of small insect-type bites, or the lesions may look like pimples or blisters, especially around the wrist, elbow, knee, underarm area, groin, or finger webs.
    - ii. Intense itching, especially at night and
    - iii. Skin lesions.
  - b. **TRANSMISSION**
    - i. Skin transmission during sexual intercourse may cause skin lesions on the penis, vaginal area, or groin.
    - ii. A person can get scabies from touching something that the mite is on, but that is not a major mode of transmission.
  - c. **TREATMENT**
    - i. oral antibiotic or antibiotic ointment applied to the area.

3. TRICHOMONIASIS - Caused by the protozoa *Trichomonas vaginalis* that infects the **urogenital tract** of both women and men worldwide.
  - a. SYMPTOMS
    - i. Yellow-green (sometimes frothy) vaginal discharge with a foul odor
    - ii. Discomfort during sex and when passing urine
    - iii. Irritation and itching in the genital area
    - iv. Lower abdominal pain in rare cases
  - b. TRANSMISSION
    - i. During sex, the parasite is usually transmitted from a penis to a vagina, or from a vagina to a penis, but it can also be passed from a vagina to another vagina.
  - c. TREATMENT
    - i. Metronidazole
    - ii. Tinidazole

#### BACTERIAL STI/STD

1. Chlamydia - an infection caused by **pathogenic bacteria** *Chlamydia trachomatis*. It has been dubbed '**The Silent Infection**'.
  - a. SYMPTOMS (MEN)
    - i. A discharge from their penis;
    - ii. A burning sensation when urinating;
    - iii. Pain and swelling in one or both testicles (although this is less common).
    - iv. Rectal pain;
    - v. Discharge;
    - vi. Bleeding
  - b. SYMPTOMS (WOMEN)
    - i. An abnormal vaginal discharge;
    - ii. A burning sensation when urinating. Painful periods
    - iii. Abdominal pain with fever
    - iv. Pain when having sex
  - c. TRANSMISSION
    - i. Chlamydia is transmitted through contact with genital secretions usually during vaginal; anal; or oral sex.
  - d. TREATMENT
    - i. Since bacteria cause chlamydia, the disease can often be treated with antibiotics.
2. Gonorrhea - a contagious disease caused by a kind of bacteria called *Neisseria gonorrhoeae* that is passed during sexual contact.
  - a. SYMPTOMS (MEN)
    - i. Symptoms usually appear two to 14 days after infection.
    - ii. Greenish yellow or whitish discharge from the penis
    - iii. Burning when urinating
    - iv. Burning in the throat (due to oral sex)
    - v. Swollen glands in the throat (due to oral sex)
    - vi. Painful or swollen testicles
  - b. SYMPTOMS (WOMEN)
    - i. Greenish yellow or whitish discharge from the vagina
    - ii. Lower abdominal or pelvic pain
    - iii. Burning when urinating

- iv. Conjunctivitis (red, itchy eyes )
- v. Bleeding between periods
- vi. Spotting after intercourse
- vii. Swelling of the vulva
- viii. Burning in the throat
- ix. Swollen glands in the throat.
- c. TRANSMISSION
  - i. Gonorrhea is spread by vaginal; anal; and oral sex
  - ii. It is not passed through casual contact (kissing and skin to skin contact).
- d. TREATMENT
  - i. Gonorrhea is easily treated through antibiotics.
  - ii. Small amounts of penicillin and later on tetracycline was the standard treatment for gonorrhea.
- 3. SYPHILIS - According to **Medilexicon's medical dictionary** "**Syphilis** is an acute and chronic infectious disease caused by the bacterium **Treponema pallidum**."
  - a. SYMPTOMS
    - i. Will develop one or more sores in the genitalia or penis.
    - ii. Also experience moist warts in the groin.
    - iii. white patches on the inside of the mouth.
    - iv. Swollen lymph glands
    - v. Fever
    - vi. Weight loss
    - vii. Hair loss
  - b. TRANSMISSION
    - i. during direct sexual contact with a syphilis lesion that involves vaginal, oral, or anal sex
    - ii. Syphilis is transmitted through close skin-to-skin contact and is highly contagious when the syphilis sore (chancre) or rash is present.
  - c. TREATMENT
    - i. Treated with a single dose of penicillin, which is given as an injection into the buttocks.

#### VIRAL STI/STD

1. Human Papilloma Virus (HPV) or Genital Warts - Human papillomaviruses are small, double-stranded DNA viruses that infect the epithelium. There are 100 identified types of HPV

##### Classification of HPV according to level of risk

- Common: HPV types infect the cutaneous epithelium and cause common skin warts.
- Low Risk or Nononcogenic: There are 40 types of HPV, such as types 6 and 11, can cause benign cell abnormalities.
- High-risk or Oncogenic: HPV types act as carcinogens in the development of cervical cancer. Type 16 is most frequent.

##### a. SYMPTOMS

- i. After the person infected of HPV, the warts can appear in weeks or months. Three months is the average.
- ii. Warts can grow in;
- iii. Inside and outside the penis and vagina.

- iv. Thighs
    - v. Anus
  - b. TRANSMISSION
    - i. Sexual Intercourse:
    - ii. Vaginal Sex
    - iii. Oral Sex
    - iv. Anal Sex
    - v. Non-sexual related:
    - vi. Skin to skin contact
  - c. TREATMENT
    - i. Anti-viral Drugs
    - ii. Laser treatment
    - iii. Ointment
2. Herpes Simplex Virus (HSV) - Herpes virus is a member of the Human Herpes viruses (Herpetoviridae).
- a. SYMPTOMS
    - i. Blisters may appear after 2-21 days after sexual contact with infected person.
  - b. TREATMENT
    - i. Salt baths or ice packs may reduce discomfort.
    - ii. Iodine-containing antiseptics such as Betadine.

\*This will dry out the blisters and may help prevent secondary infection.
3. HUMAN IMMUNODEFICIENCY VIRUS – HIV finds and destroys a type of white blood cell (T-Cells or CD4 Cells) that the immune system must have to fight disease.
- a. SYMPTOMS
 

A person may suffer of flu-like symptoms such as:

    - i. Fever
    - ii. Cold
    - iii. Headache
    - iv. Diarrhea

\*These symptoms may come and go a month or two after infection.
  - b. TRANSMISSION
    - i. Mother-to-child (Pregnancy, Birth, Breastfeeding)
    - ii. Needle/Syringe Sharing
    - iii. Sexual Intercourse/Contact
  - c. TREATMENT
    - i. No treatment currently

\*Medicines that can prevent HIV from multiplying, the Antiretroviral Therapy or ART.
4. ACQUIRED IMMUNODEFICIENCY SYNDROME – The final or terminal stage of HIV. During this stage the T-cells drops to 200 or much lower.

#### W.H.O Clinical Staging of HIV

- STAGE 1 – ASYMPTOMATIC – Asymptomatic Persistent generalized lymphadenopathy
- STAGE 2 – MILD DISEASE - Average 10 years antibodies are detectable in the blood
- STAGE 3 – ADVANCED - The immune system deteriorates; Opportunistic infections start to appear
- STAGE 4 – SEVERE/TERMINAL - Rapid decline in number of CD4 T cells
- Opportunistic infections become severe and cancer may develop

# HIV 101

Without treatment, HIV (human immunodeficiency virus) can make a person very sick and even cause death. Learning the basics about HIV can keep you healthy and prevent transmission.

## HIV Can Be Transmitted By



Sexual Contact



Sharing Needles  
to Inject Drugs



Mother to Baby  
during pregnancy, birth,  
or breastfeeding

## HIV Is **NOT** Transmitted By



Air or Water



Saliva, Sweat, Tears, or  
Closed-Mouth Kissing



Insects or Pets



Sharing Toilets,  
Food, or Drinks

Four Body Fluids that Transmit HIV:

1. Blood
2. Semen
3. Vaginal Fluid
4. Breast Milk

Survival of HIV (TAMA):

- Temperature - The HIV virus can only survive outside the body if the temperature is below 39 degrees Fahrenheit (3.88889 degrees Celcius). Room temperatures do not let the virus thrive and it will die very quickly.
- Atmosphere - **Light and air:** HIV dies quickly when exposed to light and air; **Drying:** When fluid leaves the body and dries up, the virus is damaged and dies.
- Moisture - **Water:** HIV doesn't survive long in water. One study found that after 1–2 hours in tap water, only 10% of the virus was still active.
- Acidity - **pH:** HIV thrives in neutral pH levels around 7.0.

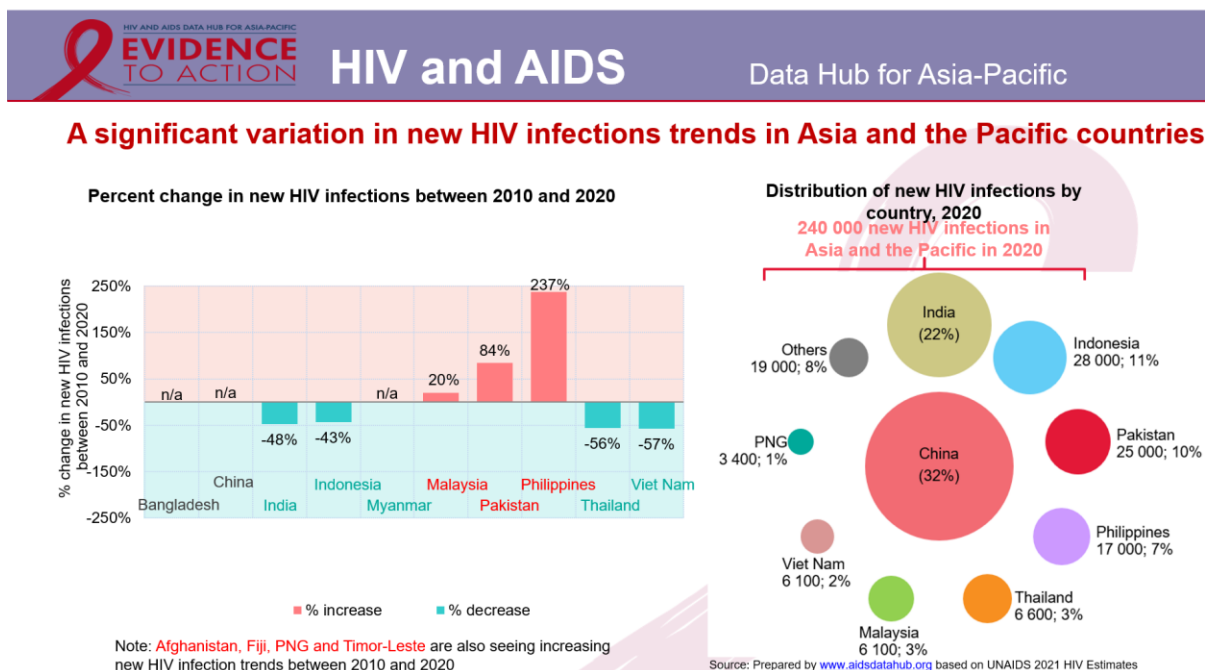
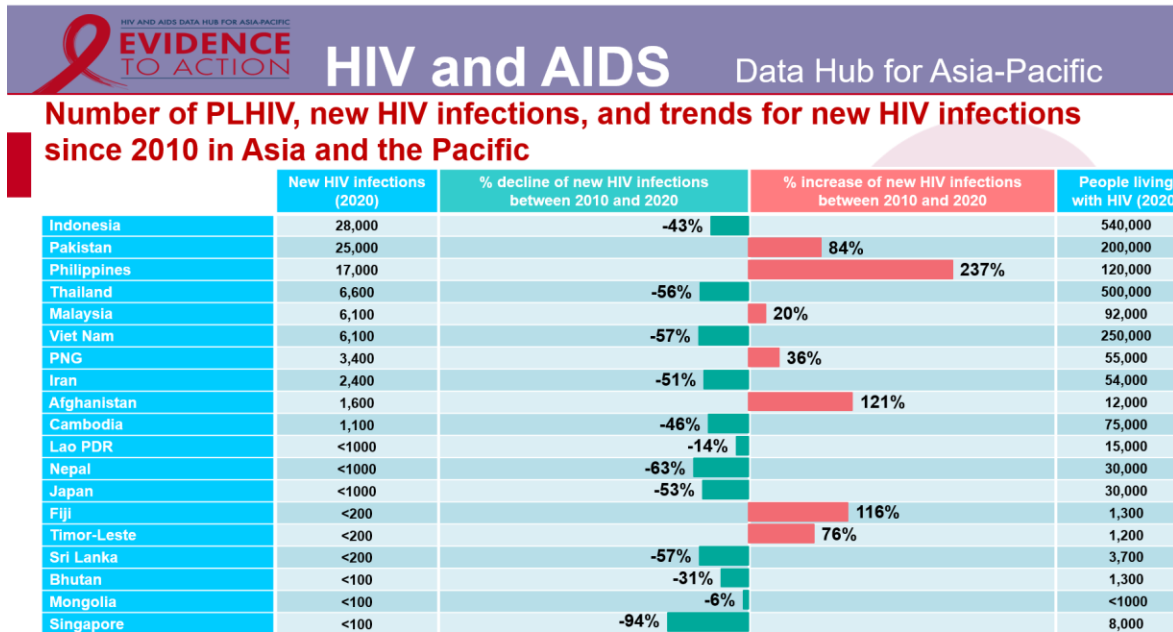
Risk of Transmission:

1. Masturbation – NO RISK
2. Oral Sex – LOW RISK
3. Vaginal Sex Without Condom – HIGH RISK
4. Anal Sex Without Condom – EXTREMELY HIGH RISK

## Let's Talk About HIV in the Philippines

In the beginning of year 2022:

- 1500+ New Cases of HIV Positive (Dept. of Health)
- 39 Cases per Day (World Health Organization)
- Philippines is one of the FASTEST HIV epidemic countries in the world with 200% increase.
- Approximately 37.7 million PLHIV Worldwide
- 27.7% or 10.2 million PLHIV are Unable to Access HIV Treatment





Department of Health | Epidemiology Bureau

FEBRUARY 2022

# HIV/AIDS & ART REGISTRY OF THE PHILIPPINES

## SUMMARY OF NEWLY DIAGNOSED CASES

Total Reported Cases, Feb 2022	Average cases per day <sup>a</sup> , Jan-Feb 2022	Male	Female	With advanced HIV disease <sup>c</sup>	Total reported deaths <sup>d</sup>
<b>1,054</b>	<b>33</b>	<b>1,006</b>	<b>48</b>	<b>297</b>	<b>78</b>
Age Group: <span>&lt;15</span> <span>15-24</span> <span>25-34</span> <span>35-49</span> <span>50+</span>					
<span>&lt;1%</span> <span>30%</span> <span>50%</span> <span>18%</span> <span>2%</span>					

**Table 1:** Number of diagnosed HIV cases by MOT, Feb 2022

Mode of Transmission	Feb 2022 (n=1,054)		Jan-Feb 2022 (n=1,929)	
	Male (1,006)	Female (48)	Male (1,846)	Female (83)
Sexual Contact	993	46	1,823	79
<i>Male-female sex</i>	64	46	110	79
<i>Male-male sex</i>	678	-	1,270	-
<i>Sex w/ males &amp; females<sup>f</sup></i>	251	-	443	-
Sharing of infected needles	5	0	8	0
Mother-to-child	0	1	2	2
No data	8	1	13	2

**Fig. 1: Distribution of newly diagnosed cases by region of residence, Feb 2022 (N=1,054)**

Region	No.	%
NCR	316	(30%)
4A	230	(22%)
3	121	(12%)
6	68	(7%)
7	63	(6%)
1	45	(4%)
11	42	(4%)
10	35	(3%)
12	23	(2%)
9	22	(2%)
2	21	(2%)
5	18	(2%)
4B	15	(1%)
8	15	(1%)
CAR	12	(1%)
BARM	4	(<1%)
CARAGA	4	(<1%)



#### HIV and the Youth (15-24 Years Old)

- 30% (311) of the reported cases were among youth 15-24 years old, and 95% (296) of them were male.
- Twenty-four percent (75) among youth were reported to have advanced infection of HIV.
- All the reported cases were acquired through sexual contact (28 male-female sex, 218 male-male sex, 65 sex with both males & females).
- 2 out of 3 new infections are among key populations aged 15 to 24 years old
- **13,516 Newly Diagnosed Cases**

#### Is HIV curable?

HIV treatment (antiretroviral therapy or ART) **involves taking medicine as prescribed by a health care provider**. HIV treatment reduces the amount of HIV in your body and helps you stay healthy. There is no cure for HIV, but you can control it with HIV treatment.



## Pre-Exposure Prophylaxis (PrEP)

- Medicine taken to prevent getting HIV.
- PrEP reduces the risk of getting HIV from sex by about 99%.
- PrEP reduces the risk of getting HIV from injection drug use by at least 74%.



## Availability of laws or policies restricting the entry, stay and residence of people living with HIV by sub-region, 2021

SAARC		ASEAN		Oceania	
Afghanistan	NO	Brunei	YES	Australia	YES
Bangladesh	NO	Cambodia	NO	Fiji	NO
Bhutan	NO	Indonesia	YES	Kiribati	NO
India	NO	Lao PDR	NO	Marshall Islands	YES
Maldives	YES	Malaysia	YES	Micronesia F. S.	NO
Nepal	NO	Myanmar	NO	Nauru	NO
Pakistan	NO	Philippines	NO	New Zealand	NO
Sri Lanka	NO	Singapore	YES	Palau	YES
		Thailand	NO	Papua New Guinea	YES
		Viet Nam	NO	Samoa	YES
				Solomon Islands	YES
				Tonga	YES
				Tuvalu	YES

Sources: Prepared by [www.aidsdatahub.org](http://www.aidsdatahub.org) based on UNAIDS. (2021). Global AIDS Update 2021. *Confronting Inequalities: Lessons for pandemic responses from 40 years of AIDS.*

## R.A. 8504 – Philippine AIDS and Prevention Act of 1998

### Article VII - Discriminatory Acts and Policies

- Section 35. Discrimination in the Workplace

*Discrimination in any form from pre-employment to post-employment, including hiring, promotion or assignment, based on the actual, perceived or suspected HIV status of an individual is prohibited. Termination from work on the sole basis of actual, perceived or suspected HIV status is deemed unlawful.*

- Section 36. Discrimination in Schools

*No educational institution shall refuse admission or expel, discipline, segregate, deny participation, benefits or services to a student or prospective student on the basis of his/her actual, perceived or suspected HIV status.*

- Section 37. Restrictions on Travels and Habitation

*The freedom of abode, lodging and travel of a person with HIV shall not be abridged. No person shall be quarantined, placed in isolation, or refused lawful entry into or deported from Philippine territory on account of his/her actual, perceived or suspected HIV status.*

- Section 38. Inhibition from Public Office

*The right to seek an elective or appointive public office shall not be denied to a person with HIV.*

- Section 39. Exclusion from credit and insurance service

*All credit and loan services, including health, accident and life insurance shall not be denied to a person on the basis of his/her actual, perceived or suspected HIV status: Provided, That the person with HIV has not concealed or misrepresented the fact to the insurance company upon application. Extension and continuation of credit and loan shall likewise not be denied solely on the basis of said health condition.*

- Section 40. Discrimination in hospitals and health institutions

*No person shall be denied health care service or be charged with a higher fee on account of actual, perceived or suspected HIV status.*

- Section 41. Denial of Burial Services

*A deceased person who had AIDS or who was known, suspected or perceived to be HIV-positive shall not be denied any kind of decent burial services.*

- Section 42. Penalty for discriminatory acts and policies

*All discriminatory acts and policies referred to in this Act shall be punishable with a penalty of imprisonment for six (6) months to four (4) years and a fine not exceeding Ten thousand pesos (P10,000.00). In addition, licenses/permits of schools, hospitals and other institutions found guilty of committing discriminatory acts and policies described in this Act shall be revoked.*

### **ABCDE of HIV Prevention**

A- abstinence

B- be mutually faithful

C- check your status

D- don't inject drugs

E- educate yourself and others

### **Final Reminders:**

1. Hindi dapat ginagawang katatawanan ang HIV.
2. Hindi dapat pinangdirihan ang mga taong infected ng HIV.
3. Hindi dapat pinagkakalat ang impormasyon ng taong infected ng HIV.
4. Ang paggamit ng proteksyon tulad ng condom ay kinakailangan kahit na umiinom ng PrEP ang isang tao.
5. Walang sintomas na ipinapakita ang HIV at ang tanging paraan lamang upang malaman ang iyong kalagayan ay sa pamamagitan ng "TESTING".
6. Ang HIV testing ay libre at confidential.
7. Kailangang suportahan natin ang mga taong may ganitong uri ng karamdaman (kaibigan, ka-pamilya, kakilala, etc.).
8. Hindi HIV ang pangunahing sanhi ng kamatayan ng mga taong infected nito kundi ang iba pang sakit at komplikasyon na dumapo sa katawan ng isang PLHIV.
9. Ang kawalan ng kaalaman at pagpapakalat ng tsismis at maling impormasyon ang nagpapalala ng STIGMA.