

Sexually Transmitted Diseases in Adolescents

Sexually transmitted diseases are transmitted through unprotected sexual intercourse and are highly infectious diseases. Unprotected sexual contact risks the lives of the young by afflicting with sexually transmitted diseases such as HIV infection and even unwanted pregnancy. Every year, nearly nineteen million cases of sexually transmitted diseases are reported in the United States alone and out of these, half of the cases involve people from the age group of fifteen years to twenty four years.

The best way to make sure the adolescent doesn't contract sexually transmitted diseases is to abstain from all types of sexual activities. In spite of this, if the adolescent becomes sexually active, he/she must be advised by the parents to take precautionary measures to reduce the risk of getting a sexually transmitted disease. The best precautionary measure is to use a condom every time the adolescent has sexual intercourse. Only when other sexually transmitted diseases are prevented and controlled, HIV infections can be prevented.

It is best when the adolescent delays and abstains from sexual relationships, because the younger the person, the more susceptible he/she is to get a sexually transmitted disease. Having sexual contact during menstruation is also risky. It is good to avoid anal intercourse and if it is performed condom is a must, even when having oral sex. Every person should get STD checkups as frequently as possible, irrespective of being sexually active or not, after they turn into adolescents. Precaution must also be taken when getting injected by an intravenous drug, that the needle used to inject must be sterile. The adolescent must be educated about the symptoms and risks of sexually transmitted diseases.

Adolescents must be thoroughly informed even if they say they know it all. They must be asked to indulge in only safe sex, if doing so. Parents should talk honestly and calmly about safe sex and must answer all their child's queries. Topics such as STDs, birth control methods, having sex because of peer pressure, and date rape must be discussed in detail. Most people think that kissing is safe, but it can spread the sexually transmitted disease, herpes and many other diseases. Condoms do not provide hundred percent protections for genital warts, AIDs and genital warts. Females shouldn't douche as it can make the infection go deeper into the reproductive tract and can also wash off spermicidal protection. At a time, sexual intercourse must be provided with only one partner, who isn't involved with any other sexual partner.

The sexually transmitted diseases are Acquired Immune Deficiency Syndrome or AIDS, Human Papillomaviruses or HPVs, chlamydial infections, pelvic inflammatory disease or PID, Gonorrhea, Genital Herpes, syphilis, and genital warts. The

symptoms of sexually transmitted diseases take time to surface. Some of them are also symptom less and even these diseases can be contagious. Especially in the case of female, the symptoms of sexually transmitted diseases can be confused with the symptoms of other diseases. But females get severe symptoms and get it more frequently. Sexually transmitted diseases can harm the fallopian tubes and uterus. It can even lead to inflammatory disease, which in turn can cause ectopic pregnancy or infertility. Cervical cancer, in females, can be associated to sexually transmitted diseases. If a female gets a sexually transmitted disease during her pregnancy, the disease can pass onto her child. Sometimes the newborn's infections can be treated successfully, but at other times, the child can be disabled for life or die.

If an adolescent is diagnosed with sexually transmitted diseases, his or her treatment must start immediately. The early the sexually transmitted diseases are diagnosed, the easier it is to treat them successfully. The other sexual partner must be informed so that they can get themselves diagnosed and can undergo treatment. The adolescent must be instructed to stay away from sexual activity while the treatment is going on. The checkup must be followed after the treatment. Tests such as pelvic examination, Pap test, and test for STDs should be taken periodically.

Sexually transmitted diseases can affect people of all economic levels and backgrounds. Half of the cases of sexually transmitted diseases involve young people below the age of twenty five. The more sexually active the person is the more risk he/she is. And multiple sex partners at a given time are very dangerous too and must be strictly abstained from.

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