

YOUR GUIDE TO THE MOST COMMON

Sexually Transmitted Infections/Diseases (STIs/STDs)



TWO LINES

Pregnancy Clinic

CHLAMYDIA

One of the most common STIs/STDs, chlamydia affects people under the age of 25 at a high rate. Most women and men who catch it don't have symptoms so they don't know they have it and infect other people. Chlamydia can cause serious problems like pelvic inflammatory disease (PID; read about PID on the next page), infertility and tubal pregnancy.

Chlamydia increases the risk for a baby to be born early (premature). It can be passed to a newborn during birth leading to infections of the eyes (conjunctivitis) and lungs (pneumonia).



Treatable with antibiotics.

GONORRHEA

Does the CLAP sound familiar? That's its nickname. Men who have gonorrhea may have burning when they pee and yellow discharge from their penis. Women usually don't know they have it. Like chlamydia, it can cause serious problems like PID, tubal pregnancy, and infertility.

Gonorrhea may increase the risk for a woman's water to break early or become infected (PROM, chorioamnionitis). It commonly causes eye infections in newborns. If left untreated, this can lead to blindness. It can also cause systemic infections of the blood (sepsis), and membranes surrounding the brain and spinal cord (meningitis).



Treatable with antibiotics.

SYPHILIS

It is spread by blood and bodily fluids of infected individuals and/or through shared drug needles. It shows symptoms in four stages, progressively worsening with each stage.

Syphilis can be very dangerous in pregnancy causing miscarriage or still birth. Babies born with syphilis can develop blindness or deafness as well as severe conditions affecting the bones, blood, organs and nerves.



Treatable with antibiotics.

GENITAL WARTS

Caused by certain strains of HPV (read about HPV on the next page). Genital warts look like small, flesh-colored bumps that cluster together at the opening of the vagina or anus or on the penis and sometimes itch. There is a vaccination available to help prevent genital warts.

Hormonal changes during pregnancy may cause warts to increase in size and amount, causing bleeding and further discomfort. Though uncommon, genital warts can be passed on to a newborn leading to recurrent warts in the baby's mouth or throat.



Treated with prescription creams, surgery, laser or freezing procedures.

PROTECT YOURSELF!

THESE SEXUALLY TRANSMITTED INFECTIONS ARE SPREAD BY UNPROTECTED ORAL, VAGINAL AND/OR ANAL SEX OR MUTUAL MASTURBATION; IT'S ALL SEX.

Two Lines Pregnancy Clinic recognizes that, while condoms may reduce your risks, the only way to prevent STIs/STDs is to avoid having sex until you are in a committed, monogamous relationship, such as marriage.

HERPES SIMPLEX VIRUS

(HSV-1 & HSV-2)

It can be spread by touching another person who already has it, even if the person has no symptoms; this is called viral shedding. You can also become infected by touching sores or the body fluids of an infected partner. After the first infection, it may come back from time to time in the form of small clusters of sores.

HSV may cause preterm birth. Both virus types of HSV can be passed to a newborn. Neonatal herpes (an HSV infection in newborns) is serious and can lead to high rates of sickness and death.



Infection persists for life, BUT antiviral medication is available to help decrease spread to partner(s) and to treat outbreaks.

HUMAN IMMUNODEFICIENCY VIRUS

(HIV)

HIV spreads through blood or bodily fluids of infected individuals, through shared drug needles, and/or from mother-to-baby during pregnancy, delivery, or breastfeeding. In its initial stages, it can cause severe flu-like symptoms. Treatment is important! Without treatment, HIV is the virus that can lead to Acquired Immunodeficiency Syndrome (AIDS).

HIV increases the risk for preterm birth. Newborns affected with HIV suffer from severely weakened immune systems leading to serious infections, developmental delays, and potentially brain damage.



Treated with antiretroviral therapy (ART) Medication.

HUMAN PAPILLOMAVIRUS (HPV)

HPV exists in more than 40 different strains that affect the anal and genital areas, some causing warts, the others causing pre-cancer and cancer. There are vaccinations for some strains, and there are medications for removing warts caused by it.

HPV during pregnancy can cause genital warts or abnormal cells to grow in the cervix. Routine cervical cancer screenings are recommended even during pregnancy.



Treated with vaccination for some types and medication for warts.

TRICHOMONIASIS

It goes by “Trick,” and most of the time people (especially males) don’t know it has infected them. When symptoms do show up, it is usually in women, and it can cause vaginal discharge that might be a yellow-green color. It is spread by unprotected sex.

Trichomoniasis increases the risk for preterm birth, premature rupture of membranes (PROM) and low birth weight. It also increases your risk of getting HIV. Newborns born with trichomoniasis can develop complications including respiratory issues and other serious infections.



Treatable with antibiotics.

COMPLICATIONS OF UNTREATED STIs/STDs

BACTERIAL VAGINOSIS—Called “BV” for short. Although the actual cause is still unknown, an imbalance of vaginal bacteria sometimes brought on by douching, not using condoms during sex, or new or multiple sexual partner(s) can increase your chances of getting BV. You can expect BV to cause an off-white vaginal discharge with a fishy smell or nothing at all. BV increases your risk of getting some other STIs/STDs. BV significantly increases the risk for a newborn to be born early (premature) or have low birth weight potentially leading to serious health conditions. It is rarely passed to a newborn from the mother. **Treatable with antibiotics.**

PELVIC INFLAMMATORY DISEASE (PID)—PID is usually caused by untreated chlamydia or gonorrhea. It causes infection and inflammation of the uterus, fallopian tubes, and/or ovaries. Screening and early treatment of infections can reduce the risk of developing it, so get tested regularly. PID significantly increases the risk for an ectopic pregnancy as well as infections and complications during pregnancy. **Treatable with antibiotics.**