

DID YOU KNOW?

- Sometimes STI/STDs may show no signs and symptoms.
- Certain STIs like gonorrhoea, HIV, chlamydia, syphilis etc. can be transmitted from an infected mother to her baby during pregnancy or childbirth.
- If left untreated STIs can lead to pelvic inflammatory diseases, ectopic pregnancy and even infertility in women.
- STIs affect both men and women but the health consequences are usually more severe for women than for men.
- Correct usage of latex condoms can greatly reduce but does not completely eliminate the risk of contracting or spreading STIs.

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NEWSLETTER

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STI & STDs

WHAT YOU SHOULD KNOW

Sexually Transmitted Infections (STI) or Sexually Transmitted diseases (STDs) are infections passed from one person to another during sexual contact.

SYMPTOMS OF STIs/STDs

STIs/STDs can have a number of symptoms or even NO Symptoms which is why it is important to either abstain where possible or practice safe sex.

Symptoms may include;

- ❖ Painful or burning sensation during urination.
- ❖ Discharge from penis or vagina (Foul/odd smelling).
- ❖ Sores or bumps on the genitals or in the oral or rectal area.
- ❖ Pain during sex.
- ❖ Lower abdominal pain.
- ❖ Fever.
- ❖ Unusual vaginal bleeding.
- ❖ Swollen lymph nodes in the groin and other areas.

There are over 20 types of STIs and a few common ones include; Gonorrhoea, Syphilis, Chlamydia, herpes, HPV, HIV/AIDS etc.

PREVENTION

The best way to avoid getting an STI is to practice abstinence. However, if you do have sex it is important to practice safe sex by using a condom.

Limit your partner to one and be faithful to that one. Get tested as not all STIs have symptoms and get vaccinated against hepatitis and HPV.

TREATMENT

STIs caused by bacteria, yeast or parasites are treatable using anti biotics. However STIs caused by viruses are not curable, but medications can be used to alleviate the symptoms.

IF YOU THINK YOU MIGHT HAVE AN STI OR HAVE BEEN EXPOSED TO AN STI PLEASE SEE YOUR DOCTOR IMMEDIATELY.

