

# **STDs (Sexually Transmitted Diseases)**

STDs are also called venereal diseases. They are caused by germs that live on the skin or in body fluids such as semen, vaginal fluid or blood. The germs are passed from an infected person often through sexual contact with skin, blood or body fluids. These germs can enter the body through the vagina, mouth, anus and open sores or cuts. STDs are not spread by casual contact, by being in swimming pools or by sitting on toilet seats.

## **Signs of STDs**

Signs may occur days, weeks or months after exposure. Some men and women have no signs but have a STD and can pass it onto others.

Common signs include:

- Burning with urination
- Genital ulcers such as open sores or blisters
- Warts
- Skin rash
- Discharge from the penis or vagina
- Abdominal pain, most often in women

## **Types of STDs**

- Gonorrhea
- Syphilis
- Herpes
- Chlamydia
- Hepatitis (HBV)
- Human Immunodeficiency Virus (HIV)
- Human Papilloma Virus (HPV or genital warts)
- Chancroid

# PPB (Polno prenosive bolesti)

PPB se nazivaju i venerična oboljenja. One su uzrokovane bakterijama koje žive na koži ili tjelesnim izlučevinama kao što su sperma, vaginalna tečnost ili krv. Bakterije se prenose od inficirane osobe često putem seksualnog kontakta preko kože, putem krvi ili tjelesnim izlučevinama. Ove bakterije mogu dospjeti u organizam kroz vaginu, usnu duplju, anus i otvorene rane i posjekotine. Polno prenosive bolesti se ne prenose slučajnim kontaktom, kao što su plivanje u bazenu ili sjedenje na toaletnoj školjci.

## **Simptomi polno prenosivih bolesti**

Simptomi se mogu pojaviti danima, sedmicama ili mjesecima nakon izlaganja uzročnicima. Neki muškarci i žene nemaju simptoma, ali imaju polnu bolest i mogu je prenijeti drugima.

Uobičajeni simptomi uključuju:

- pečenje prilikom uriniranja
- genitalni čirevi kao što su otvorene rane ili mjehurići
- bradavice
- svrab kože
- iscjedak iz penisa ili vagine
- bol u abdomenu, najčešće kod žena

## **Vrste PPB**

- Gonoreja
- Sifilis
- Herpes
- Klamidija
- Hepatitis B (HBV)
- HIV virus
- Papilom virus (HPV ili genitalne bradavice)
- Kankroid

## **Preventing STDs**

Abstinence, or no sexual relations, is the best way to prevent the spread of STDs. If you choose to have sexual relations, have one partner and always use latex condoms that have nonoxynol-9 and use with spermicidal jelly.

## **Testing**

You should be tested for STDs if you:

- Have had oral, anal, or vaginal sex and did not use latex condoms.
- Share needles to inject drugs or have sex with someone who does share needles.
- Feel you may have been exposed to or have signs of a STD.

You can be tested for a STD by your doctor or at your local health department. Most testing for STDs is anonymous.

You can go to the Sexual Health walk-in Clinic at the Columbus Health Department at 240 Parsons Avenue, Columbus, OH. Their phone number is (614) 645-7772. Testing for HIV is free and tests for other STDs have a small fee.

## **Sprječavanje PPB**

Apstinencija ili neupražnjavanje polnih veza je najbolji način za sprječavanje širenja PPB. Ako se odlučite imati polne odnose, budite sa jednim partnerom i uvijek koristite lateks kondome koji sadrže nonoxynol-9 (nonoksinol-9) i koristite ga sa spermicidnim premazom.

## **Testiranje**

Trebali biste se testirati na PPB ako ste:

- imali oralni, analni ili vaginalni polni odnos i niste koristili lateks kondome.
- dijelili iglu za ubrizgavanje narkotika ili imali polni odnos s nekim ko dijeli igle.
- pod utiskom da ste možda bili izloženi ili imate simptome PPB.

Vaš doktor ili lokalna zdravstvena ambulanta Vas može testirati na PPB. Većina testova koji se obavljaju za PPB je anonimna.

Možete bez prethodne najave otići u Kliniku za polne bolesti (Sexual Health Clinic) u Odjelu za zdravstvo u Kolumbusu (Columbus Health Department) u 240 Parsons Avenue, Columbus, OH. Broj telefona je (614) 645-7772.

Testiranje na virus HIV-a je besplatno, a za testove na ostale PPB se plati mala naknada.

## **Your Care**

Most STDs are treatable. Some can be cured but others cannot. Medicine can be used to help signs and keep the disease from getting worse.

As a part of your care:

- Avoid sexual relations until you and your partner have been treated.
- Take antibiotics as directed until your treatment is done. Be sure to take all of the medicine your doctor orders.
- Call to make an appointment to repeat tests 3 weeks after finishing your antibiotics.
- Return to the Emergency Department or call your doctor if your signs get worse or you have a fever of more than 101 degrees F or 38 degrees C.

There are risks of other problems and more serious disease if you do not get treatment or get incomplete treatment.

**Talk to your doctor or nurse if you have any questions or concerns.**

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## **Vaša njega**

Većina PPB je izlječiva. Neke od njih se mogu izliječiti, ali druge ne. Lijekovi se mogu koristiti za ublažavanje simptoma ili sprječavanje pogoršanja bolesti.

Kao dio Vaše njege:

- Izbjegavajte polne odnose dok se Vi i Vaš partner ne izliječite.
- Uzimajte antibiotike kako je propisano dok se liječenje ne završi. Pobrinite se da propisanu terapiju sprovedete do kraja.
- Nazovite da zakažete ponovno testiranje 3 sedmice nakon prestanka uzimanja antibiotika.
- Vratite se u odjel hitne pomoći ili pozovite svog doktora ako Vam se simptomi pogoršaju ili imate temperaturu višu od 38 °C (101 °F).

Ako se ne liječite ili samo djelimično liječite, postoje rizici od drugih problema i ozbiljnijih oboljenja.

**Razgovarajte sa svojim doktorom ili medicinskom sestrom ako ste zabrinuti ili imate pitanja.**