



# Parenthood Awareness before Conception to Enhance Offspring Health – E-learning Addressing Lifestyle to Transform Habits



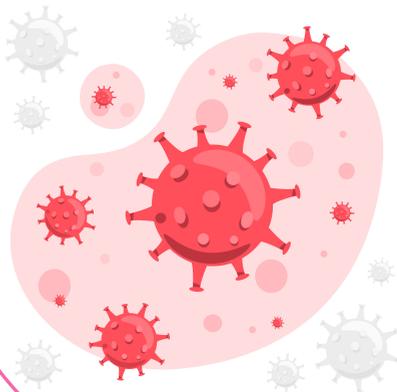
## STDs

### What are the symptoms?

CHLAMYDIA	GONORRHEA	SYPHILIS
The prevalence is higher in women than in men;	is the 2nd most commonly notified STI across the EU countries;	It is divided into stages (primary, secondary and tertiary), with different signs and symptoms associated with each stage;
remains the most frequently reported STI in Europe		Sores around genitals, rectum, anus or around the mouth
		In it's early stages it can be cured with intramuscular <b>Benzathine Penicillin G</b>
		Skin rash, Fever, Hair loss, Headaches, Dementia
		It is affecting 8 times more men than women;
		Untreated infants tend to develop problems in multiple organs such as: brain, eyes, years, heart, skin and bones
	it can be asymptomatic	
	can cause abnormal vaginal discharges	
	during pregnancy can bring an increased risk of miscarriage, stillbirth	
	Untreated it can cause infertility	
	The infection can be passed to the baby in the womb or during labor or delivery	



## Parenthood Awareness before Conception to Enhance Offspring Health – E-learning Addressing Lifestyle to Transform Habits



## STDs

### Myth and Facts

**Myth:** Only teenagers get STIs.

**Fact:** While the CDC states that almost half of STIs are reported in youth ages 15-24, anyone can get STIs regardless of their age, gender, race or sexual practices.

---

**Myth:** You'll know if you have an STI because you'll have symptoms.

**Fact:** A lot of STDs are asymptomatic. Even if you have no symptoms, you could still be contagious and pass the infection to others. Sometimes, it can take several days before symptoms appear.

---

**Myth:** You can't get an STI from having oral sex.

**Fact:** Different STIs, including gonorrhoea, chlamydia and genital herpes, can be spread via oral sex. STIs can be transmitted by vaginal, oral or anal sex, or by skin-to-skin contact.

---

**Myth:** Only people who have multiple partners get STIs.

**Fact:** For people who are exposed to more partners, if they're not using protection like condoms, for example, their risk of transmitting or acquiring an STI from somebody is higher than someone in a monogamous relationship. However, it only takes one exposure to acquire an STI.



**Myth:** If I'm pregnant with an STI, it won't affect my fetus.

**Fact:** For most women who acquire an STI during pregnancy, the overwhelming majority have a healthy, normal pregnancy. However, certain infections, especially viral infections, can cause severe issues with pregnancy, including fetal demise and birth defects. If you have active lesions whenever you deliver vaginally, you can transmit the STI to the baby. HPV also can cause genital warts that can either block the birth canal or affect the cervix.

---

**Myth:** Men and women have the same symptoms for STIs.

**Fact:** In many cases, men don't have any symptoms, whereas females are more likely to have symptoms of certain STIs. It depends on their physiology. Common symptoms of STIs in men include pain and burning with urination, redness around the urethra and urethral discharge. Common symptoms of STIs in women include vaginal discharge, pain and burning with urination and sometimes vaginal bleeding, inflammation in the vagina and vaginal odors.

---

**Myth:** I can only have one STI at a time.

**Fact:** You can have multiple STIs, which actually can be present without you having symptoms – particularly, in males.

---

**Myth:** All STIs can be cured.

**Fact:** Most are manageable, but they may not be curable. Gonorrhoea and chlamydia are both treatable and curable, whereas herpes and HIV are not curable, but they are manageable and can be suppressed with different medications.

---

**Myth:** STIs don't cause infertility.

**Fact:** A big cause of infertility in women is untreated chlamydia and gonorrhoea infections. In some cases, STIs lead to pelvic inflammatory disease (PID), which is basically an infected fluid collection involving the fallopian tubes.

Source: <https://phelpshealth.org/news/featured-stories/dispelling-myths-about-sexually-transmitted-diseases-stds>