

# The Most Common STDs

## It's Your Choice

You are the person who decides whether to expose yourself to STDs. The number of infected people is constantly increasing. And most of these people don't even know that they are carriers of disease.

An estimated 65,000,000 people in the United States currently have an incurable STD.<sup>10</sup>

Some of these diseases can be treated with antibiotics, others cannot and will remain with you the rest of your life. And some are quite deadly. All have consequences that no one wants.

Over 19,000,000 people become newly infected with STDs each year in the United States.<sup>10</sup> And two thirds of these people are under the age of 25.<sup>11</sup> Being sexually active has always carried the risk of disease. But today the risk has increased many times.

If you do become infected, you probably will not know it, at least at first. Some STDs take weeks, months or possibly even years to show symptoms. Being sexually active during this time can infect your sexual partners.

If you become infected with certain common STDs, it can increase your chance of contracting HIV/AIDS by up to 5 times.<sup>12</sup> That is a frightening thought, considering that AIDS is routinely fatal.

For women who are infected with chlamydia or gonorrhea there is also a greater chance of developing Pelvic Inflammatory Disease, or PID. PID causes about 100,000 women to become infertile each year with permanent damage to reproductive organs.<sup>7</sup>

The epidemic of STDs has increased the danger of sexual activity dramatically. However, you also live at a time when more is known about these diseases than ever before. You can avoid the consequences, but it is a choice only you can make.

What about condoms...(over)

STD	Symptoms	Damage	Numbers
<b>Chlamydia<sup>1</sup></b>	Men - Usually none. Some experience discharge from the penis and burning with urination. Women - Called the "silent disease": Usually no symptoms. Some experience pain and/or vaginal discharge.	Men - Sterility. Women - Considered to be the most common cause of sterility. Advanced stage may require removal of uterus, tubes, and ovaries. Can cause PID (below).	1) Estimated nearly 2.8 million new cases annually. <sup>10</sup> 2) 75% are unaware of infection. 3) By age 30, 50% of sexually active women have had chlamydia.
<b>Gonorrhea<sup>2</sup></b>	Men - Pus from urethra. Burning upon urination. Women - If symptoms occur at all, they include pelvic pain, painful urination and pus-like discharge.	Men - Sterility. Scarring of the urethra and urinary tract problems. Women - Sterility. Surgery in severe cases. Common cause of PID (below). Both - Can increase risk of HIV infection two to five times.	1) Estimated 700,000 new cases annually. 2) 80% are not aware they are infected in the early stages.
<b>Syphilis<sup>3</sup></b>	Men - 1st stage: swollen non-painful ulcers on external genitalia. 2nd stage: changes of skin. fever, enlarged lymph nodes. Women - 1st stage: often unnoticed. 2nd stage: same as men.	Men - Brain disorders; heart disease, blindness, dementia and death. Women - Same as men. Can cause birth defects or death in newborns if mother is infected. Both - Can increase risk of HIV infection.	1) 36,000 new cases reported annually in the U.S. 2) 50% are not aware they have this disease.
<b>HIV/AIDS<sup>8,9</sup></b>	Men - Fever, sore throat, fatigue, swollen lymph glands. Must be tested, as symptoms mimic many other diseases. Women - Same as men.	Men - Immune system breakdown, death. Women - Same as men.	1) About 1,106,400 <sup>13</sup> cases in the U.S. to date; 545,805 <sup>14</sup> deaths. 2) Worldwide 25,000,000 have died and 33,200,000 are living with AIDS or HIV. <sup>15</sup>
<b>Genital Herpes<sup>4</sup></b>	Men - Lesions appear at the site of infection - periodic eruptions of painful blister and ulcers anywhere on the body Women - Same as men.	Men - Continuous outbreaks. Eventually may lead to hospitalization. Lifetime medication required. Women - Same as men.	1) 45 million infected. 2) 1 million new cases annually. 3) 75% show no symptoms. 4) 25% of women and 20% of men have this disease.
<b>HPV<sup>5</sup> Human Papilloma virus</b>	Men - Wart-like genital growths. Women - Often no visible symptoms. Some experience vulvar burning itching and pain. Abnormal pap smears.	Men - Cancer of the penis and anus. Women - Initially premalignant changes difficult to eradicate - Develops into cervical cancer if not treated. New vaccine for 4 strains. <sup>16</sup>	1) 20 million people are thought to be carriers. 2) 100 different strains exist today. 6.2 million cases/yr. 3) 75% of reproductive population infected.
<b>Trichomoniasis<sup>6</sup></b>	Men - Most men have no symptoms. May have irritation, discharge, burning with urination. Women - Frothy, yellow-green vaginal discharge with a strong odor.	Men - Bladder and prostate damage. Genital inflammation can increase a woman's susceptibility to HIV infection if she is exposed to the virus. Women - May increase the chance that an HIV-infected woman passes HIV to her sex partner.	1) Estimated 7.4 million new cases annually. 2) Most common curable STD in young, sexually active women.
<b>PID<sup>7</sup> Pelvic Inflammatory Disease</b>	Men - This disease affects only women. Women - See chlamydia & gonorrhea. Often symptoms are minor and mistaken for menstrual cramps. Chlamydia and gonorrhea may lead to PID.	Men - This disease affects only women. Women - Ectopic Pregnancy (embryo implants in the fallopian tubes instead of uterus) Can be life-threatening. Sterility, & cancer common. Permanent damage to the reproductive organs.	1) 1 million acute episodes annually, most among 15-19 years old. 2) 100,000 women become infertile as a result of PID each year and 150 die.

## Won't Condoms Protect Me?

Here's what the Centers for Disease

Control says:

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **chlamydia**.<sup>1,17</sup>

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **gonorrhea**.<sup>2,17</sup>

Genital ulcer diseases **can occur** in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. Correct and consistent use of latex condoms can **reduce** the risk of **syphilis**, as well as **genital herpes** and **chancroid**, **only** when the infected area or site of potential exposure is protected.<sup>3,4,18,19</sup>

Condoms **may lower** the risk of **HPV**, if used all the time and the right way.<sup>5,19</sup>

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **trichomoniasis**.<sup>6</sup>

Condoms were found to **reduce** the risk of **HIV/AIDS** transmission during vaginal sex by 85% when used consistently and correctly (following the directions exactly and using them at every occurrence of sex, without exception).<sup>8,9,18</sup> Using condoms 100% of the time still leaves a 15% risk of HIV infection compared to not using condoms at all. HIV is the virus that causes AIDS, a routinely fatal disease.

**You can be infected with any STD even when using condoms 100% of the time.**

Are you looking for complete protection from STDs and Pregnancy, guaranteed 100% of the time?

**The only guaranteed way to avoid pregnancy or infection with a sexually transmitted disease is to practice sexual abstinence (abstain from any sexual contact) while single. If you marry, select a partner who is not infected with an STD and remain sexually faithful during marriage. All other methods leave you at risk.**

**It is your personal choice. Make it a good one.**

## Sources and Resources

- Table of Most Common STDs (Chlamydia, Gonorrhea, Syphilis, Genital Herpes, HPV, Trichomoniasis, and PID), 2 related diseases from STD Facts Center for Disease Control and National Center for HIV, STD and TB Prevention, Divisions of HIV/AIDS Prevention, Sexually Transmitted Diseases' Fact Sheets found at <http://www.cdc.gov/std>, accessed 5-11-09 as follows:
1. Chlamydia: <http://www.cdc.gov/std/chlamydia/default.htm>
  2. Gonorrhea: <http://www.cdc.gov/std/gonorrhea/default.htm>
  3. Syphilis: <http://www.cdc.gov/std/syphilis/default.htm>
  4. Genital Herpes: <http://www.cdc.gov/std/Herpes/default.htm>
  5. HPV: <http://www.cdc.gov/std/HPV/default.htm>
  6. Trichomoniasis: <http://www.cdc.gov/std/trichomonia/default.htm>
  7. PID: <http://www.cdc.gov/std/PID/STDfactPID.htm>
  8. HIV: <http://www.cdc.gov/hiv/resources/factsheets/transmission.htm>
  9. National Institute of Allergy and Infectious Diseases, Workshop Summary: Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention, Herndon, VA: Hyattsville, Department of Health and Human Services, Fact Sheet for Public Health Personnel, Male Latex Condoms and Sexually Transmitted Diseases, found at <http://www.cdc.gov/nchs/pod/latex.htm>, accessed 5-11-09.
  10. Weinstock, H, et al. Sexually transmitted diseases among American youth: incidence and prevalence estimates, 2000. *Perspectives on Sexual and Reproductive Health* 2004;36(1):9-10.
  11. Gatta, W, McSheeters, M. Adolescents and Sexually Transmitted Disease: Current Risks and Future Consequences. *Woods Hole Center for Public Health and Population Research*, Washington DC, March 25, 1997.
  12. Centers for Disease Control and Prevention, Trends in Reportable Sexually Transmitted Diseases in the United States, 2004 found at <http://www.cdc.gov/std/statqtrend2004.htm>, accessed 5-11-09.
  13. MMWR: Mortality and Morbidity Weekly Report, October 3, 2008, Vol 57, No. 39, page 1073, found at: <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5739a2.htm>, accessed 5-11-09.
  14. Centers for Disease Control and Prevention, National Center for HIV, STD and TB Prevention, Divisions of HIV/AIDS Prevention, Basic Statistics, found at <http://www.cdc.gov/hiv/topics/statistics/basic.htm>, accessed 5-11-09.
  15. World Health Organization, UNAIDS, Joint United Nations Programme on HIV/AIDS, UNAIDS/WHO AIDS Epidemic Update, December 2007, found at: <http://www.unaids.org/en/Knowledge-Centre/HIVData/EpidUpdate/2007/default.asp>, accessed 5-11-09.
  16. Centers for Disease Control and Prevention, Sexually Transmitted Diseases, Human Papillomavirus (HPV) Infection, HPV Vaccine Information For Young Women found at: <http://www.cdc.gov/std/hpv/STDfact-HPV-Vaccine-young-women.htm>, accessed on 5-11-09.
  17. Beeren, J, et al. Hormonal contraception and risk of sexually transmitted disease acquisition: Results from a prospective study. *American Journal of Obstetrics & Gynecology*, 185(2):380-385, August 2001.
  18. Shih, J, C, McCung, M, Patrick, L, Douglas, J, Jr. Comparison of sexually transmitted disease prevalence by reported level of condom use among patients attending an urban sexually transmitted disease clinic. *Sex Transm Dis*, 2004, Mar;31(3):344-50, found at: <http://www.ncbi.nlm.nih.gov/pubmed/15076927>, accessed 5-11-09.
  19. Wald, A, et al. The Relationship between Condom Use and Herpes Simplex Virus Acquisition. *Ann Intern Med*, 2005;143:707-13, found at: <http://www.annals.org/cgi/printer/143/10/707.pdf>, accessed 5-11-09.
  20. Wiener, R, Hughes, J, Feng, Q, et al. Condom use and the risk of genital human papillomavirus infection in young women. *N Engl J Med* 2006;354:2645-2654, found at: <http://content.nejm.org/cgi/content/abstract/354/25/2645>, accessed 5-11-09. This single longitudinal study of 62 women conducted at the University of Washington demonstrated protection from HPV by condoms, although 12 of 42 subjects who used condoms at every sexual encounter developed infections associated with HPV viruses.

The term "condom" as used in this brochure, refers to male latex condoms, and does not refer to female condoms, male polyurethane condoms, lambskin condoms, or any other type, about which little is known.

Also, the partial protection provided by condoms cited in the research above, refers only to vaginal sex. There is little or no evidence of protection provided by condoms used for anal or oral sex. The table on the cover assumes each person involved has had only as many partners as you have. Each exposure represents the possibility of contracting a serious sexual disease. The table is given by F(n) = 2<sup>n-1</sup> where n is the number of partners you have had.

# Your Sexual Exposure

Each time you choose another partner, your chance of contracting a sexually transmitted disease goes up dramatically. Look at the numbers below.

Your partners	Your exposure
1	1
2	3
3	7
4	15
5	31
6	63
7	127
8	255
9	511
10	1,023
11	2,047
12	4,095
13	8,195
14	16,383
15	32,767
16	65,535

**"When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years."**

C. Everett Koop, M.D., Former U.S. Surgeon General

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