

The Most Common STDs

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, Former U.S. Surgeon General

Some Final Considerations

If you engage in premarital sexual activity:

- 1.) You are very likely to contract an STD.
- 2.) You may not realize you have an STD until it's "too late."
- 3.) You could be legally liable if you infect someone.

If you discover that you have an STD:

- 1.) You need treatment immediately.
- 2.) You must stop sexual activity.
- 3.) You need to notify all sexual partners.

Sources and Resources

Table of Most Common STDs (Chlamydia, Gonorrhea, Syphilis, Genital Herpes, HPV, Trichomoniasis, and PID, a related disease) from: STD facts: Centers for Disease Control and Prevention, 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 8-7-2012 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/trichomoniasis/default.htm>
 7. PID: <http://www.cdc.gov/std/PID/STDFact-PID.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: Hyatt Dulles Airport, June 12-13, 2000 and the follow-up report: Centers for Disease Control and Prevention, 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/condomeffectiveness/latex.htm>, accessed 8-7-2012.
 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):6-10.
 11. 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 8-7-2012.
 12. 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/surveillance/basic.htm> accessed 8-7-2012.
 13. Joint United Nations Programme on HIV/AIDS (UNAIDS) and World Health Organization (WHO) 2007. AIDS Epidemic Update 2009, found at: http://data.unaids.org/pub/Report/2009/JC1700_Epi_Update_2009_en.pdf, and 2010, found at: http://www.unaids.org/globalreport/Global_report.htm, accessed 8-7-2012.
 14. Centers for Disease Control and Prevention, Sexually Transmitted Diseases, Human Papillomavirus (HPV) Infection, HPV Vaccine Questions and Answers found at: <http://www.cdc.gov/std/hpv/STDFact-HPV-vaccine-young-women.htm>, accessed on 8-7-2012.
 15. Forhan, S, et al. Prevalence of Sexually Transmitted Infections and Bacterial Vaginosis among Female Adolescents in the United States: Data from the National Health and Nutrition Examination Survey (NHANES) 2003-2004, presented at the 2008 National STD Prevention Conference, March 11, 2008, found at: <http://cdc.confex.com/cdc/std2008/techprogram/P14888.HTM>, accessed 8-7-2012.
 16. Guttmacher Institute, Facts on Sexually Transmitted Infections in the United States, found at: http://www.guttmacher.org/pubs/fb_sti.html, accessed 8-7-2012.
 17. Centers for Disease Control and Prevention, Trends in Reportable Sexually Transmitted Diseases in the United States, 2004 found at: <http://www.cdc.gov/STD/stats04/trends2004.htm>, accessed 8-7-2012.
- 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 research has been done. 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 from most STDs provided by condoms used for anal or oral sex.

STD	Symptoms	Damage	Numbers
Chlamydia ¹	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. ^{1,10} 2) Most are unaware of infection. 3) By age 30, 50% of sexually active women have had chlamydia.
Gonorrhea ²	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) Most are not aware they are infected in the early stages.
Syphilis ³	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) Many people have no symptoms for years until late stages.
HIV/AIDS ^{8,9}	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 1,108,611 cases in the U.S. to date ¹² 617,025 deaths. ¹² 2) Worldwide 25,000,000 have died and 33,300,000 are living with AIDS or HIV. ¹³
Genital Herpes ⁴	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. Causes infant death.	1) 16.2% of U.S. infected. 2) 1 million new cases annually. 3) 75% show no symptoms. 4) About 1 in 6 have this disease.
HPV ⁵ Human Papilloma virus	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. ¹⁴	1) 20 million people are thought to be carriers. 2) 6.2 million cases/yr. 40 types infect genitals 3) Can cause cervical and other cancers.
Trichomoniasis ⁶	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. Women - Genital inflammation can increase a woman's susceptibility to HIV infection if she is exposed to the virus. May increase the chance that an HIV-infected woman passes HIV to her sex partner.	1) Estimated 3.7 million cases in the U.S. 2) Most common curable STD in young, sexually active women.
PID ⁷ Pelvic Inflammatory Disease	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) 750,000 acute episodes annually, most among 15-19 years old. 2) in 10-15% of cases women may become infertile as a result of PID.