

INFORMATION FOR WOMEN

**SEXUALLY
TRANSMITTED
DISEASES**

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STD stands for sexually transmitted disease. There are many kinds of STD. STD is a name that has replaced V.D. or Venereal Disease.

A person with a STD passes it to another through sexual contact. Most STD germs cannot live outside the moist areas of the body like the genitals, anus and mouth, although it is possible for other parts of the body to be infected. Even if you only have one sexual partner you can get an STD.

Ignorance and fear of being judged can result in delayed medical attention and reluctance to inform sexual partners of STDs.

Seek medical advice as soon as you suspect you have a STD. Informing sexual partners that you have a STD can possibly prevent the spread of the disease.

- no one is immune to STDs — even if you have had one before, you can get it again.
- you can get more than one STD at a time.
- women and men often have different symptoms
- it is important to have regular check-ups because some STDs may not bother you but later can cause severe pain and infertility.

IF YOU SUSPECT YOU HAVE A STD

In Vancouver, go to

THE STD CLINIC

660-6161
828 West 10th Ave. # 100

PINE FREE CLINIC

736-2391
1985 West 4th Ave

THE SERVICE IS FREE AND CONFIDENTIAL

or GO TO A DOCTOR

V.D. HOT LINE

872-1238 (tape recording)

TESTS

Most STDs are tested by taking some fluid from the infected area and sending it to a lab for analysis.

TREATMENT

In most cases if the STD is discovered early, the cure is very simple. (often antibiotics: — pills or injections)

PREVENTION OF STDs

- use a *latex condom* for vaginal or anal intercourse — afterwards, the penis should be withdrawn before it becomes soft so that body fluids are not exchanged
- avoid having fluids from a genital or anal area in the mouth
- be careful not to transfer a STD from one part of the body to another eg. from vagina to eyes
- once infected, tell your partner(s) so that they can go for testing. They may not have symptoms although infected.
- with many STDs, it is wise to have a check up at end of course of treatment.

TYPES OF STD

CHLAMYDIA (said, kla-mi-dia)
— is the most common of all STDs

Symptoms

vaginal discharge — yellowish or clear

Pain when urinating, sore anus

Can also have no symptoms for many years

Problems

Pelvic Inflammatory Disease (P.I.D.) which causes severe pain, and possible damage to the reproductive organs.

If pregnant

All women should be tested for chlamydia, if possible. A baby can get chlamydia during vaginal delivery.

VAGINITIS

There are different types

YEAST

(also known as Candida Albicans, monilia, and thrush)

- can be sexually transmitted but mostly results from natural yeast fungus in the vagina increasing.
- *Yeast infections are common among* users of the pill, diabetics, (mucus has more sugar which yeast feeds on) users of antibiotics, (when all bacteria is destroyed)

Symptoms

Vagina — itching, sore, burning, swelling with white discharge. Strong odour.

Alternate treatment

Yogurt or acidophilus tablets inserted into vagina

If pregnant

More likely to get yeast infection. Advised not to insert anything into the vagina as germs may go into the womb.

BACTERIAL VAGINOSIS

(formally hemophilus and gardnerella)

All women have small numbers of germs in their vaginas. When the numbers of several types increase, (including gardnerella) symptoms occur. Can be passed on sexually but this is unusual.

Symptoms

vulva — some swelling

vaginal discharge — grey, thin mucous

odour — strong, unpleasant

Symptoms worse after intercourse or menstrual period

TRICHOMONAS (also called Trich)

- can have trich cells without causing problem. Symptoms occur when the number of cells increase.
- usually passed on sexually. Also by contact with contaminated towels etc.

Symptoms

vulva — can be sore, itchy, burn from urine

vaginal discharge — can be white or yellowish and frothy with odour

If pregnant

Trich is not known to harm fetus.

HERPES

There are 2 herpes viruses

Herpes simplex virus 1 — usually causes herpes around the mouth. (cold sores)

This virus can be passed on to the genitals or other open parts of the body by touching your infected mouth and then touching your genitals or an open sore.

It can also be passed on during oral — genital sex.

Herpes simplex virus 11(2) — is usually found in the genital area.

This virus is not always active and cannot be passed on unless there are active blisters or sores. However, at times the sores may not be evident.

There is no known cure for herpes.

Once you have herpes, it is possible to break out intermittently, especially when you are tired and run down.

Symptoms

When herpes is active, small blisters form on the skin. They break open to form sores. Genital herpes occur in the vaginal area and also on the anus. The sores can be very painful and last several weeks. Fever can occur. Usually the first outbreak is worst.

Problems

If a sore gets germs in it, it will become more painful and take longer to heal.

Herpes of the mouth can be spread to the eyes.

If pregnant

If you have **ever** had herpes, tell the doctor. Great care must be taken not to infect the baby during birth as death or retardation can occur.

You will be examined close to the time of the baby's birth. If you have genital sores, the baby will be born by cesarean section (opening the abdomen).

Herpes can infect the nipples, preventing breast feeding.

GONORRHEA

85% of women with gonorrhoea do not report symptoms.

Symptoms

urethra — pain or burning when urinating

anus — slight discharge, discomfort

throat — sore

vaginal discharge — greenish-yellow, odour, bleeding, burning pain in abdomen

Possible problems

Gonorrhoea may lead to Pelvic Inflammatory Disease (P.I.D). If untreated it can cause infertility.

If pregnant

A gonorrhoea test is recommended during pregnancy.

Gonorrhoea can be transmitted to the baby's eyes at birth.

SYPHILIS

In the early stages, the disease is easily cured, but if untreated, it can have severe consequences.(including death).

Early symptoms

- sores on the genital area, vagina, anus.
- sometimes sores on lips, nipples and throat.
- sores are generally painless and open; they can last from 6 to 10 weeks
- eventually sores heal but disease continues through other stages.

If pregnant

Can be treated while pregnant. If untreated, baby can die before or during birth. Baby can also be deformed.

VENEREAL WARTS

— caused by a virus. It passes on from one moist surface to another between sexual partners.

Symptoms

Begin as small bumps on anus, in rectum, genital area or on cervix. The warts can grow very large and block entrance to vagina and rectum.

Itching in wart area.

Treatment

Liquid nitrogen, podophyllin (liquid) or surgery.

If pregnant

Often number and size increases. It is possible for large warts to get in way of delivering the baby. If the baby does become infected (rare), it is usually in the throat.

PUBIC LICE

(crabs)

Are tiny crab-like insects that live in the hair of the body but mostly in the pubic area. They are passed on during contact but can also be picked up from clothing and bed linen. They bite leaving itchy marks which can become infected. Lice can live away from the body for 24-48 hours.

Treatment

Kwell lotion (available at drug stores)

AIDS (Acquired Immunodeficiency Syndrome)

First recorded in 1979, AIDS is caused by a virus which breaks down the part of the body that fights infections.

The virus is in all fluids of an infected person.

It is known that AIDS is passed on through blood and semen.

Caution is advised when contact is made with all anal and vaginal secretions.

Transmission from one person to another occurs when the body fluids carrying the virus enters directly into the blood stream.

Transmission also depends on how concentrated the virus is in the fluid.

Not everyone who has the AIDS virus will develop AIDS. It is not known what causes some people to get AIDS while others don't.

However, all people with the AIDS virus, can pass it on. Presently there is no cure for AIDS.

AIDS can be prevented.

Women are at risk if:

- you have sexual intercourse (anal, vaginal, oral) with a person who has the AIDS virus.
- you have received blood-products eg. transfusions, especially between 1979 and November 1985.(when blood testing for AIDS began)
- you share needles etc. while taking drugs.
- you have sexual intercourse with somebody who shares needles etc. while taking drugs.

Symptoms

— fever; sweating while sleeping; chills; swollen glands, on neck, armpits, and groin which lasts several weeks; white furry patches on tongue or mouth; cough; shortness of breath; sudden extreme weight loss; persistent diarrhea; on brown skin — darker, flat or raised marks with purplish colour; on white skin — marks are pink or purple — often found in mouth, nose, anus and on eyelids

— behaviour changes — mood swings.

REMEMBER : ALL THESE SYMPTOMS CAN BE PART OF OTHER ILLNESSES

Test

The test does not test for AIDS itself. It tests whether you have been exposed to the virus. Those with a positive test will only know that have the AIDS virus in their body fluids.

If you suspect you have AIDS, make sure you have someone to talk to (friend, doctor, counsellor) to support you.

Problems

Most commonly : a form of skin cancer (KS)
a form of pneumonia (PCP)

If pregnant

Can pass AIDS virus on to baby through pregnancy or birth.

FOR INFORMATION

AIDS VANCOUVER

687-2437
509-1033 Davie St, Van., B.C.

AIDS INFORMATION

tape **872-6652**

Prepared by:

Vancouver Women's Health Collective

255-8285

302-1720 Grant Street, Vancouver, B.C.

1987

性傳染病

S T D

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性傳染病

性傳染病的英文簡稱是STD，這名稱取替了舊名花柳病。而性傳染病的種類繁多。

患者通常藉性接觸把疾病傳給他人。雖然性傳染病菌亦可能會傳染到外陰、肛門及口部以外的身體各部，但它們並不能在非濕潤部位生存。即使妳只有一個性伴侶，亦可能會染上性傳染病。

無知、與及懼怕別人的議論，都會令患者延遲診治，及不願把患病真相告訴性伴侶。

當妳懷疑妳患有性傳染病時，就應立即求診，此外，將患病的事告訴妳的性伴侶，亦可能防止疾病的傳播。

- 沒有人能對性傳染病免疫——即使妳以前曾患此病，亦有可能再次患上。
- 妳可在同一時間內，患上一種以上的性傳染病。
- 男性與女性的併合症狀各有不同
- 因為性傳染病會不知不覺潛伏在體內，然後導致嚴重痛楚及不能生育，所以經常檢查體格是相當重要的。

若你懷疑自己患有性傳染病

請前往（溫哥華區）：

THE STD CLINIC

660-6161
828 West 10th Ave. #100

PINE FREE CLINIC

736-2391
1985 West 4th Ave

請求助於醫生：

性傳染病熱線電話 872-1238（錄音服務）

檢驗

性傳染病檢驗通常是在患處取一些液體，送到化驗室化驗。

治療

在大多數情況下，若及早發現，性傳染病的治療很簡單，（通常用抗生素——藥丸或注射。）切勿自行診治，必須請教醫生或到診所。

性傳染病的預防

- 在外陰或肛門性交時使用避孕套——性交後，在陰莖未變軟前把它退回，使體液不致互相交流。
- 避免將外陰或肛門部位的液體帶到口部
- 小心防止性傳染病在身體一部分傳到另一範圍，如：由陰道傳到眼睛。
- 一經染上疾病，便要立即通知性伴侶，讓他（們）進行檢驗。即使他（們）染上疾病，亦不一定有任何症狀。
- 在治療後再行檢驗是明智之舉。

性傳染病的種類

衣原體 (CHLAMYDIA)

一 是所有性傳染病中最普遍的一種

症狀

小便時感到痛楚，肛門疼痛，陰道排出帶黃色的分泌物。但亦可能多年沒有病徵。

可能存在的問題

造成引致嚴重痛楚，及可能構成生殖器官受損的骨盤發炎病。

懷孕者須知

若可能，每一位婦女都應接受衣原體檢驗。

嬰兒可在陰道分娩時染上衣原體。

陰道炎 (VAGINITIS)

有幾種類別：

釀母 (YEAST) 亦稱為白色念珠菌 (Candida Albicans,)，念珠狀菌 (monilia,)，或鵝口瘡 (thrush)。]

一此病可由性交傳染，或由於天然釀母菌在陰道內增長所引致。

一此病常見於：服避孕丸者、糖尿病患者（黏液含有較多糖份，可供釀母為食）、及使用抗生素後（當所有細菌被毀滅時）。

症狀

陰道——痕癢、疼痛、灼熱、腫脹，並帶有白色分泌物、及強烈異味。

治療法建議

把酵母乳及嗜酸菌藥片放入陰道

懷孕者須知

妳會較容易染上釀母傳染病，所以切勿把任何物件放入陰道，以免病菌流入子宮。

細菌性陰道病 (BACTERIAL VAGINOSIS)

每位婦女的陰道內都有少數的細菌，當其中的幾種（包括 gardnerella ）增加，症狀便出現。這種疾病亦會經性交傳染。

症狀

女陰——輕微腫脹

陰道分泌物——灰色的稀薄黏液

氣味——強烈臭味

在性交或經期後，症狀會更惡劣。

陰道滴蟲 (TRICHOMONAS)

一潛伏期由四至二十八日

一滴蟲細胞未必會顯出任何問題，當細胞數目增加時，症狀才會出現。

一通常由性交所傳染，亦可由接觸被污染毛巾等物所傳染。

症狀

女陰——疼痛、痕癢、小便時灼熱

陰道分泌——白色或帶黃色、含異味的泡沫狀物

懷孕者須知

滴蟲對胎兒的損害仍然未知。

疱疹 (HERPES)

疱疹病毒可分兩種：

單純疱疹傳染病毒甲 (*Herpes simplex virus 1*) ——通常在口部週圍造成疱疹 (小水泡) 。

這種病毒可經由先觸摸帶菌的口部，然後觸摸外陰或破開的傷口，而使之受感染，亦可經由口與外陰性行為而受傳染。

單純疱疹傳染病毒乙 (*Herpes Simplex virus 2*) ——通常發現在外陰部位。

這種病毒並不是經常活躍，除非現患水泡或潰瘍，否則亦不易傳染。

現時仍未有方法治療疱疹。

一經患上疱疹，就可能間歇性突發，尤其是當妳在身體疲倦時。

注意

當疱疹活躍時，皮膚上會生有小水泡，水泡裂開而成一潰瘍。外陰疱疹的患處是在陰道部位及肛門。疱疹會很痛楚，並持續數星期，患者會發熱，而通常以頭一次的突發最為嚴重。若傷處有細菌入侵，便會更加痛楚，及需要更長時間治癒。在口部的疱疹亦會蔓延至眼部。

懷孕者須知

若妳曾經患過疱疹，就應告訴醫生，然後嬰兒將要出生時，妳要接受檢驗。假如妳有外陰潰瘍，便要進行剖腹生產 (割開腹部) 。

在生產期間必須小心，以免嬰兒受傳染，否則便會導致死亡或弱智。

疱疹亦會傳染到乳頭，而妨礙以人乳哺養的可能。

淋病 (GONORRHEA)

百分之八十五患淋病的婦女表示並無症狀。

症狀

- 尿道——小便時感到疼痛或灼熱
- 肛門——感到不適，排泄物細小
- 喉嚨——痛楚
- 陰道——有排泄物、帶異味、灼熱
- 腹部——痛楚

可能存在的問題

淋病可能引致骨盤發炎病，若不治療，便會失去生育能力。

懷孕者須知

在懷孕期間最好能接受淋病檢驗。淋病可在嬰兒出生時傳染到他／她的眼睛。

梅毒 (SYPHILIS)

初起病時並不難治療，但若久病不理，可導致嚴重後果（甚至死亡）。

早期症狀

- 一在外陰部位、陰道、肛門有小瘡。
- 一小瘡有時會生在嘴唇、乳頭及喉部。
- 一小瘡通常是破開，並無痛楚，且可持續六至十星期。
- 一小瘡最後會痊癒，但疾病仍會持續到以下的階段。

懷孕者須知

疾病可在懷孕期進行治療，若不加以治療，會胎死腹中、或出生時死亡，嬰兒亦可能會畸形。

性傳染病 (VENERIAL WARTS)

是由一種過濾性病原體所引起，在性伴侶之間的一個濕潤部位傳到另一處。

症狀

開始時在肛門、直腸、外陰部位或子宮頸成一腫塊。疣可生長至很大，並阻塞陰道及直腸的入口。
在患疣的部位會感到痕癢。

懷孕者須知

通常疣的數目及尺寸會增加，較大的疣可能會阻礙嬰兒的出生，若嬰兒被傳染（這情形屬罕有），通常是在喉部。

耻骨蝨 (陰蝨 PUBIC LICE)

耻骨蝨是生長在人身毛髮，但通常在耻骨部位的蟹狀小蟲，經接觸而傳播，但亦會由衣物及床單所傳染。小蟲咬傷人體，使之痕癢而受感染。陰蝨可在人體以外存活達二十四至四十八小時之久。

愛滋病 (後天免疫能力喪失症 AIDS)

最早記載於一九七九年，愛滋病是由一種令身體抵抗傳染病功能消失的過濾性病毒引起。

該病毒存在帶菌者的所有體液內。疾病的傳染視乎病毒在液體內的濃度、及病毒是否直接進入人體的血流。

現已得知愛滋病是藉血液及精液所傳染，所以在接觸任何肛門及陰道分泌物時必須小心。

並不是每一個愛滋病帶菌者也患有這種疾病。引致某些人患上這病的原因現在仍未明，但所有愛滋病帶菌者亦會把病菌傳播。目前仍未有治療這種疾病的方法，但可以加以預防。

以下的婦女受感染的可能性較高：

- 一若妳與一個愛滋病帶菌者進行（肛門、陰道或口部）性交。
- 一若妳在一九七九年至一九八五年十一月（當愛滋病血液檢驗開始時）一段期間曾接受血液產物，如輸血。
- 一若妳與別人用同一針筒注射毒品。
- 一若妳和一個與別人用同一針筒注射毒品的人進行性交。

症狀

- 一發熱：睡眠時出汗；怕冷；頸部、腋窩及腹股溝的分泌腺腫脹；舌或口部出現帶毛白斑；咳嗽；氣喘；體重突減；腹瀉不止；棕色皮膚者會變得更黑，皮膚上呈現扁平或隆起的帶紫色斑點；白皮膚者的斑點呈粉紅或紫色——通常在口、鼻、肛門及眼皮出現。
- 一行為轉變——情緒不穩定

注意：所有這些現象亦可能是其他疾病的症狀。

檢驗

這檢驗不是檢查愛滋病本身，而是檢查妳有否接觸過這種病毒，檢查結果是「十」的人是在體液中帶有愛滋病病毒。

假如妳懷疑自己患有愛滋病，就必須尋求他人的幫助及支持。

可能存在的問題

最普遍：皮膚癌的一種
肺炎的一種

懷孕者須知

妳會在懷孕或生產時把愛滋病毒傳給嬰兒。

詢問有關愛滋病資料，請電：

溫哥華愛滋病中心

AIDS VANCOUVER

509-1033 Davie St, Van, B.C.

687-2437

愛滋病諮詢處(錄音服務)

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