

Sexual Health and Responsibility

(Name of presenter)

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Objectives



- Identify various Sexually Transmitted Infections (STIs)
- Explain how STIs are transmitted
- Describe the signs and symptoms of common STIs
- Understand the implications of being an HIV positive Service Member (SM), per AR 600-110
- Describe risky behaviors that may lead to getting and spreading STIs
- Describe risk reduction strategies to reduce or prevent acquiring and transmitting STIs

How Common are STIs?



IN



sexually active young people will get an STI by the age of 25
Most won't know it.

Every year there are more than **19 million** new STI cases in the U.S.
Nearly half these cases are among **young people aged 15-24**



100%
Preventable

**MANY STIs
ARE
CURABLE
AND
ALL ARE
TREATABLE**



About 1 in 6 people are infected with **Herpes** in the U.S.



More than 50% of sexually active people will get **HPV** at some point during their lives.



1 in 5 people living with **HIV** in the U.S. doesn't know they are positive.



Chlamydia is the #1 most reported STI in the U.S.
An estimated 3 million Americans are infected each year.

Your Mission



- Be safe & stay healthy
- Use available testing services
 - Military Treatment Facility (MTF)
 - Free testing
 - Confidential treatment and counseling
 - Health department
 - Low cost STI testing and treatment
 - Text your zip code to GYTNOW (498669)
- Protect and respect yourself & your partners
- **Reduce your risks and get tested**



Sexually Transmitted Infections



Common STIs include

- Virus-caused
 - Herpes
 - Human papilloma virus
 - Hepatitis B
 - HIV
 - Molluscum contagiosum
- Bacteria-caused
 - Chlamydia
 - Gonorrhea
- Parasite-caused
 - Trichomoniasis
 - Pubic lice



How Does Someone Get an STI?



Contact with infectious blood or body fluids

- **ANY** intimate or sexual contact
 - Vaginal
 - Anal
 - Oral
 - Sharing sex toys
- Direct blood contact
 - Sharing of needles, syringes, or razors
 - Unclean tattoo or body piercing equipment
- Mother to baby
 - During the pregnancy or delivery process
 - HIV may be spread through breast milk

B.Z. Toons

by Brian Zahowski



Exchanging body fluids

Having one STI makes it easier to get HIV

Dismissing Myths



“If I have an STI, I would know it”

“Sex with a service member is *safer* because they are tested regularly”

“I can’t get an STI if my partner doesn’t have any symptoms”



“All STIs hurt, so if I have a bump that doesn’t hurt & eventually goes away, I’m clean”

STIs are **Not** Spread Through



- Air, water, or food
- Shaking hands or hugging
- Insect bites
- Donating blood
- Touching surfaces or objects, such as telephones, door knobs, toilet seats

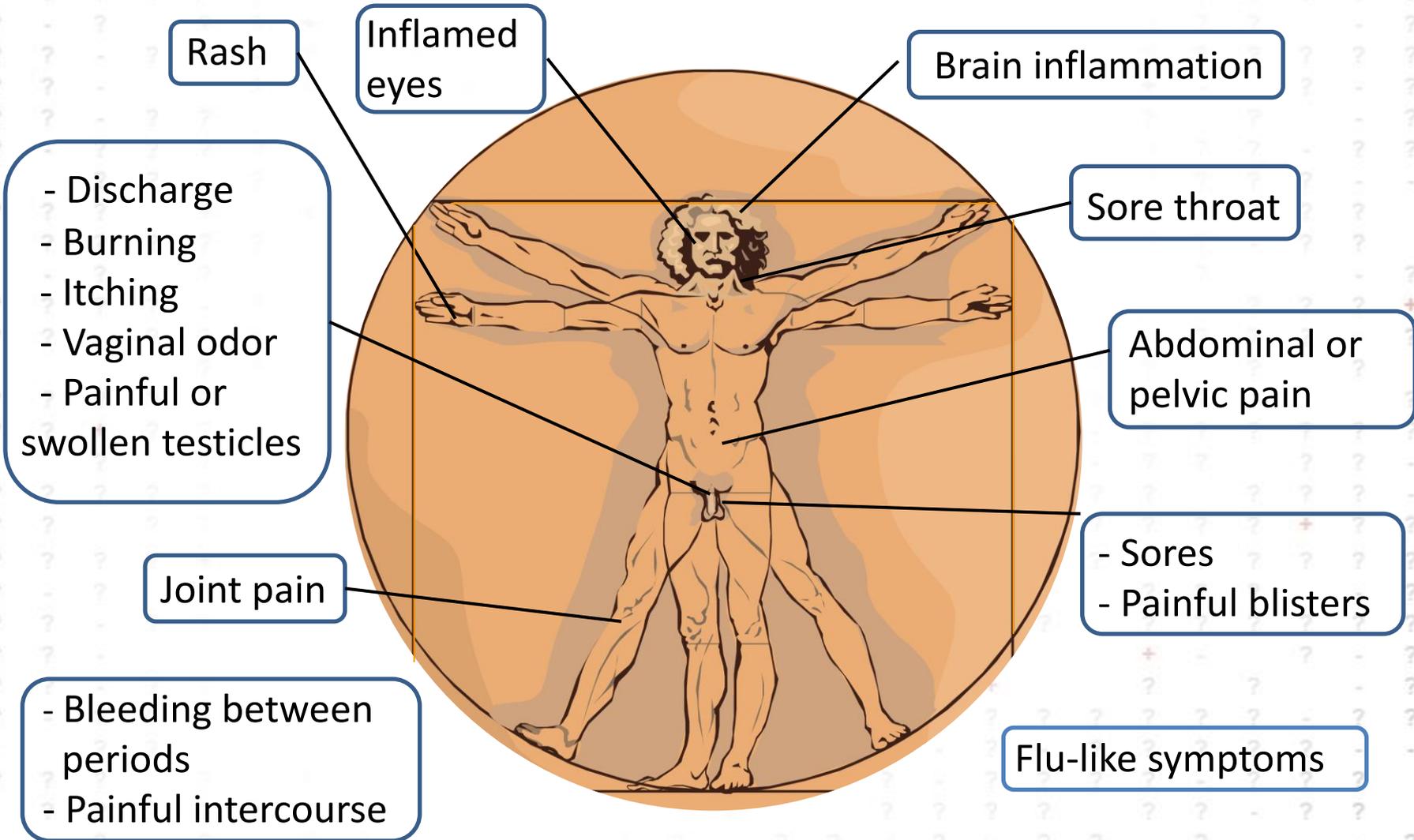
If It Burns, It May Be...



GONORRHEA

Making it burn when you pee

STIs May Cause



Rash

Inflamed eyes

Brain inflammation

Sore throat

- Discharge
- Burning
- Itching
- Vaginal odor
- Painful or swollen testicles

Abdominal or pelvic pain

Joint pain

- Sores
- Painful blisters

Flu-like symptoms

- Bleeding between periods
- Painful intercourse

Long-term Complications of STIs



- Pelvic Inflammatory Disease (PID)
- Sterility: males and females
- Prematurity and infections of newborns
- Cancer, to include penis and cervix
- Neurological problems
- Blood infections
- Damage to internal organs
- Death

Sharing What you Can't See or Feel



You can spread or get an STI without the presence of symptoms

You can't tell someone is "clean" just by looking at him or her



Testing



- May test specimen from
 - Urine
 - Blood
 - Pap smear
 - Urethral, anal, or throat swab
 - Vaginal secretions or semen
- Routine screening
 - Females < 25: Screen for chlamydia during annual military wellness exam
 - Early detection of cervical cancer by PAP smear & HPV testing



Treatment



- Antibiotics can cure:
 - Chlamydia
 - Gonorrhea
 - Trichomoniasis
 - Syphilis
- No cure, but treatment can help manage:
 - Herpes
 - Human Papillomavirus (HPV)
 - Hepatitis B
 - HIV
- Sexual partners: Test and treat

If Only...



IF IT WERE ONLY THIS EASY



Protect Yourself From HIV Use a condom every time you have sex.  

Human Immunodeficiency Virus (HIV)



The virus attacks the immune system

- **Symptoms**

- Flu-like symptoms
- Can take up to 10 years to show noticeable symptoms
- Can still transmit without showing signs or symptoms

- **Testing**

- Blood test
- Oral swab

- **Treatment**

- Slows disease progression
- Reduces viral load
- There is **NO** cure for HIV/AIDS

HIV Testing—Who & When



When should you be tested?

If you have:

- Unprotected sex
- Multiple partners
- New partner
- HIV positive partner
- IV drug use
- Clinical symptoms

When is testing required ?

- Active Duty, Guard, & Reserve force testing, per regulation
- Restricted assignments
- Newly diagnosed STI
- Blood donation/recipient

Remember, you can always ask to be tested!

What Does, “Negative” Mean?



LABORATORY Test Results

Chlamydia	Negative
Gonorrhea	Negative
Hepatitis B	Negative
HIV	Negative
Syphilis	Negative

Date: Today

HIV Negative **DOES NOT**=HIV Free



- “Window Period”
 - The time it takes for the body to develop enough antibodies to show up in the blood screening test is *usually* 3 months
- The virus can still be spread to others
- HIV negative does **not** always equal HIV FREE
- Levels can be too low to detect



What If I'm Positive? AR 600-110



- SM's responsibility
- Commander's orders
- "Safe Sex" order
- UCMJ action
- May separate voluntarily
- Living with HIV:
 - Appointments every 6 months with infectious disease specialist at regional medical center
 - Blood draws and medication for the rest of your life
- May stay in the Army-
with limitations
 - Non deployable
 - No overseas (OCONUS) assignments/TDY
 - Restrictions on attending Green to Gold, Warrant Officer School, Officer Candidate School or flight training
 - May change MOS for career progression within assignment limitations

What are High Risk Behaviors for STIs?



- Unprotected Sex
 - Oral, Vaginal, or Anal
- Inconsistent condom use
- Multiple sexual partners
- One night stands, bathhouse, or internet “hook ups”
- Soliciting sex
- Sharing razors, needles, or other sharp objects
- Tattooing & body piercing from risky sources
- Being under the influence of drugs or alcohol

Who Are **YOU** Hooking Up With?



Hook-Up
Prepare to meet the one
(tonights one)



Only **YOU** can Reduce **YOUR** Risk



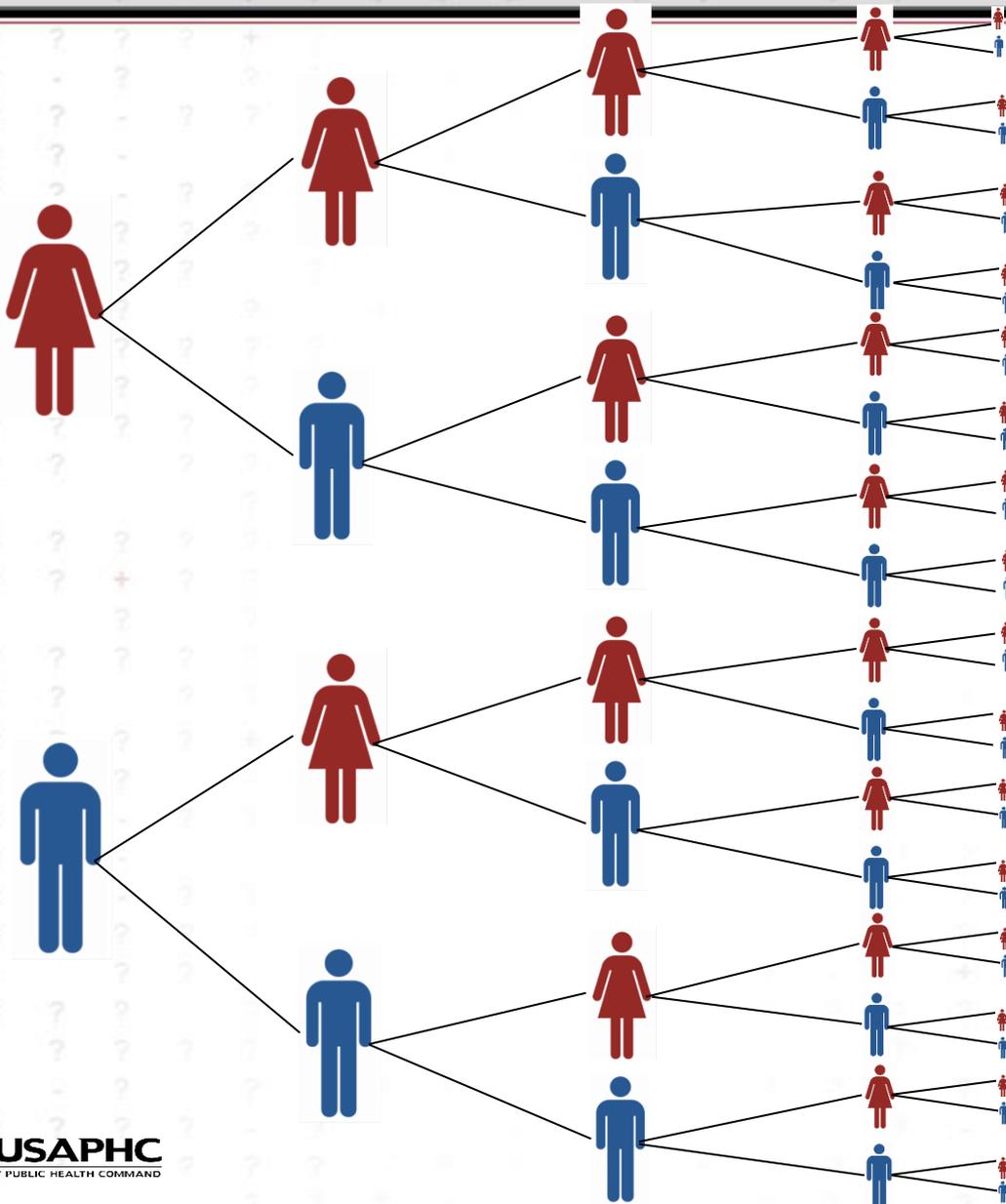
- Abstain or wait
- **Protect yourself and your partner**
 - Use a condom correctly **EVERY** time
 - Oral, vaginal, or anal sex
- Be in mutually monogamous relationship with an uninfected partner
- Reduce your
 - Number of partners
 - High risk partners, situations, and sexual acts
- Get tested and treated
- Get the HPV and Hepatitis B vaccines

Decision Making



- Decision making can be impacted by the following:
 - Excessive alcohol consumption
 - Drug use
- When decision making is impacted, you are more likely to engage in high-risk behaviors
 - Unprotected sex
 - Engaging in sexual behaviors you usually wouldn't
 - More likely to be victimized in an assault or robbery

When You Have Sex with Someone

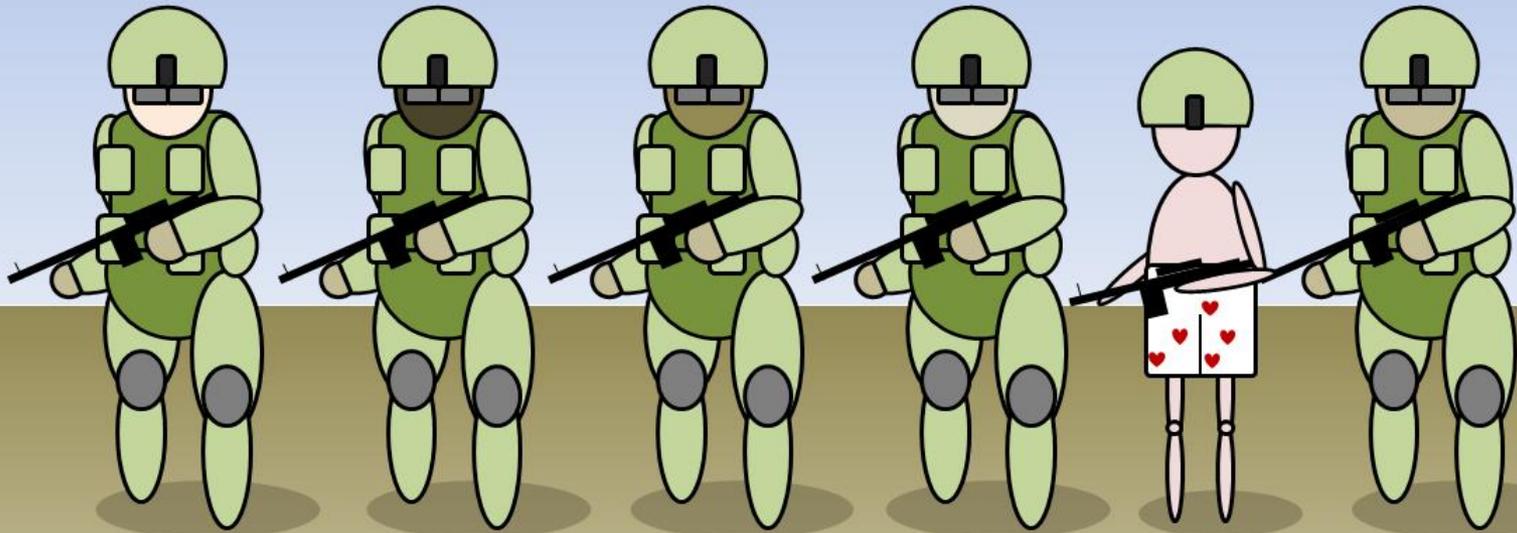


- When you have sex with someone, you are having sex with everyone they have had sex with!

YOU can Reduce YOUR Risk



You wouldn't go into combat without protection...



Protect Yourself From HIV

Use a condom every time you have sex

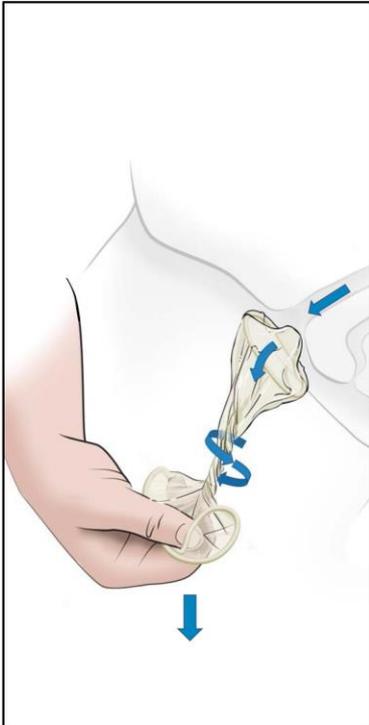
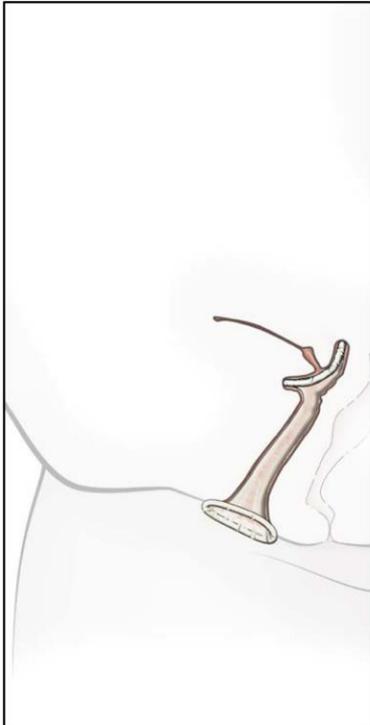
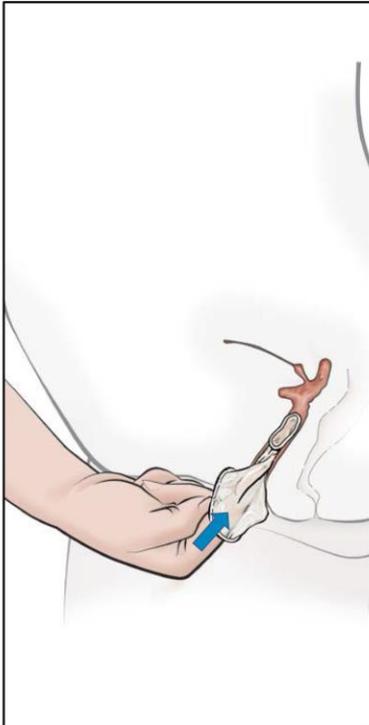
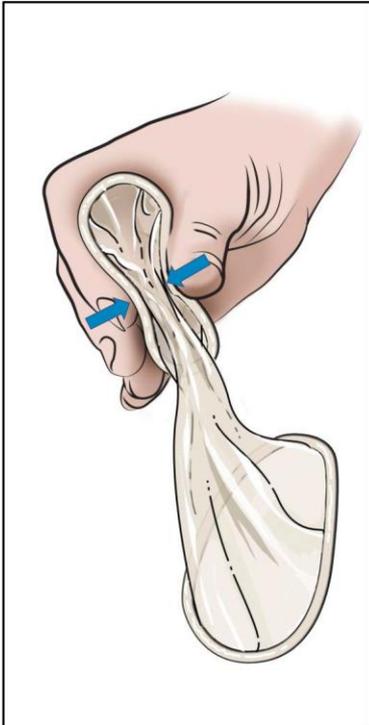
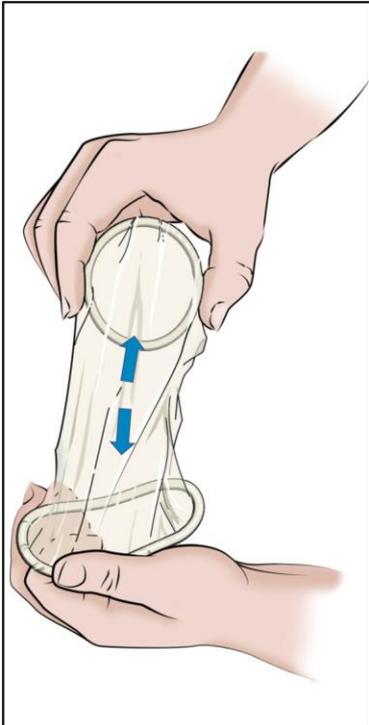
Protection 101



- Male and female condoms, dental dams
- New condom for each sexual act
- Put the condom on before penetration
- Unroll the condom by pinching the tip
- Smooth out bubbles
- Do NOT use oil-based lubes with latex condoms
- After ejaculation, hold the condom firmly at the base of the penis and withdraw while erect



Female Condom



Dental Dams



- The dental dam is used when performing oral sex
 - The dental dam is a thin latex sheet
 - Place the dam over the vulva or anus prior to oral sex



Battle Of The Excuses



Excuses

- I'm clean and my partner looks clean
- They aren't big enough for me; they always break
- They're too much trouble & make things messy & might come off inside me/you
- You can't feel anything with one of those on, and can't stay hard
- I just got a neg. STI/HIV test report
- I'll pull out before I come
- We don't need condoms; I'm/you're on the pill
- My partner didn't want to use a condom

Reality Check

- It takes less than 30 seconds to put on a condom correctly so that it won't break or fall off
- You can still get STIs and pregnant if you use the "pull out" method
- Just because you (or she) is on birth control doesn't mean that you can't get something else that is just as permanent
- Test results are only reliable if you and your partner did not participate in high risk behaviors after getting tested
- It can take up to 3 months for antibodies to show up on a blood test
- Respect yourself and your partner's decision to use protection

Respecting & Protecting



Preventing Unintended Pregnancy



Local Community Resources



- Health Department

- Services
- Location
- Contact

- Local Installation

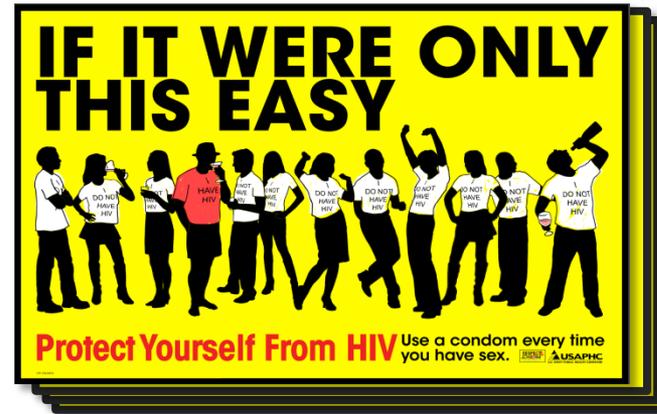
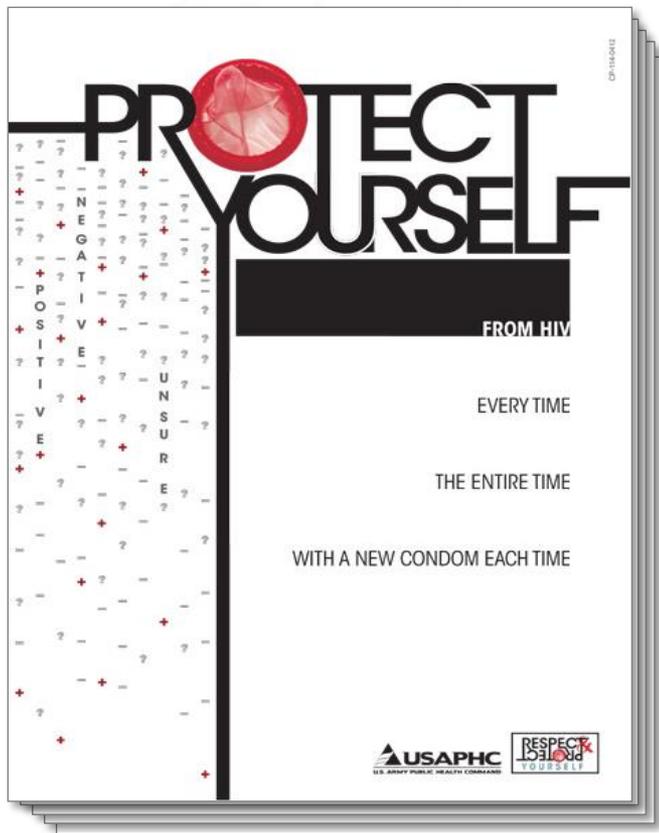
- Services
- Location
- Contact

- Get Yourself Tested
GYT -

<http://www.cdcpin.org/stdawareness/GYT.aspx>

- Insert any other area resources here

HIV & STI Educational Posters



Selected References



- AR 600-110 Identification, Surveillance, and Administration of Personnel Infected with Human Immunodeficiency Virus, 22 April 2014.
www.army.mil/usapa/epubs/pdf/r600_110.pdf.
- AR 40-562 Immunizations and Chemoprophylaxis, 07 OCT 2013.
http://www.apd.army.mil/pdf/r40_562.pdf.
- Centers for Disease Control and Prevention (CDC) Sexually Transmitted Diseases. www.cdc.gov/std
- Centers for Disease Control and Prevention (CDC) HIV. www.cdc.gov/hiv

Questions?



Back-up Slides



- The following slides are back-ups. Use as you see fit.
- On any questions, the slide they should follow is listed in the notes.