

## What are Sexually Transmissible Infections (STIs)?

STIs are infections passed on through having unprotected vaginal, anal or oral sex, or close skin-to-skin contact with an infected partner. STI's can cause a range of health problems, from mild irritation to serious illness with long term effects. Having an STI also places you at greater risk of contracting HIV/AIDS, as some symptoms of STIs, such as sores or blisters, may provide a point of entry for the virus.

You may be at greater risk of contracting an STI if:

- you have recently changed sexual partners
- your partner has other sexual partners
- you do not use condoms regularly
- your partner has an STI
- you have more than one sexual partner

## Signs & Symptoms of STIs

- an itch inside or outside the genitals
- a sore, lump, wart or blister on or around the genitals
- unusual discharge
- pain in the lower abdomen and genitals
- pain during sex, bleeding after sex
- frequent urge to pass urine, and/or burning while passing urine
- pain in the rectum
- discharge from the rectum

Often **there may be no symptoms** at all, and people may have an STI for many years without knowing it. If you do notice any of these symptoms or if you suspect you may have been exposed to an STI, consult your GP or visit one of the services listed overleaf.

## Ways to Prevent STIs

- Abstinence from sex
- Always using a condom during penetrative sex and applying it before any contact with genitals occurs
- The use of water based lubricants and dams may help prevent the transmission of STIs
- Having sex with only one partner. This is safe only if neither partner is having sex with anyone else, and if both partners have been tested for STIs and are not infected
- Having sex in ways that do not transmit STIs. Kissing, sensous touching and mutual masturbation are generally safe ways of having sex (although close skin-to-skin contact can transmit some STIs).

WA AIDS COUNCIL

# SEXUALLY TRANSMISSABLE INFECTIONS



[www.waaid.com](http://www.waaid.com)



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# What are the Most Common STIs?

## Chlamydia (cause:

### Chlamydia trachomatis

One of the most common STIs in Australia, particularly among young people between 15 and 25 years of age.

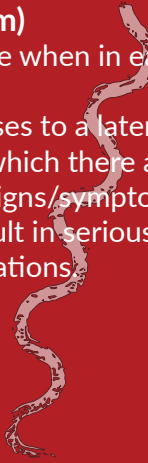
Both males and females can have the disease without obvious symptoms. Can cause infertility if untreated.

## Syphilis (cause: Treponema Pallidum)

Treatable when in early stages.

Progresses to a latent stage during which there are no visible signs/symptoms.

Can result in serious complications.



## Gonorrhoea - 'The Clap'

### (cause: Neisseria

### Gonorrhoea

Sometimes no symptoms.

If left untreated, gonorrhoea in men can cause swelling and pain in the testicles and in women pelvic inflammatory disease (PID). PID can cause major complications, including infertility. Can cause infertility if untreated.

## Genital Herpes (cause:

### Herpes simplex virus type 1 & 2

Type 1: generally causes cold sores on the mouth.

Type 2: generally affects genital area.

The herpes virus is most easily transmitted when there are visible blisters and sores (can also be transmitted without sores or symptoms however). Genital herpes can be controlled with medication but not cured.

## Genital Warts

### (cause: Human Papilloma Virus - HPV)

Transmitted by direct contact with skin or mucous membrane, most commonly during sex. Can be transmitted even if the infected partner is not showing any symptoms.

Can be controlled with medications but not cured.

## Non Specific Urethritis (NSU) and Cervicitis

NSU is the name given to a group of common STIs that affect men. They are non-specific because there are many different causes. Cervicitis is the female equivalent of NSU. If untreated can lead to infertility in both males and females.

## Other related infections

Hepatitis B, Scabies, Thrush, Bacterial Vaginosis, Cystitis, Pubic Lice

### M Clinic

(for men who have sex with men)

[www.mclinic.org.au](http://www.mclinic.org.au)

(08) 9227 0734

### SHQ

[www.shq.org.au](http://www.shq.org.au)

Sexual Health Helpline:

(08) 9227 6178 (metro)

1800 198 205 (regional)

### Royal Perth Hospital

### Sexual Health Clinic

Ainslie House, Murray St, Perth

(08) 9224 2178

### Derbarl Yerrigan

(Aboriginal Health Service)

156 Wittnoom Street, East Perth

(08) 9421 3801

Mirrabooka - (08) 9344 0444

### Perth Medical Centre

713 Hay Street, Perth

(08) 9481 4342

### Fremantle Hospital

### Sexual Health Clinic

B2 Clinic South Terrace, A Block

Fremantle

(08) 9431 2149

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