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?

1 in 2 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.

SOURCE: www.itsyoursexlife.com
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
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

SOURCE: www.bztoons.com
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

- Discharge
- Burning
- Itching
- Vaginal odor
- Painful or swollen testicles
- Sore throat
- Abdominal or pelvic pain
- Sores
- Painful blisters
- Brain inflammation
- Rash
- Inflamed eyes
- Joint pain
- 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
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.

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

<table>
<thead>
<tr>
<th><strong>When should you be tested?</strong></th>
<th><strong>When is testing required?</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>If you have:</td>
<td></td>
</tr>
<tr>
<td>• Unprotected sex</td>
<td>• Active Duty, Guard, &amp; Reserve force testing, per regulation</td>
</tr>
<tr>
<td>• Multiple partners</td>
<td>• Restricted assignments</td>
</tr>
<tr>
<td>• New partner</td>
<td>• Newly diagnosed STI</td>
</tr>
<tr>
<td>• HIV positive partner</td>
<td>• Blood donation/recipient</td>
</tr>
<tr>
<td>• IV drug use</td>
<td></td>
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<tr>
<td>• Clinical symptoms</td>
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</tbody>
</table>

**Remember, you can always ask to be tested!**
What Does, “Negative” Mean?

LABORATORY Test Results

<table>
<thead>
<tr>
<th>Condition</th>
<th>Result</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chlamydia</td>
<td>Negative</td>
</tr>
<tr>
<td>Gonorrhea</td>
<td>Negative</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Negative</td>
</tr>
<tr>
<td>HIV</td>
<td>Negative</td>
</tr>
<tr>
<td>Syphilis</td>
<td>Negative</td>
</tr>
</tbody>
</table>

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?

Disclaimer: *The mention of a non-federal entity and/or its products is not to be interpreted or construed, in any manner, as federal endorsement of same.*
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, 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

A choice that could change your life…

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
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.cdcnpin.org/stdawareness/GYT.aspx

- Insert any other area resources here
HIV & STI Educational Posters

“Protect Yourself” poster: https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=475
“If it were Only This Easy” poster: https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=474
• 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?
The following slides are back-ups. Use as you see fit.

On any questions, the slide they should follow is listed in the notes.