

STD 101

County of Los Angeles
Department of Public Health
Division of HIV and STD Programs



Today's Agenda

- Information on DHSP STD Health Education Unit services
- Participant introductions
- STD overview
- Working with diverse populations
- Safer sex counseling
- Hands-on risk reduction



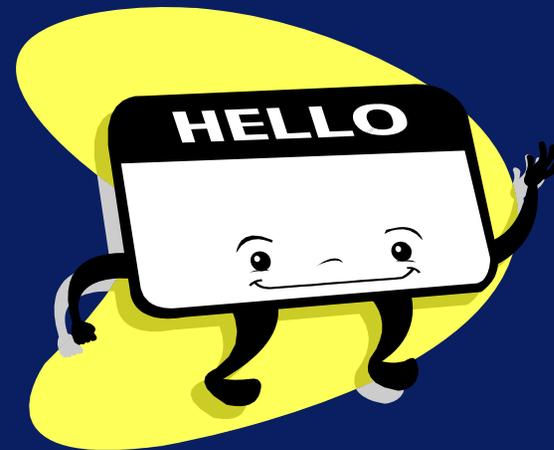
DHSP STD Health Education Unit Services

- Toll free STD Hotline 1-800-758-0880
 - STD/HIV Q&A
 - Referrals to free & low-cost clinics
 - Free condoms by mail
- Educational materials
- Audio-visual resources
- Condom Donation Program
- Community-level presentations & health fairs
- Staff/provider training
- CME



Introduce Yourself!

- Name
- Agency
- Position



Workshop Objectives

By the end of today's workshop, you should be able to:

- List the modes of transmission, symptoms, complications, testing and treatment options for the covered STDs
- Describe the implications of STD prevention, risk behaviors, and untreated STDs for the population your agency serves
- Assess and increase your comfort with STD issues



Workshop Objectives, cont'd

- Generate strategies for improving your interactions with STD patients
- Name one change your agency can make to promote effective STD prevention
- Explain the purpose of several key items used in risk reduction counseling
- Fun Fun Fun!



So...

What is SEX?



Defining Sex

- Oral Sex = mouth-to-genital contact
 - Cunnilingus – oral stimulation of female genitals
 - Fellatio – oral stimulation of male genitals
 - Rimming/ATM – oral/anal contact
- Vaginal Sex = insertion of the penis into the vagina
- Anal Sex = insertion of the penis into the anus
 - Insertive/top
 - Receptive/bottom



What Are STDs?

- *Sexually* – relating to having sex, personal intimate contact (e.g., rubbing of genitals, masturbating a partner), etc.
- *Transmitted* – passed by means of, spread by
- *Disease* – being sick (with or without symptoms), body not working properly

So, an STD = a disease/infection you can get from or give to someone else by having oral, vaginal, or anal sex or other intimate contact with him/her.



EXPOSING STD MYTHS



True or False?



- You can catch an STD from a toilet seat
- If you have an STD, you got it from your current partner
- By the age of 25, 1 in 2 sexually active persons will get an STD



True or False?



- Massage oils and lotion are good lubricants to use with latex condoms
- Saran Wrap is a good alternative to use if you don't have a dental dam
- Vaginal douching can prevent STDs by keeping the vagina clean and healthy



True or False?



- You can get an STD even without penetration
- Using two male condoms or a male condom with a female condom doubles your protection against STDs
- Asking my doctor to test me for STDs means I'm getting tested for "everything"
- The most common STD symptom is nothing



True or False?



What other myths have you heard?



It's time to play:

Name That STD!



So,

- Some STDs are curable
- Other STDs are treatable
 - Online treatment of STDs is **not recommended**



STDs in the United States

- The CDC estimates that there are 19 million new cases each year in the US
- There are an estimated 65 million people in the US living with a viral STD
- More than half of all people will have an STD in their lifetime



STDs in the United States

- By the age of 25, 1 in 2 sexually active persons will contract an STD
- Less than ½ of adults ages 18-44 have ever been tested for an STD other than HIV
- Despite these facts...
 - Very few people can name the most common STDs
 - Most people do not think that they are personally at risk



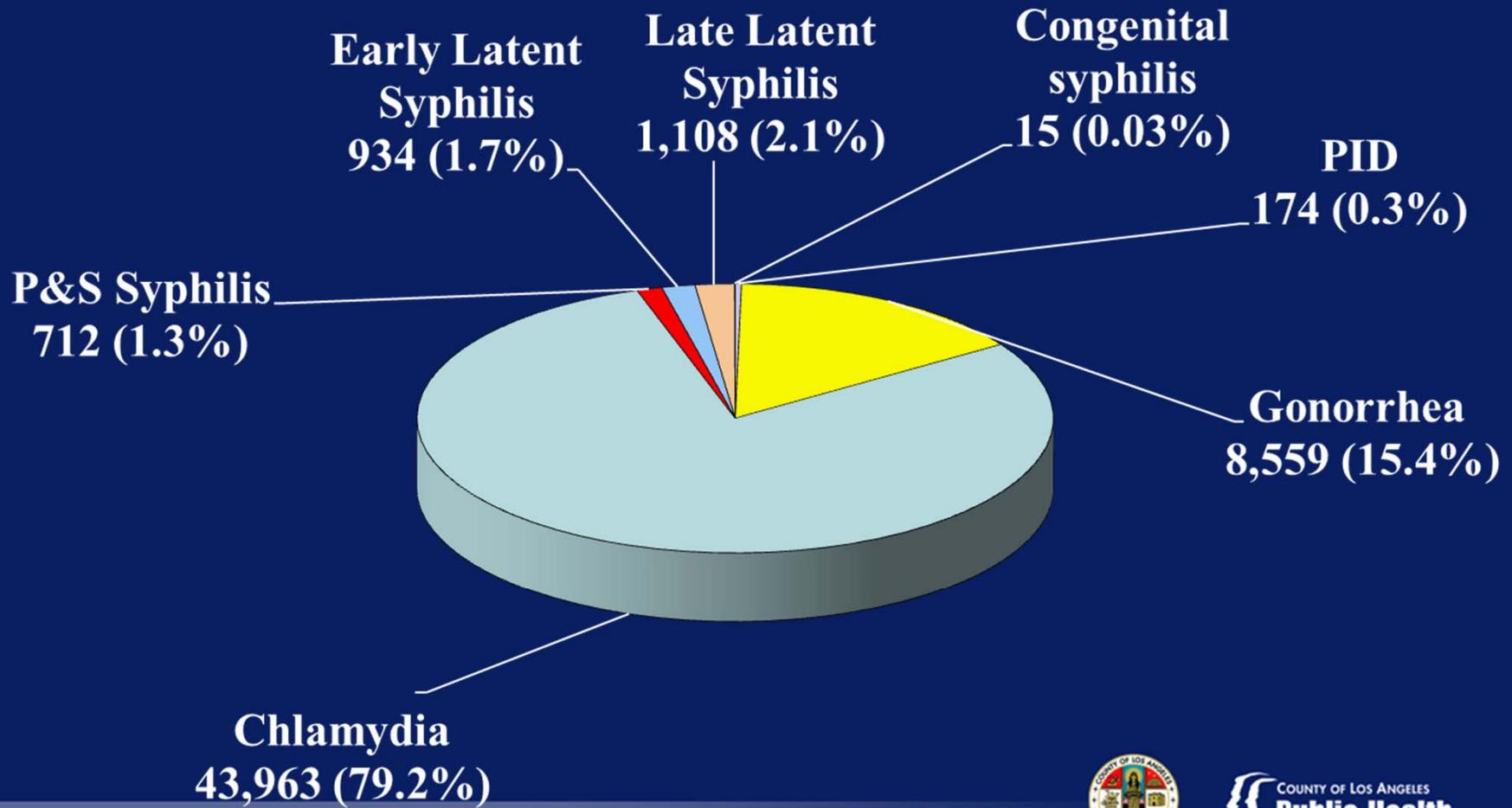
The Burden of HIV/STD in Los Angeles County, 2008*

- Los Angeles County has one of the highest incidences of HIV and STD in the United States and accounts for 1/3 of all AIDS/STD cases in California
 - 23,679 Living AIDS Cases (36% CA; 5% US)
 - 43,268 Chlamydia (31% CA; 4% US)
 - 8,280 Gonorrhea (34% CA; 2% US)
 - 711 P&S Syphilis (33% CA; 6% US)
- In 2008, CDC ranked LAC number one in the number of reported chlamydia and early syphilis cases and number two in the number of reported gonorrhea cases, compared to all other county and city health jurisdictions in the nation

Source: * LA, CA, CDC STD Surveillance



Reported STDs in LAC, 2009 (N=55,510)



Health Consequences of STDs

- Various Cancers
- Infertility
- Ectopic pregnancy
- Miscarriage
- Persistent pain
- Death
- Other chronic conditions or illnesses



Impact of STDs on Females

- Complications of STDs are more frequent and severe in females than in males
- Once infected, females are more susceptible to reproductive cancers and infertility
- STDs are less likely to produce symptoms in females and, therefore, harder to diagnose until serious problems develop
- Females are biologically more likely than males to become infected if exposed to an STD



Impact of STDs on Youth

- While representing 25% of the sexually active population, 15-24 year olds account for nearly ½ of all new STDs.
- 15-24 year olds have the most cases and the highest rates of reportable STDs than any other age group in LA County
- Female youth are more susceptible to cervical infections due to *ectopy*



Why are Youth at Higher Risk?

- Multiple partners
- Unprotected sexual activity
- Pool of disease in age group
- May select partners at higher risk
- Alcohol & drug use
- Lack of insurance or other ability to pay for services, transportation, discomfort with facilities, confidentiality



Impact of STDs on Men who have Sex with Men (MSM)

- In LA County, MSM carry a disproportionate amount of syphilis cases since 2000
 - Many are co-infected with HIV
- Unprotected receptive anal sex (URAS) is the riskiest sex
- MSM culture often incorporates substance use
- MSM may engage in more frequent sex with more partners at commercial sex venues, raves, internet chat rooms, public venues such as parks, etc.



Impact of STDs on Women who have sex with Women (WSW)

- Data are not yet authoritative
- Transmission risk may vary by specific STD and sexual practice
 - Practices involving digital-vaginal or digital-anal contact may present a means for transmission of infected vaginal secretions
 - Some WSW also have sex with men
 - Injection drug use which is a risk factor for Hepatitis B, C and HIV



Impact of STDs on Trans People

- Some MTF individuals report high levels of STD risk behaviors and HIV infection
 - Sex work 80%, Unprotected receptive anal sex (URAS) 85%, injection drug use 34% *
- Some FTM individuals have lower HIV/STD prevalence and risk behaviors are more infrequent *
- Bottom Line: Transgender individuals deserve their own demographic categories and sets of STD prevention efforts.

* Nemoto, T et al., *HIV Risk Behaviors among MTF Transgender Persons of Color in San Francisco*, *American Journal of Public Health*, July 2004, Vol 94, No.7, *The Transgender Community Health Project*, <http://hivinsite.ucsf.edu>



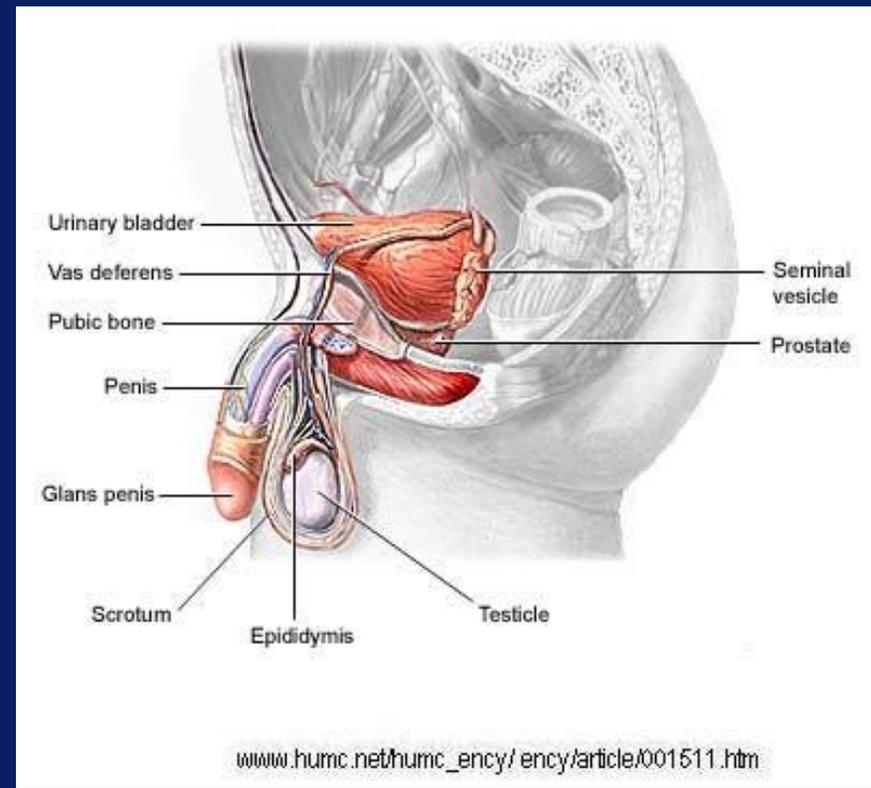
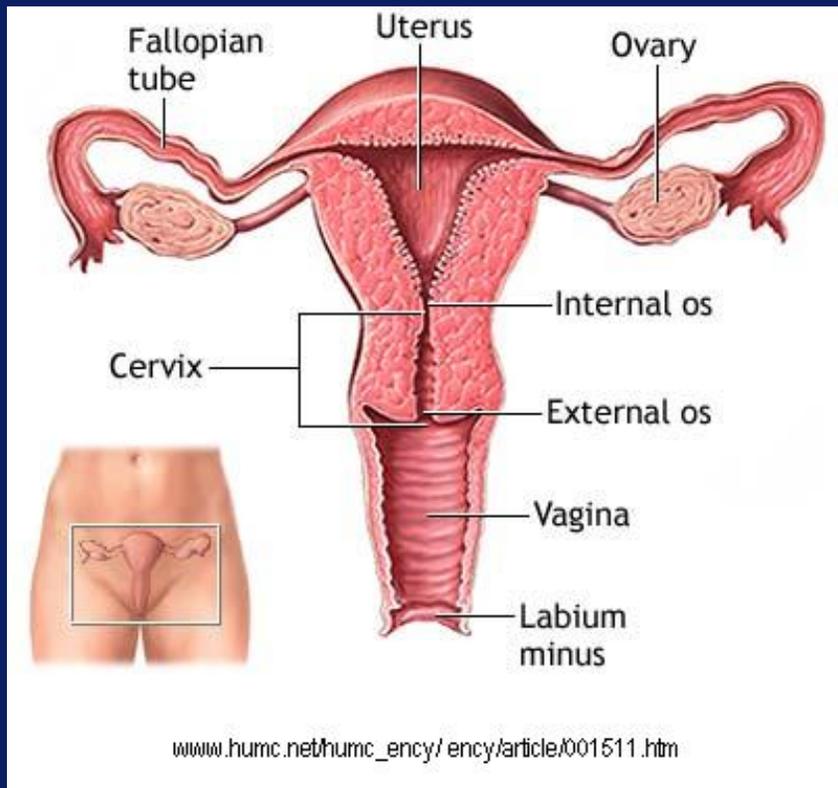
The STD-HIV Connection

- Behavioral links between HIV and other STDs
- Biological evidence
 - STDs facilitate HIV infection
 - Ulcerative STDs – Syphilis, Genital Herpes, Chancroid-10-50 times*
 - Inflammatory STDs – Chlamydia, Gonorrhea, Trichomoniasis-2-5 times*
 - HIV facilitates STD infection
- STD/HIV Co-Infection
- STD treatment slows the spread of HIV
- HIV education, counseling, and prevention must also incorporate STD information

* Galvin SR, Cohen MS. The role of sexually transmitted diseases in HIV transmission. Nat Rev 2004; 2:33–42



Female and Male Reproductive Systems



Chlamydia, “The Silent Epidemic”

- Important Facts
 - Caused by the bacterium *Chlamydia trachomatis*
 - Is the most frequently reported bacterial STD in the US
 - Is often “silent”, without symptoms
 - Preventable with latex condoms
 - Can cause significant health complications
 - Annual screening recommended for all sexually active women 25 and younger; also for pregnant women
- Transmission
 - Can be transmitted during vaginal, anal, or oral sex
 - Can also be passed from an infected mother to her baby during vaginal childbirth



Chlamydia

- Symptoms
 - When they occur they usually appear within 1 to 3 weeks after exposure
 - Women: bacteria initially infect the cervix and the urethra (urine canal)
 - May have abnormal vaginal discharge or burning sensation when urinating
 - If infection spreads from cervix to fallopian tubes, some women have no symptoms; others have lower abdominal pain, low back pain, nausea, fever, pain during intercourse, or bleeding between menstrual periods
 - Men may have discharge from penis or burning sensation while urinating or itching around opening of penis



Chlamydia

- Diagnosis
 - Laboratory tests
 - Urine-based, other tests require that a specimen be collected from a site such as the penis, cervix or rectum
 - Should re-test three months after treatment of an initial infection
- Treatment
 - Can be easily treated and cured with antibiotics
 - Single dose of azithromycin or
 - 1 week of doxycycline (twice daily)
 - Women are frequently re-infected if their sex partners are not treated.



Health Consequence of Chlamydia

- In women, untreated infection can spread to the uterus or fallopian tubes and cause pelvic inflammatory disease (PID), which can eventually lead to infertility, ectopic pregnancy, and chronic pelvic pain.
- Complications among men are relatively uncommon, but infection can spread to the epididymis (the tube that carries sperm from the testis), causing pain, fever, and, rarely, sterility.
- Increased risk of HIV transmission.



Chlamydia



Abnormal Discharge

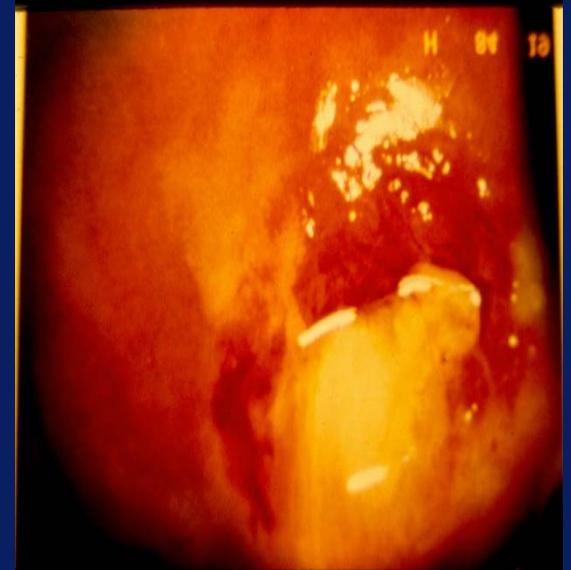


Epididymitis

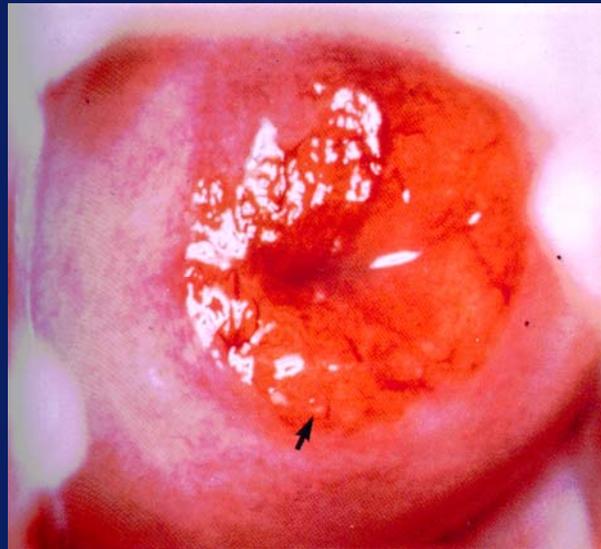




Healthy Cervix



Infected Cervix



Healthy Immature Cervix
(Ectopy)



Gonorrhea

- Important Facts

- Caused by a bacteria; can live in reproductive tract, urethra, mouth, throat, eyes, and anus
- Second most common STD in United States
 - highest reported rates of infection among sexually active teens, young adults, and African Americans.
- Preventable with latex condoms

- Transmission

- Can be transmitted during vaginal, anal, or oral sex
- Gonorrhea can be transmitted or acquired even without ejaculation (any contact with infected bodily fluids)
- Gonorrhea can also be spread from mother to baby during delivery and can cause blindness, joint infection, or a life-threatening blood infection in the baby



Gonorrhea

- Symptoms (Genital):
 - Women: most have no symptoms or can be mistaken for a bladder or vaginal infection. Symptoms may also include a burning sensation when urinating, increased vaginal discharge or bleeding between periods
 - Men: may have no symptoms or have burning sensation when urinating, or a white, yellow, or green discharge from penis or painful/swollen testicles.
- Symptoms (Rectal): For both genders, may have no symptoms or have discharge, anal itching, soreness, bleeding, or painful bowel movements.
- Symptoms (Throat): May cause sore throat



Gonorrhea

- Diagnosis
 - Several lab tests available depending on body cavity likely to be infected (cervix, urethra, rectum or throat)
- Treatment
 - Several antibiotics can successfully cure gonorrhea in teens and adults, however, drug-resistance has increased which is making treatment more difficult
 - Since many people with gonorrhea also have chlamydia, antibiotics for both infections are usually given together



Health Consequences of Gonorrhea

- Can cause serious and permanent health problems in women and men.
- In women, gonorrhea is a common cause of pelvic inflammatory disease (PID).
- In men, gonorrhea can cause epididymitis, a painful condition of the ducts attached to the testicles that may lead to infertility if left untreated.
- Gonorrhea can spread to the blood or joints. This condition can be life threatening.
- People with gonorrhea can more easily contract and transmit HIV to others.



Gonorrhea

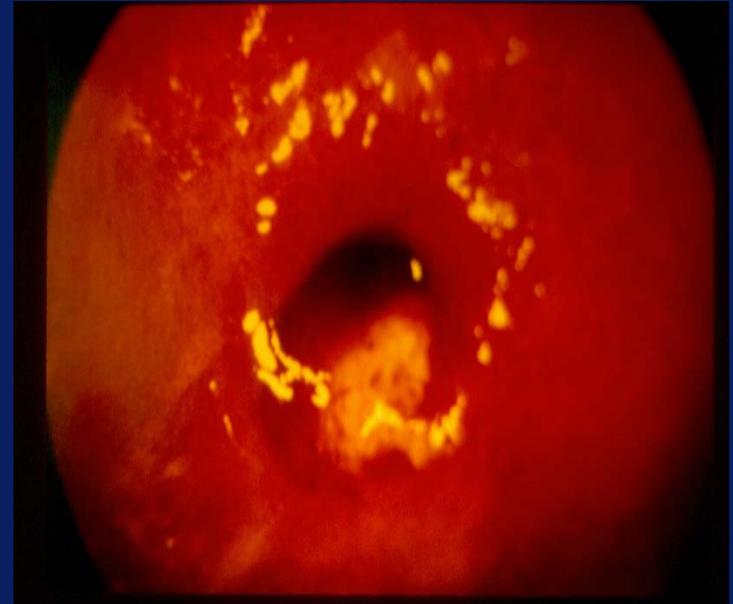


Abnormal Discharge





Healthy Cervix



Infected Cervix





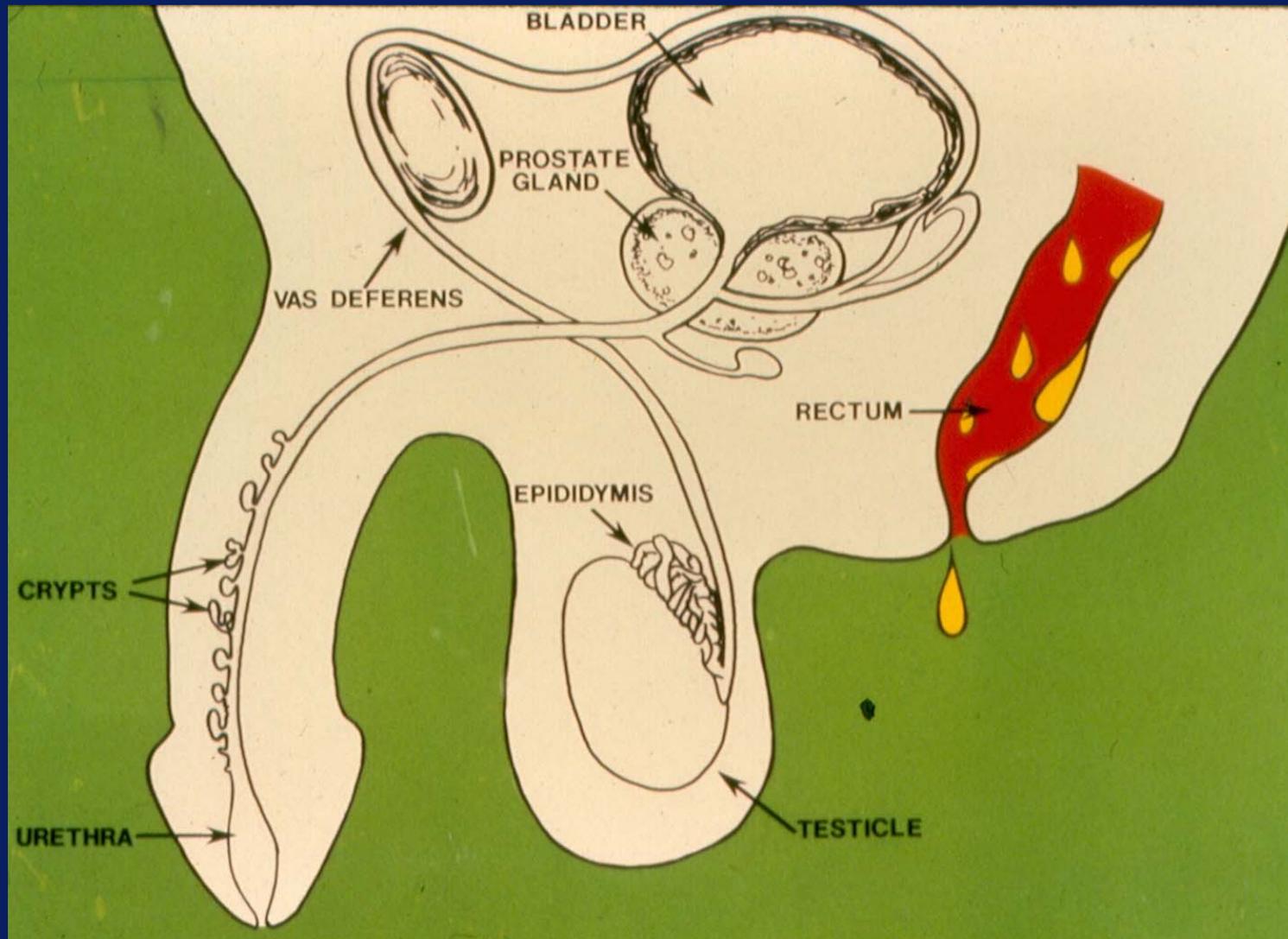
Throat Infection due to Gonorrhea



Conjunctivitis



Gonorrheal Infection in the Rectum



Pelvic Inflammatory Disease

- PID occurs when certain bacteria, such as chlamydia or gonorrhea, move upward from a woman's vagina or cervix into her reproductive organs.
- Symptoms may be quite mild or can be very severe and can include abdominal pain and fever.
- PID can damage the fallopian tubes and cause infertility or increase the risk of ectopic pregnancy, a life-threatening condition in which a fertilized egg grows outside the uterus, usually in a fallopian tube.



Pelvic Inflammatory Disease

- Women can protect themselves from PID by:
 - Taking action to prevent STDs
 - Receiving early treatment if they have any genital symptoms such as vaginal discharge, burning during urination, abdominal or pelvic pain, pain during sexual intercourse, or bleeding between menstrual cycles.
- Prompt and appropriate treatment of PID can help prevent complications, including permanent damage to female reproductive organs.



Gonorrhea



**Pelvic
Inflammatory
Disease**

Infertility



Chlamydia

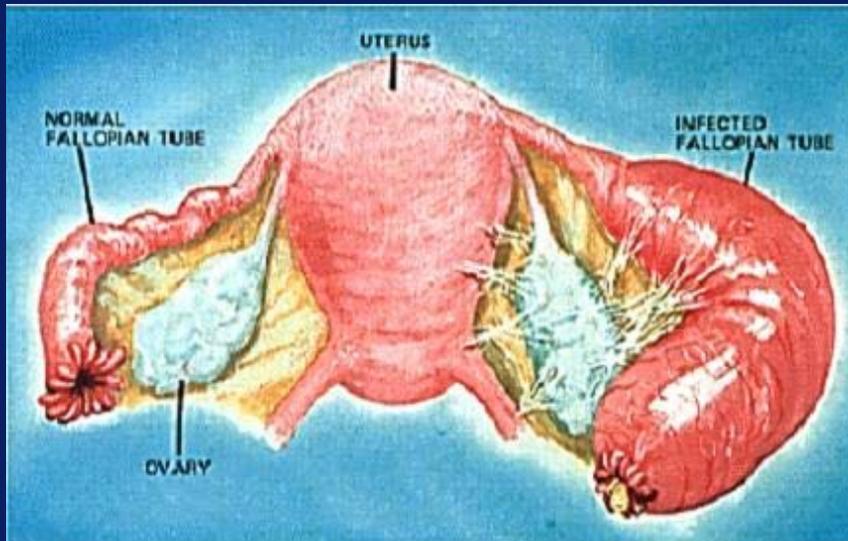


**Ectopic
Pregnancy**



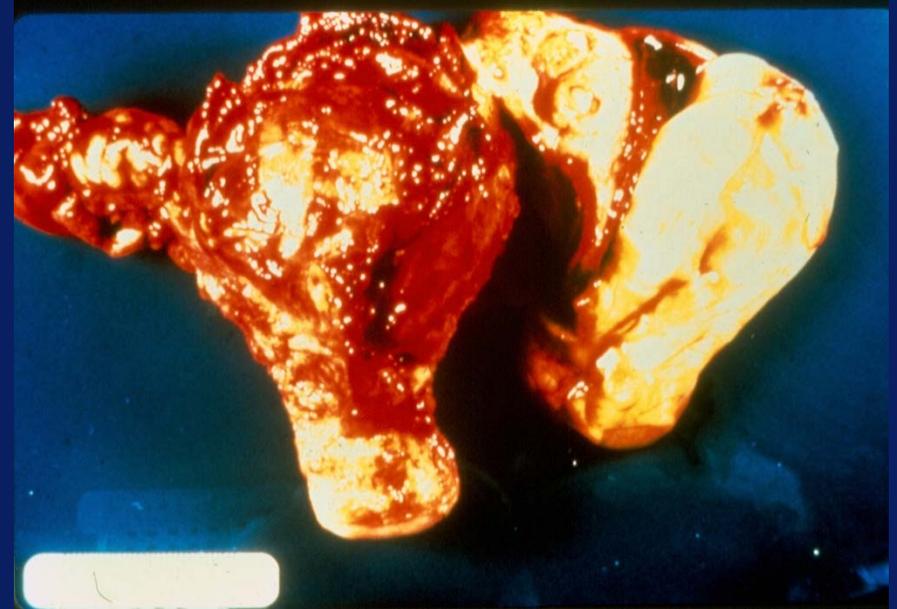
**Chronic
Pelvic Pain**





www.health.state.nd.us/disease/std/pid.htm

Female Reproductive System:
Normal vs. Abnormal (PID)



Hysterectomy due to PID



Syphilis

- Important Facts

- Caused by a bacteria; called “the great imitator” since its symptoms mimics many other diseases
- Most cases of early syphilis occurred in 20-39 year olds; highest in women ages 20-24 years and men between 35-39 (2006)
- In US, over ½ of all cases among men who have sex with men

- Transmission

- Passed between persons via direct contact with syphilis sore which mainly occurs on penis, vagina, anus, or in rectum, as well as on the lips and in mouth
- Transmission occurs during vaginal, anal or oral sex
- Less common through casual skin-to-skin contact e.g., foreplay, finger play
- Pregnant women with the disease can pass it on to their babies
- Cannot be spread by use of toilet seats, swimming pools, hot tubs, shared clothing or eating utensils

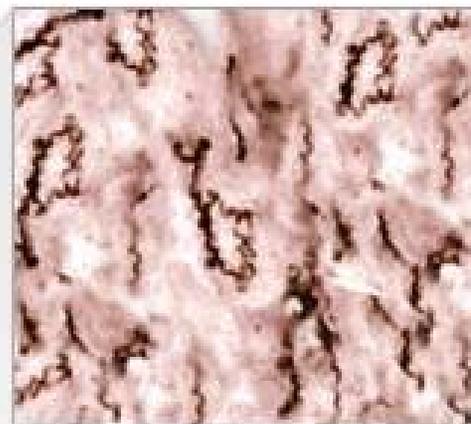


Syphilis

- Symptoms
- Diagnosis
- Treatment
- Complications



Open sore
or chancre



Treponema
pallidum bacteria

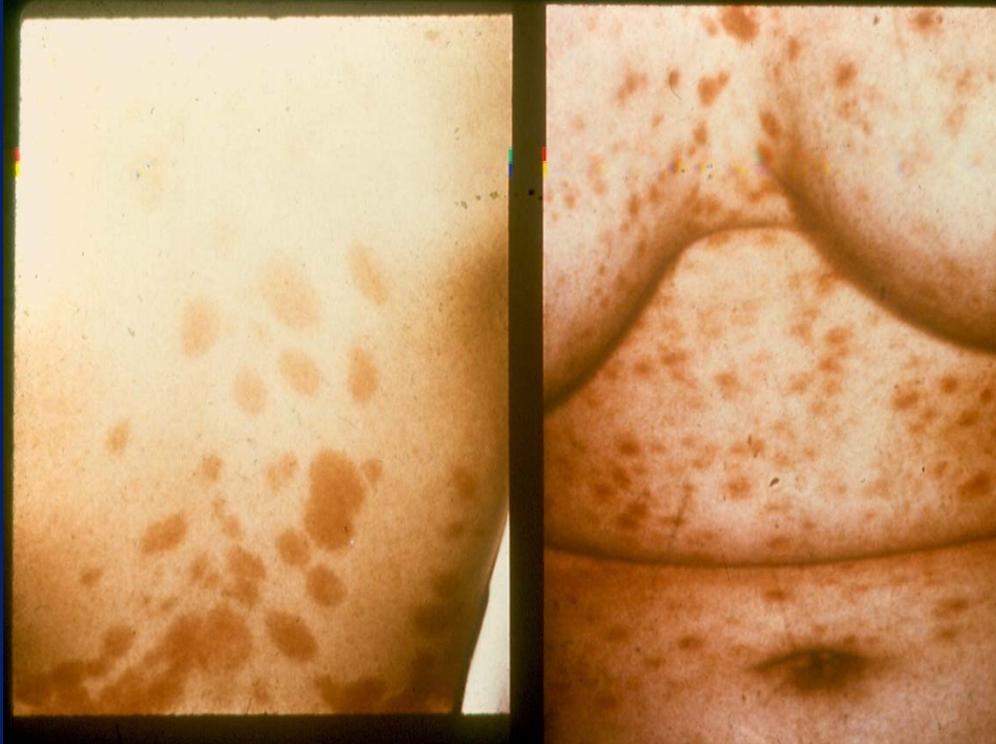
www.humc.net/humc_ency/ency/article/001511.htm





Chancres





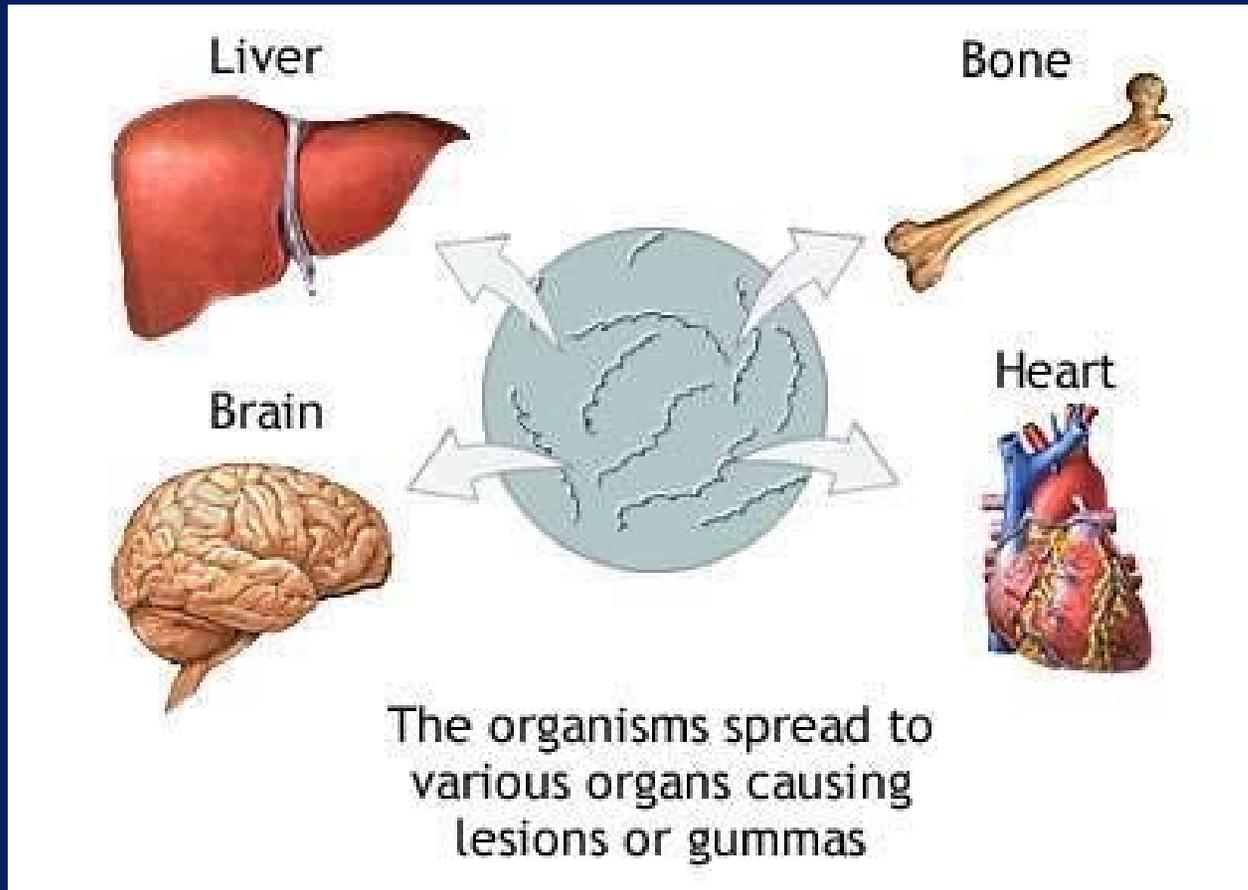
Skin Rash





Genital Rash (Condylomata Lata)





Tertiary/Late Complications

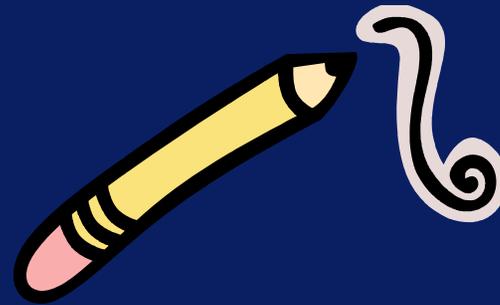


You deserve a

Break!



Energizer



The Magic Pencil



Hepatitis B (HBV)

- Organism
- Important Facts
- Transmission
- Symptoms



Hepatitis B (HBV)

- Diagnosis
- Treatment
- Complications
- Vaccine!



Other Hepatitis Viruses

- Hepatitis A
 - Fecal-oral spread. Not chronic.
- Hepatitis C
 - Blood-borne infection.
- Hepatitis D (Delta)
 - Super-infection of Hepatitis B. High mortality.
- Hepatitis E
 - Fecal-oral spread. Rare in the US.
- Hepatitis G
 - Not much known except there could be a correlation with sexual transmission.





Jaundice





Ascites – Excess fluid in the abdomen



Time for a . . .

Crossword Puzzle!



Human Papilloma Virus (HPV)

- Organism
- Important Facts
- Transmission
- Symptoms



Human Papilloma Virus (HPV)

- Treatment
- Complications



HPV Diagnosis

- Diagnosis
 - Females
 - High-Risk: Digene HC-2 High Risk HPV DNA Test, Pap tests (indirect)
 - Low-Risk (warts): Visual exam
 - Males
 - High-Risk: No commercial test available
 - Low-Risk (warts): Visual exam



HPV Vaccine

- Vaccine
 - Gardasil® by Merck approved in 2006
 - Provides protection against four HPV types which together cause 70% of cervical cancers and 90% of genital warts
 - Licensed for use in girls/women 9-26 years old
 - Three shots over six-month period
 - Another HPV vaccine by GSK currently in final stages of development
 - Would provide protection against two HPV types that cause most (70%) cervical cancers



Pap Smears

- Screens for pre-cancerous cells in cervix
- When to start
 - 3 years after sexual debut or at age 21, whichever comes first
 - Remember, you do NOT have to sexually active to get a pap smear
- Does not necessarily test for STDs
 - You have to ask for specific STD tests
 - It is important to be your own health advocate
- How often should I get pap smears?
 - It varies, depending on your pap results
 - Your doctor or nurse will let you know



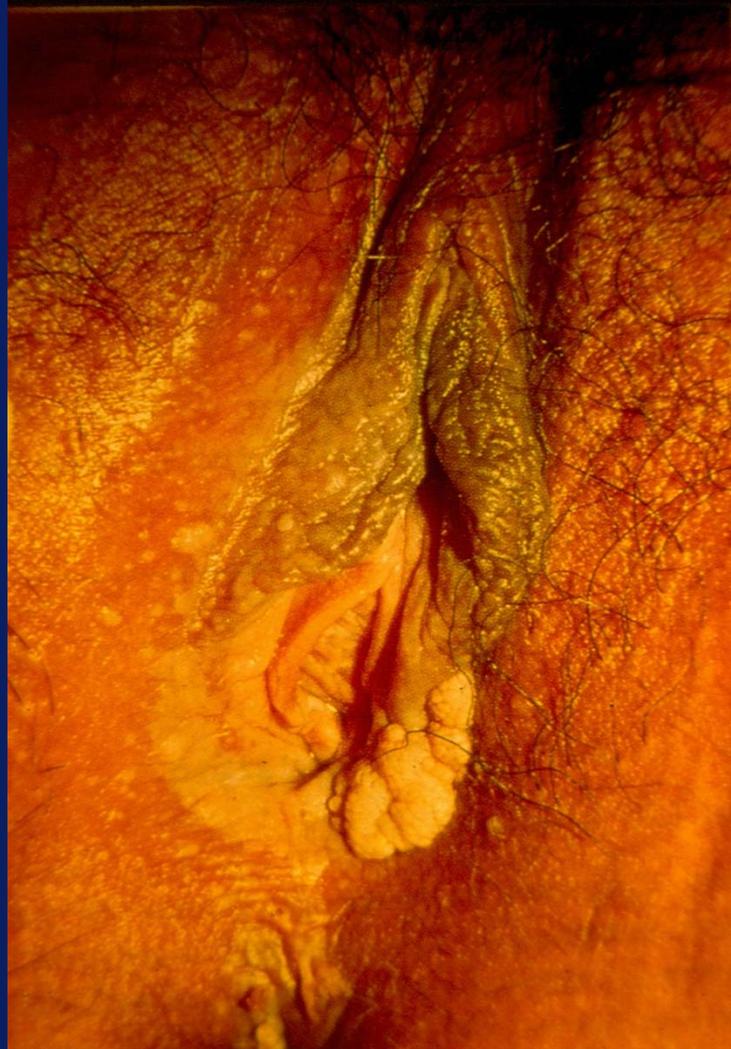


Single, flat/round wart on penis



Multiple, fleshy warts on penis





Cauliflower-like warts near vagina





Enlarged warts due to pregnancy





Anal warts - Male



Herpes Simplex Virus (HSV)

- Organism
- Important Facts
- Transmission
- Symptoms



Herpes Simplex Virus (HSV)

- Diagnosis
- Treatment
- Complications
 - Psychosocial issues - LA Help (310) 281-7511, www.lahelp.org
- Vaccine currently in development





Oral Herpes



Process of Herpes Outbreak



Fluid-filled blisters



Open sores



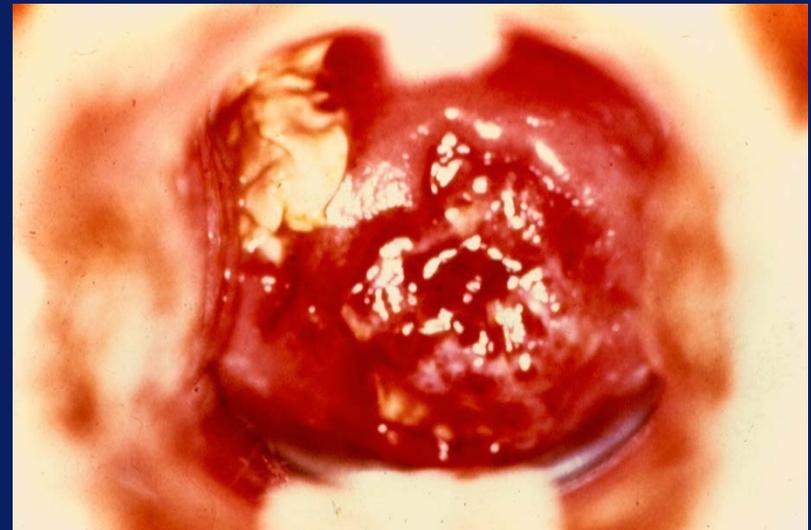
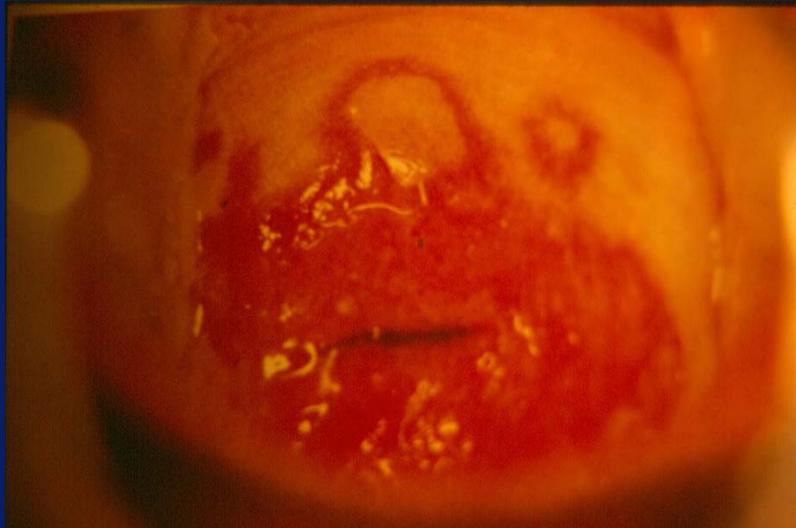
Scabbed sores





Blisters surrounding vaginal area





Cervical lesions due to Herpes





Herpes blisters on buttocks



STD Resources & Referrals

- ASHA STI Resource Center Hotline
(919) 361-8488 www.ashastd.org
- LA County STD Hotline
(800) 758-0880 www.publichealth.lacounty.gov/dhsp
- LA Help (Herpes resources, support groups)
(310) 281-7511 www.lahelp.org
- Centers for Disease Control and Prevention
www.cdc.gov



Time for lunch!



Review Activity



STD Review Sheet

	<i>Bacterial</i>	<i>Viral</i>	<i>Curable</i>	<i>Non-Curable</i>	<i>Passed via Fluids</i>	<i>Passed Skin-to-Skin</i>
Chlamydia	✓		✓		✓	
Gonorrhea	✓		✓		✓	
Syphilis	✓		✓			✓
Hepatitis B (HBV)		✓		✓	✓	
Human Papilloma Virus (HPV)		✓		✓		✓
Genital Herpes (HSV-2)		✓		✓		✓

A+



COUNTY OF LOS ANGELES
Public Health
STD PROGRAM, HEALTH EDUCATION UNIT



COUNTY OF LOS ANGELES
Public Health

Psychosocial Aspects of STDs

- How do people feel when they think that they might have an STD?
 - Emotional distress
 - Blaming partner(s)
 - Disrupted relationships
 - Fear of transmitting disease
 - Fear of rejection



Psychosocial Aspects of STDs, cont'd

- Loss of confidence
- Isolation
- Confusion
- Denial
- Anxiety
- Fear
- Depression
- Alteration of sexual attitudes
or behaviors



In your work, you'll see different:

Languages

Religions

Communication styles

Economic Status

Traditions

Health Beliefs

VALUES

Family Structure

Immigration

Acculturation

Gender Roles

NORMS



You will also see:

Lesbian Culture

Drug Culture

Gang Culture

Gay Culture

Homeless Culture

Youth Culture

Bisexual Culture

Transgender Culture

Migrant Culture

Hip Hop Culture

R
A
V
E
C
U
L
T
U
R
E



Barriers to Quality Care

Provider

- Lack of time and has competing issues
- Lack of formal training
- Discomfort
- Projection of embarrassment
- Assumptions and presumptions

Patient

- Impaired access to care
- Competing priorities
- Lack of knowledge
- Discomfort
- Embarrassment
- Need for practice and experience



Your Role: How can you help out?

- We are each working as part of a team to reduce the STD burden in our communities by:
 - Reducing anxiety/fear
 - Being non-judgmental
 - Maintaining neutral body language



Your Role: How can you help out?

- Know the limits of your position – refer to other clinic staff or hotline
- Know your hot buttons – why?
- What to say/not to say



STD/HIV Partner Services

- The DHSP STD Field Services Unit provides Partner Counseling and Referral Services (PCRS).
- PCRS includes ensuring confidential notification, appropriate medical attention, and appropriate referrals for STD/HIV positive individuals and assisting these individuals with informing their partners about potential exposure to STD/HIV.



STD/HIV Partner Services

- Required by state law to follow-up on reported disease (chlamydia, gonorrhea, syphilis, HIV)
- Purpose is to stop the spread of disease
 - Assure treatment for infected persons
 - Assure all partners are examined and treated
 - Provide information on current infection, methods to avoid re-infection, and how to respond to future disease suspicion



STD/HIV Partner Services

- Maintain complete confidentiality
 - Part of your medical team
- Conduct interviews with infected persons
 - Collect epidemiologic data
 - Provide disease information
 - Offer options for partner notification
- Client-centered



Partner Notification Tips

- Transitioning to the topic of partners
 - Bridges from context of wherever you are in your counseling session to the subject of partners
 - “You’ve mentioned your partner John. What do you think about telling him about your STD/HIV infection?”
- Discussion of disclosure options
 - Self disclosure
 - Provider referral



Partner Notification Tips

- Coaching the client to self disclose to partner
 - Contact partner promptly
 - Find a private place for discussion
 - Disclose STD status
 - Help partner understand what this means
 - Anticipate and handle partner's reaction
 - If DV is an issue, do not disclose
 - Accept that partner is not bound to confidentiality
 - Refer partner to services
- Summarize your discussion with client



Social Marketing Campaign



I know.

That over 30,000 women in LA get chlamydia every year.
That it's curable. I get tested.

DontThinkKnow.org



I know.

That you can have chlamydia and gonorrhea and not know it.
I get tested to know for sure.

DontThinkKnow.org



Yo sé.

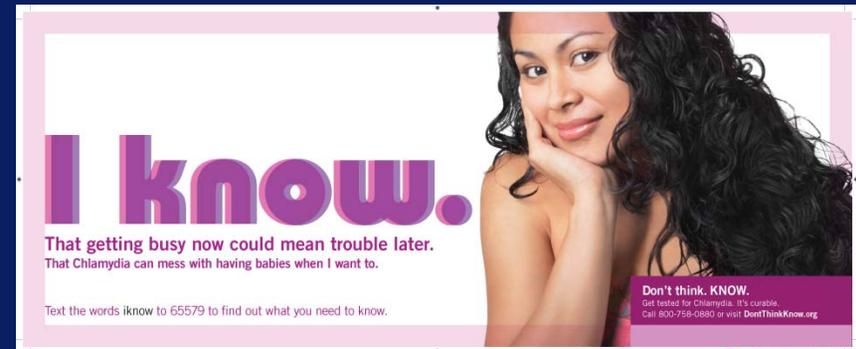
Que más de 30,000 mujeres en Los Angeles contraen clamidia cada año.
Yo me hago la prueba. Es curable.

DontThinkKnow.org



Don't Think Know

- Los Angeles County's Innovative Project to reduce the high rates of STD's by introducing female friendly STD home test kits for chlamydia & gonorrhea infection.
- CT & GC are the top rated STDs causing infertility.



Don't Think Know

- Who can order a free kit?
- How does it work?
- Obtaining results
- Positive/Negative test results
- Referrals
- Kits can be ordered by:

phone: 1-800-758-0880

online: www.dontthinkknow.org



inSPOTLA.org

**An Online Partner Notification System:
Internet Users, Clinic Patients, & Agency Clients**



inSpot Home Page

inSPOTLA [TELL THEM](#) | [GET CHECKED](#) | [HIV/STD INFO](#) | [RESOURCES](#) | [TREATMENT](#)

| HIV / STD | INTERNET NOTIFICATION SERVICE FOR PARTNERS OR TRICKS [ABOUT THIS SITE](#) [CONTACT US](#)

In Los Angeles, there's an easy way to tell your sex partners you have HIV or another STD. Send them a free inSPOT e-card, ANONYMOUSLY or from your email address, [right here](#).

No information will be reported to any government or private agency. Please respect the community and don't use these cards to spam.

[More About This Site >](#)
[Community Guidelines >](#)

Tell Them

» Tell your tricks, hookups, ex's, boyfriends and partners they may have been exposed to HIV or another STD.

Get Checked

» If you've received an InSpot card, find out where to get tested for HIV and other STDs.

This site developed by I.S.I.S., Inc., a non-profit group, with funding from the AIDS Healthcare Foundation. Design by Primalial.

Copyright 2005 AIDS Healthcare Foundation and I.S.I.S., Inc.



Light, Fun, & Sexy



You're too hot to be out of action.

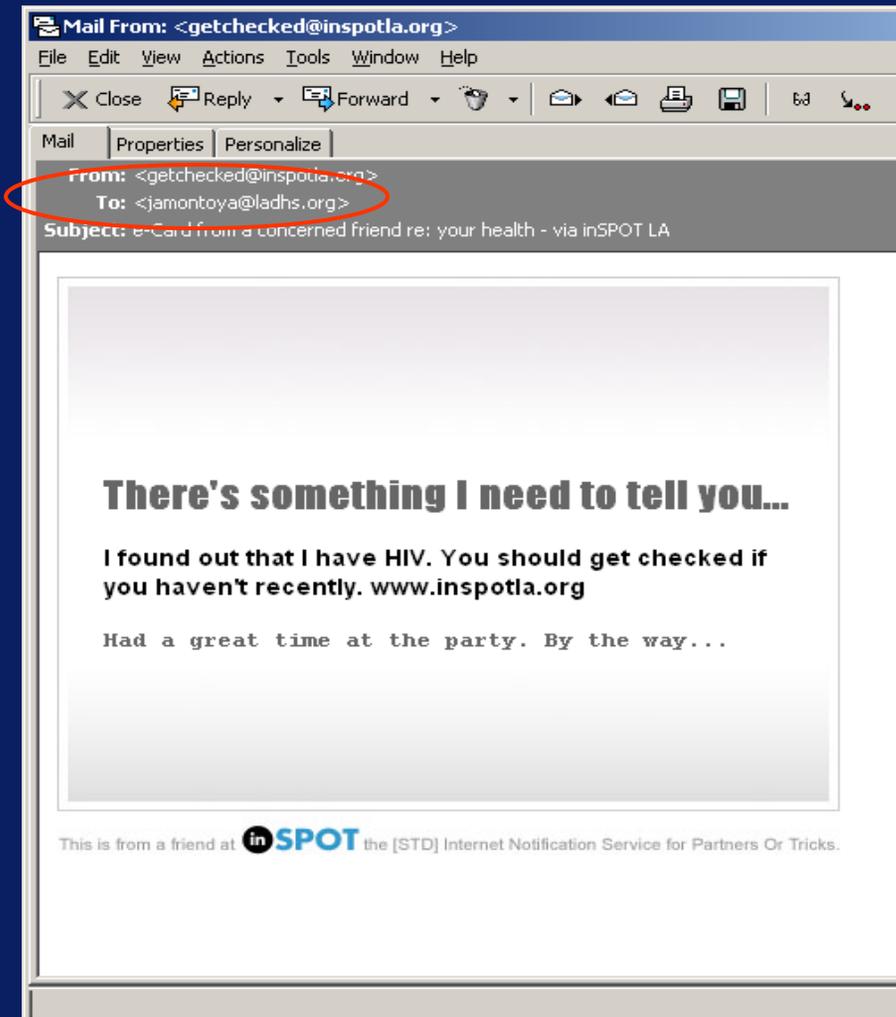
**I got diagnosed with an STD since we played.
You might want to get checked too. www.inspot.org**

Your message goes here.

This is from a friend at  the [STD] Internet Notification Service for Partners Or Tricks.



The Recipient



Recipient Referred to Resources



Testing & Treatment Map

The screenshot shows a Microsoft Internet Explorer browser window displaying the inSPOTLA website. The address bar shows the URL: <http://www.inspotla.org/inprogress/treatment/>. The website header includes the inSPOTLA logo and navigation links: TELL THEM, GET CHECKED, HIV/STD INFO, RESOURCES, and TREATMENT. Below the header, there are two buttons: "Tell Them ABOUT HIV/STDs" and "Get Checked FOR HIV/STDs". The main content area features a "TREATMENT" section with the text: "CLICK ON THE ARROW BUTTONS OR REGION NAMES IN THE MAP BELOW TO FIND A GAY-FRIENDLY CLINIC NEAR YOU". The map shows various regions of Los Angeles County, each with a dropdown arrow: ANTELOPE VALLEY, SAN FERNANDO, SAN GABRIEL, WEST, METRO, SOUTH, SOUTH BAY, and EAST. At the bottom of the page, there is a copyright notice: "Copyright 2005 AIDS Healthcare Foundation and I.S.I.S., Inc."



Talking to Clients about STDs. . .

- Being comfortable with the topic yourself
 - Value-free vs. value-clear
 - If you're comfortable talking about it, your client will most likely feel comfortable opening up to you
- Normalize the topic
 - “Because STDs are so common, I bring this up/talk to all of my clients about it...”
- Client-centered counseling
 - Small, do-able steps
- Referrals are key!
 - Update/check regularly
 - Refer clients appropriately



Time for a

Break!



Energizer



That's Me!



Hands-On Risk Reduction Counseling



Risk Reduction Counseling

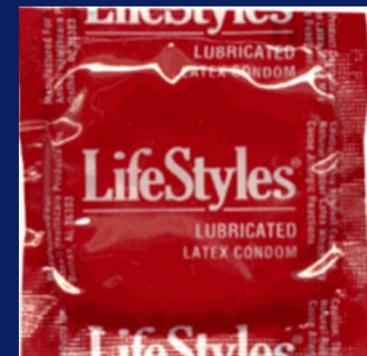
- Suggested Supplies
 - Various condoms
 - Female condom
 - Latex barriers
 - Dildo or plastic banana
 - Lubricants
 - Printed information
 - STD pictures
 - Bleach kit



Condoms

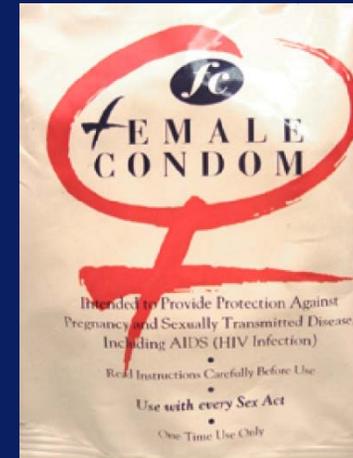


- Latex condoms
 - Different shapes: ribbed, studded (e.g., Elexa, Pleasure Plus and In-Spiral condoms)
 - Different sizes
 - Different colors
 - Different flavors
 - Easy open “butter tabs”



Condoms Continued...

- Polyurethane (plastic) condoms
 - Option for those allergic to latex
 - Retain heat better
 - Male: Durex, Avanti
 - Female: Reality



Other Latex Barriers



- “Dental dams”
 - Used for mouth-to-vagina or mouth-to-anus sex
 - Flat piece of latex
 - Can also use a condom cut down one side, or plastic wrap

- Gloves or Finger Cots



Lubricant

- Can make (safer) sex more fun!
- Cuts down on friction
 - Reduces micro-tears, thus decreasing the chances of skin-to-skin transmission of herpes, HPV, and syphilis





A Huge Variety!



- “Personal lubricants” can be water-based, oil-based, silicone, flavored, non-flavored, jelly, liquid, heating, non-heating. . .

- Household items are often used: whipped cream, butter, cooking oil, baby lotion, Vaseline. . .





Making Healthy Choice



- Household items can cause problems such as yeast infections; it's best to use “personal lubricants that are specifically for sex

- Always use *water-based* lubricants when using latex barriers; oil-based lubes will cause breakages



Practical Tips

- Provider comfort with items
 - Practice, practice, practice!
- In client-centered counseling:
 - Prioritize selected behavior changes for the patient's risk reduction plan (use their priorities, not yours!)
 - Select a few appropriate items to use



Client FAQs

- “I hear that all kids entering school are being vaccinated against hepatitis B. This seems silly to assume all these children will be drug users! I have 3 children, ages 11, 14, and 16. They are good kids and would never use drugs. Why do they have to be vaccinated against hepatitis B?”



Client FAQs

- “I just heard about this new HPV vaccine for girls as young as 9 years of age. I have a daughter who is 11 years old. Why should I get her vaccinated? She’s too young for anything like this!”
- “I am female and just found out I have Herpes. Will I be able to have a baby?”
- “I had an open sore on my penis for the last few weeks. It didn’t hurt at all and now has just disappeared. This must mean I’m ok, right?”



Client FAQs

- “I just found out that I have Chlamydia. My partner told me I must have gotten it from a dirty toilet seat. Is that true?”
- “My female partner told me she has a yeast infection. Does this mean she cheated on me?”
- “I went to the clinic to get tested for STDs and they gave me a blood test. I got tested for all STDs, right?”



Plan of Action



- What are you going to do differently based on what you learned today?
- Look within yourself. Take a few minutes to 2 or three small things that *you* can do tomorrow to improve the quality of care that you provide to STD clients.



Wrapping Up

- Questions?





Please remember to complete your evaluation.

