

What is it?

Be Smart. Be Well. – STD Videos

[Announcer] This podcast is presented the Centers for Disease Control and Prevention. CDC – safer, healthier people.

[Dr. Jill Grimes] A sexually transmitted disease is any disease that can be transmitted through physical intimacy, including kissing, oral sex, or any type of genital contact.

[Lynn Barclay] There are an estimated 19 million cases of STDs in the United States every year. Half or more are in people 25 years and younger.

[Dr. William Wong] There are many different types of sexually transmitted infections that are out there. Some are bacterial infections and some are viral infections.

[Lynn Barclay] Bacterial STDs are like gonorrhea, chlamydia, syphilis. They're easy to test for; they're easy to treat. The viral are different. They're herpes, HIV, HPV, or human papillomavirus, and those are difficult because they're not curable.

[Dr. John Douglas] Chlamydia and gonorrhea we think of together because in both men and women they cause similar problems. In men, they cause inflammation of the inside of the penis, urethritis. And in women, they cause inflammation of the cervix and the uterus and then the fallopian tubes, producing pelvic inflammatory disease.

[Dr. Jill Grimes] Condoms are really important in helping prevent the spread of STDs. Condoms work very well to prevent HIV and *Trichomonas* and gonorrhea and chlamydia.

[Dr. John Douglas] Syphilis causes both sores, or ulcers, but it can also cause infection throughout the body, leading to rashes and, in rare cases, neurologic problems. Syphilis is efficiently transmitted between mothers and babies. We now realize that virtually all the sexually transmitted infections can be transmitted that way.

[Dr. Jill Grimes] *Trichomonas*, or “trich” for short, is a little parasite that often goes undetected. Trich makes you three to five times more likely to contract other sexually transmittable diseases, such as HIV.

[Dr. William Wong] Herpes simplex virus, more commonly known as herpes, is a viral condition that causes recurrent outbreaks. Blisters can form in the genitals.

[Dr. Jill Grimes] There's herpes in your mouth and there's herpes in your genitals, and the only way to know which type you have is through a blood antibody test.

[Lynn Barclay] Hepatitis B is not always recognized as an STD, but it is.

[Dr. William Wong] Hepatitis B is a virus that can be passed on through sexual contact and through blood-to-blood transmission. It causes inflammation of the liver.

[Dr. John Douglas] HPV is a viral infection that's associated with a number of genital-tract outcomes, including warts and, in rare cases, cancer of the cervix, the penis, the anus, the vulva, and the vagina.

[Dr. William Wong] HIV is a sexually transmitted disease that can be passed on through sex or it can be passed on from blood-to-blood contact. Your risk for getting HIV can be increased two to five times in the presence of a sexually transmitted disease.

[Lynn Barclay] The real danger is in not knowing that you have an STD and don't treat it. All of us are at risk if we're having sex, which is why we always say, "Protect yourself, protect your partner."

[Announcer] For the most accurate health information, visit www.cdc.gov, or call 1-800-CDC-INFO, 24-7.