



SEXUAL  
HEALTH

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May 2015



Notice  
Board



What is it?  
What is good sexual Health?

Language

History taking how and why

STI's and treatments

Chem sex

Condoms

# No universal accepted definition of Sexual Health.

- “...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”  
*(WHO, 2006a)*
- WHO Definition of Sexual Health

# Definitions

- Sex. biological characteristics that define humans as female or male.
- *Sexuality*. a central aspect of being human throughout life, encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction.
- Sexual Rights. The fulfillment of sexual health is tied to the extent to which human rights are respected, protected and fulfilled. Sexual rights embrace certain human rights that are already recognized in international and regional human rights documents and other consensus documents and in national laws.

# Labels and Definitions

Heterosexual  
man

Heterosexual  
woman

Bisexual man

Bisexual woman

Gay man

Lesbian

Transsexual

Transgender

A sexual

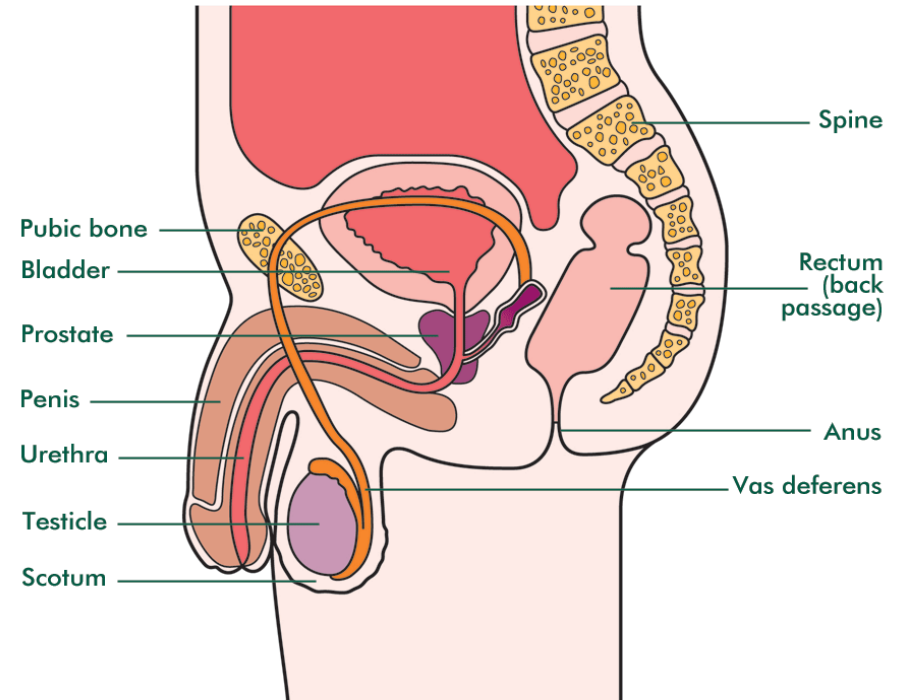
# What is good Sexual Health?



Its not just about health, its about sex

# Language

identify common names





# Types of sex

Straight Sex

Bi-sex

Gay sex

Oral  
sex

Anal  
sex

Vaginal  
sex

Kinky  
sex

Group  
sex

Chem  
sex

Rough  
sex

Other  
sex



**Training  
Academy**

STEP-UP: Skills Training to Empower Patients



# Taking a Sexual History or Talking about Sex: what's needed?

- Good communication skills are vital
  - An uneasy conversation will ‘loose’ the person
- Can identify “at risk” patients
  - Age, sex, cohesion, behaviors
- An incomplete history can lead to the wrong treatment
  - Medical, social or “other” care needs
- There’s a wide spectrum of “normal” sexual practices
  - There’s more than the “missionary position”

# Components of a sexual history

Previous medical history, medicines and allergies	To promote safe prescribing
What are the symptoms?	Genital, skin, pain, blood, lumps...
Last sexual intercourse (LSI)	Male/Female partner, oral vaginal, anal, regular / one night / 1;1 / 1;3,4 , 5. traceable?
Previous history of STI?	Educate / inform. Gage potential reaction to a + test
Reproductive history	Contraception, menstrual cycle adherence
Age – minor? Older?	Consent if minor. Safeguarding (not only minors)
Time periods of any sex (including oral)	Manifestation timescale
Previous sexual partners	Kind of sex for screening (oral vaginal anal) pregnancy testing, Hep A & B.
Risk assessment	Drug use, sex abroad, sex workers, high risk activities

# Welcome to the world of STI's



Skin lesions of a newborn with HSV-2 infection



# Broadly are split into 4 categories

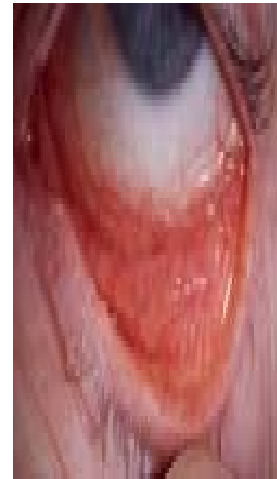
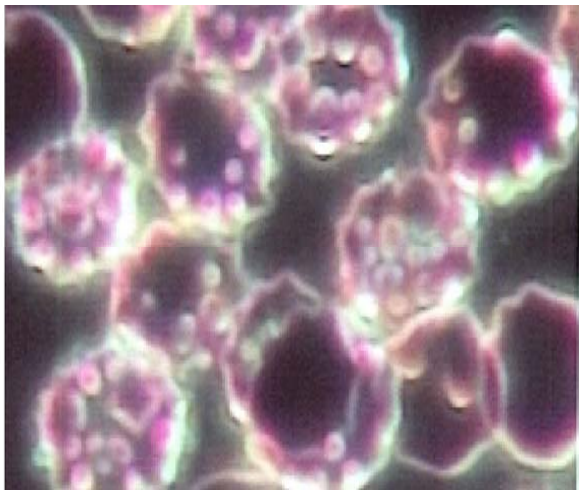
- Bacterial STI's
- Viral STI's
- Parasitic STI's
- Fungal STI's





# Chancroid

- Haemophilus Ducreyi is the Bacteria that causes it.
- RARE
- Open genital sores produces pus painful swollen glands in the groin, may cause bleeding and painful intercourse
- Culture of sore / blood test
- Difficult to differentiate between common STI's
- Antibiotics





# Chlamydia

Chlamydia Trachomatis is the Bacteria that cause it

It's the most common STI and can affect the penis vagina cervix anus urethra eyes and throat.

In young babies it can also cause phenomena

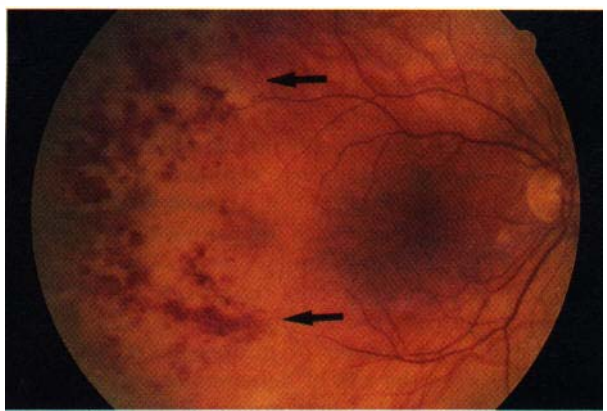
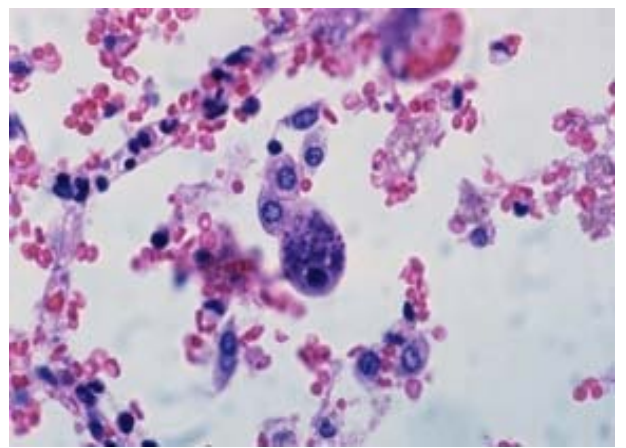
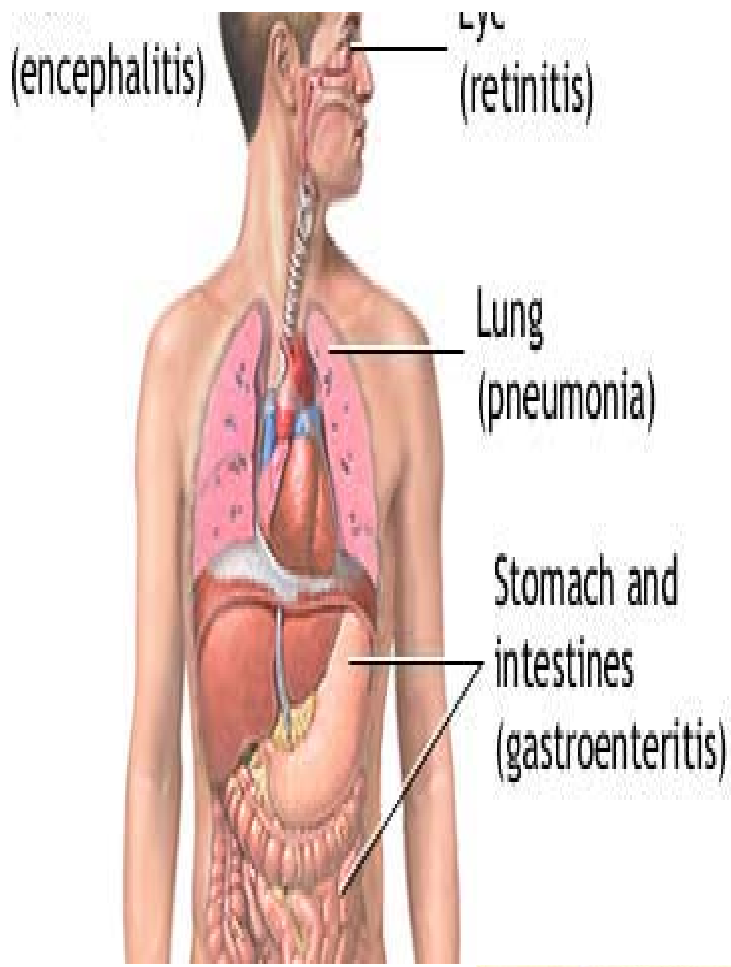
And can cause infertility in women if untreated



# Symptoms & Treatments

- Often none!
- Abdominal pain, discharge, fever swollen testicles, swelling around anus, pain whilst urinating, sore throat, sticky eyes.
- Urine test / cell samples
- Antibiotics
- Left untreated can become life threatening, infertility and arthritis





# Cytomegalovirus (CMV)

- CMV is a Virus
- Transmitted through bodily fluids and or casual contact
- Very common BUT immune system controls it. 4/10 USA carry
- Usually no symptoms. – swollen glands, irritation of digestive tract, diarrhea, fatigue, blindness, mental disorders
- NO CURE. Good immune system prevents onset



# Genital Warts (HPV)

- They affect the penis testicles vulva urethra vagina cervix anus
- Human Papillomavirus (HPV) is the virus which causes them
- 2 types HPV (1 & 2) slightly different – not all cause warts
- HPV can lead to precancerous changes in the cervix or anus.



# Symptoms & Treatments

- Cauliflower like appearance, painless, sometime itch
- A good immune system can fight them off and “control” the virus but once infected its for life!
- Frozen burnt laser or injection can all remove them
  - Some newer creams used for internal warts



MALE



FEMALE





# Gonorrhoea

- Neisseria Gonorrhoeae is the Bacteria which causes it
- Affects the penis, vagina mouth anus eyes
- 1/3 of people will have symptoms most wont!
- Fever painful intercourse, painful urination, pus discharge swelling / itching, sore throat
- Urine test and or cell sample

# Treatment

- Antibiotics – but becoming drug resistant and in the USA have seen some very hard to treat cases
- A right of passage for young people!
- Left untreated causes infertility, arthritis, inflammatory disease, epididymitis, premature labor, stillbirths and blindness in newborns and life threatening blood infection



Unusual case of hepatitis C-related cryoglobulin-induced digital gangrene



# Hepatitis-B



# Hepatitis (A, B,C and more developing)

Hepatitis is swelling and inflammation of the liver.

Viral (A, B & C)

All can be passed through sexual contact (not just intercourse)

Vaccines against B

# Symptoms & Treatments

- Fatigue pain tenderness loss of appetite nausea vomiting joint pain, headaches, fever, hives, dark urine, pale stools, jaundice
- Hep A – goes away on its own (most cases)
- Hep B will remain and will become a carrier
- Hep C treatable /curable





# Herpes (HSV1 & HSV2)

- HSV1 usually affects the mouth and lips – cold sores, blisters
  - But can spread to genitals during oral sex
- HSV2 causes genital Herpes
  - Spread through open wounds and or secretions from blisters both in the mouth and any genital area, as well as a form of rash
  - Very common

- Blisters on genitals and or mouth which may last several weeks, go away and then return
- No cure but can be suppressed in extreme cases with tablets and or cream
- Highly contagious
- People with herpes are TWICE as likely to get HIV if exposed to the virus.





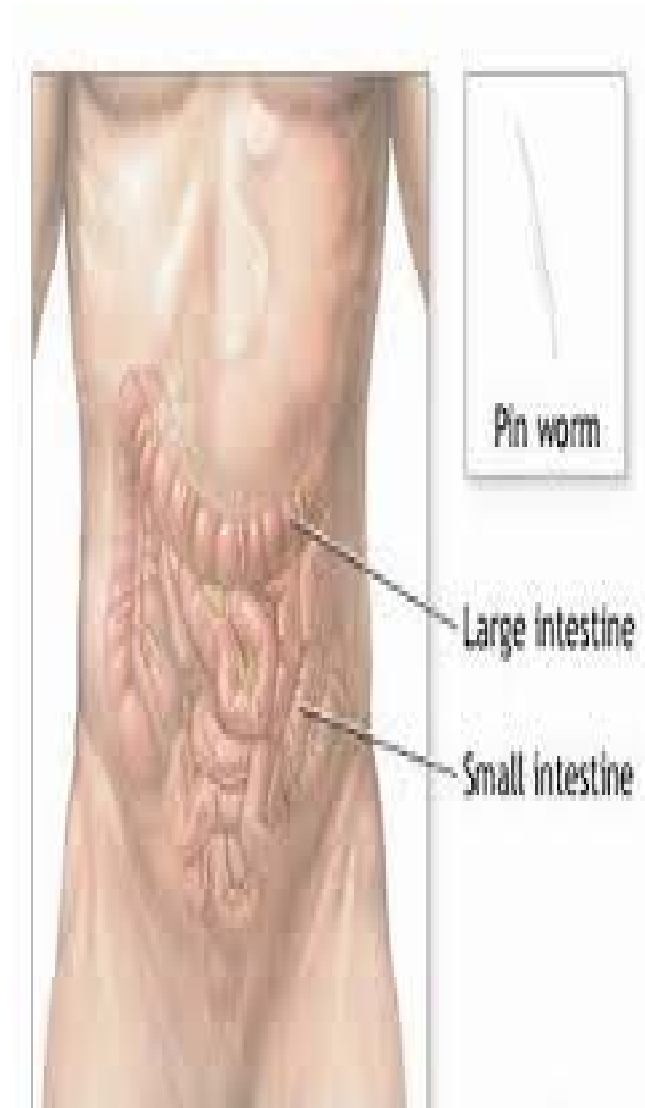


# Human Papillomavirus (HPV)

- Over 100 types of HPV
- About 40 will affect the genital areas
- Affect skin and moist membranes lining the body (cervix, anus, mouth throat)
- Highly contagious and most sexually active people will get it at some point.
- Causes cancer (cervical and anal)

- Vaccine available – all girls aged 12 years should get it
- BUT SO SHOULD BOYS. (Australia has implemented in both sexes and showed a reduction in cases)
- It is preventable by the vaccine





# Intestinal Parasites

- One cell animals called protozoa.
- They infect the intestines
- Can be transmitted through sexual contact (often through oral sex and rimming)
- Very common and very easy to treat with over the counter medicine (wormers)
- Left untreated can be very serious



FIGURE 2 - Ulcerated lesion with raised surfaces in the clavicular region.



# Lymphogranuloma Venereum (LGV)

- Chronic infection of the Lymphatic System caused by three different types (L1 L2 L3 serovars) of the bacterium Chlamydia Trachomatis
  - Cause infection of mononuclear phagocytes in immune system
  - It is NOT the same bacteria as genital chlamydia which infect squamocolumnar epithelial cells
- Spreads through sexual contact is HIGHLY contagious and increasing in MSM communities in Europe
- Berlin and London had major outbreaks in 2010

# Symptoms & Treatments

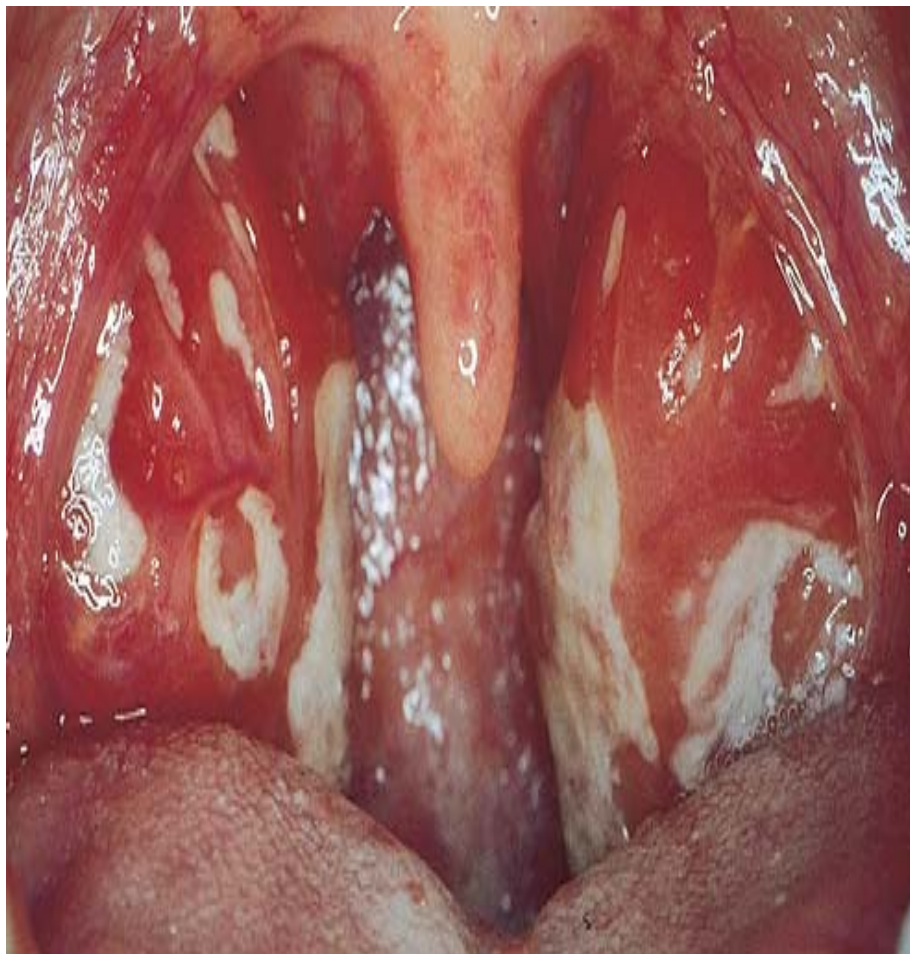
- Genital lumps and bumps and or ulcers, swelling of the lymph glands, rectal bleeding, pain , discharge, lesions in advanced cases
- Very intense antibiotics (minimum 3 weeks) but has also shown antibiotic resistance which makes it harder to treat.
- Increases risk of HIV infection



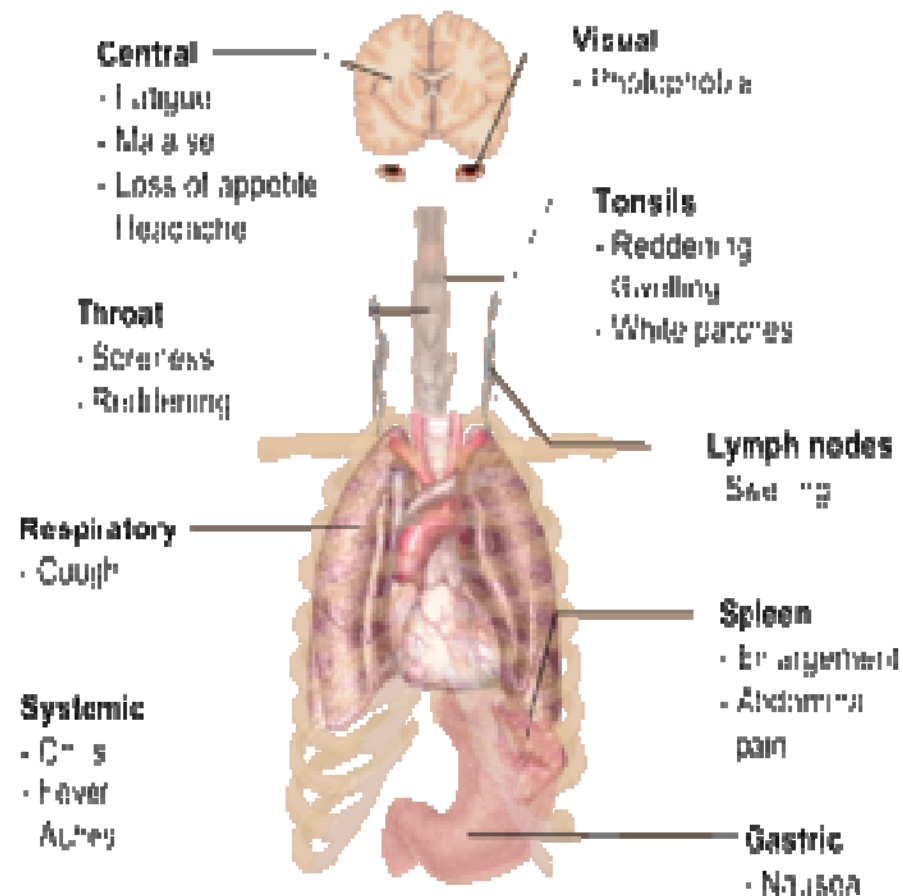
# Molluscum Contagiosum

- A viral skin infection causes raised pearl like papules / nodules
- Appears small waxy round growths in genital area or thighs
- Can be removed with chemicals or freezing





## Main symptoms of Infectious mononucleosis



# Mononucleosis ('Mono')

## Glandular fever (kissing disease)

- Very easy to transmit
- May persist for months
- Often found in teenagers (hence the kissing disease)
- Caused by the Epstein virus



# Symptoms & Treatments

- Flu like symptoms
  - Fever
  - Sore throat
  - Fatigue
- 
- Paracetamol
  - Corticosteroids used as anti-inflammatory
  - Antibiotics to treat secondary infections but will NOT treat Mono

# Mycoplasma Genitalium

- Pathogenic bacteria that lives on the ciliated epithelial cells in the urinary tract (male and female) found in 1981
- Causes urethritis (inflammation) and pelvic and cervix inflammation
- Discharge, pain, burning sensation, pelvic inflammation, infertility.
- Associated with HIV transmission.
- Antibiotics 5 days
- Sex contact plus toys hand and fingers

# Nongonococcal Urethritis (NGU)

- Inflammation of the urethra
- Often called and NSU
- Many causes due to the bacteria in the urinary tract
- Easily treated with antibiotics



# Pelvic Inflammatory Disease (PID)

- Affects women
- Bacteria moves from the vagina and or cervix into the uterus fallopian tubes, ovaries and or pelvis
- Chlamydia and Gonorrhoea are the main causes
- Antibiotics needed and in some cases surgery to remove reproductive organs





# Pubic Lice ('Crabs')

- Six legged animals
- VERY easy to contract – NO sexual contact needed
- Burrow into the skin
- Lay eggs on hair (usually pubic but can be eyebrows, legs etc)
- Very easy to treat with shampoo



# Scabies

- Is a mite
- VERY easily spread
- VERY easy to treat
- VERY itchy
- Circles that are dark / dirty looking





# Syphilis

- Treponema Palidum is the cause
- It has a HUGE amount of different signs / symptoms
- Sexual contact – any form



# Symptoms

Primary stage infection – sore or open ulcer, swollen glands

Secondary stage infection – body rash, hands feet and side of body, fever, fatigue, hair loss, swollen glands, muscle pains, sore throat,

Third stage – serious damage to the nervous system, heart, brain, other organs and death. Madness is also common at this point due to infection of the brain.

# Treatment

- Antibiotics – depends where contracted as to treatment program .
- A catalysis for HIV infection (piggy backs)
- LIFE THREATENING if untreated
- Epidemics in Berlin London New York Paris (all party cities)

# Toxic Shock Syndrome

- Often found in women
- Can affect both sex's
- Heavy periods
- Also allergic reaction to body fluids
- Life threatening seek URGENT treatment





# Trichomoniasis ('Trich')

- Caused by parasite called Trichomonas Vaginalis
- Only survives in the vagina and penis it CANNOT survive in the mouth or rectum
- Very common
- Yellow / green discharge itching, swelling of the groin, the need to urinate painful intercourse
- Antibiotics to treat

# Vaginitis (BV, Yeast, Etc.)

- An inflammation of the vagina
- Discharge itching and pain

is VERY common – infection, hormonal, allergy, diabetes

Treatment depends on the cause.

Cream to tablets to diet



# Chem sex

- What is it?
- How often does it happen?
- Where does it happen?
- What's the consequences?
- Why do people do it?



# So ....

- Sex can be fun – and it should be, A LOT OF FUN
  - It can also be dangerous – and it doesn't't need to be!



# Thanks to:

- NHS England
- i-base
- BASH
- BHIVA

