

PATHOPHYSIOLOGY – BP204T

UNIT: V

CLASS: 5

TOPIC: Introduction to Sexually Transmitted Diseases (STDs)

Sexually Transmitted Diseases (STDs), also known as **Sexually Transmitted Infections (STIs)**, are infections that are primarily spread through sexual contact. This includes vaginal, anal, and oral sex. STDs are caused by bacteria, viruses, or parasites and can affect anyone who is sexually active, regardless of age, gender, or sexual orientation.

Common examples of STDs include:

- **Chlamydia**
- **Gonorrhea**
- **Syphilis**
- **Human Immunodeficiency Virus (HIV)**
- **Human Papillomavirus (HPV)**
- **Herpes Simplex Virus (HSV)**
- **Trichomoniasis**

STDs often do not show immediate symptoms, which can make early detection and treatment challenging. Left untreated, some STDs can lead to serious health problems such as infertility, organ damage, and increased risk of HIV.

Prevention and Awareness

Prevention methods include:

- Practicing **safe sex** using condoms or dental dams.
- Getting **regular screenings**, especially if sexually active with multiple partners.
- Ensuring **open communication** with partners about sexual health.
- **Vaccinations**, such as the HPV and hepatitis B vaccines.

Educating individuals about STDs, reducing stigma, and encouraging regular medical check-ups are essential steps in promoting sexual health and preventing the spread of these infections.

RCP