

Sexually transmitted infections including HIV

*Getting the message
across to school
children*



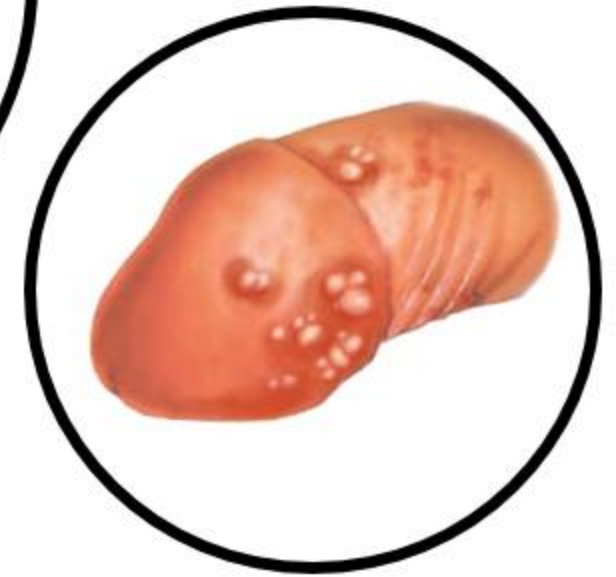
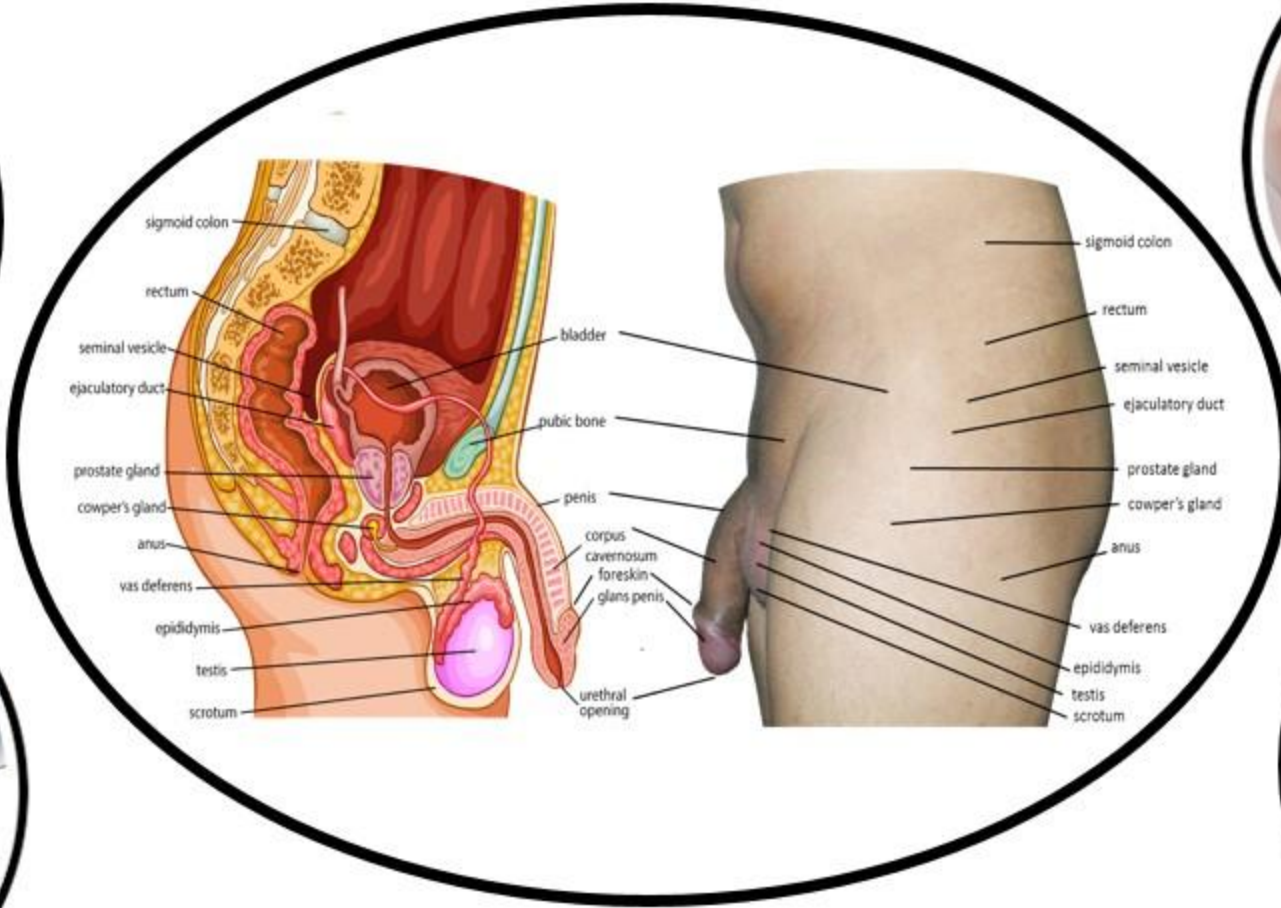
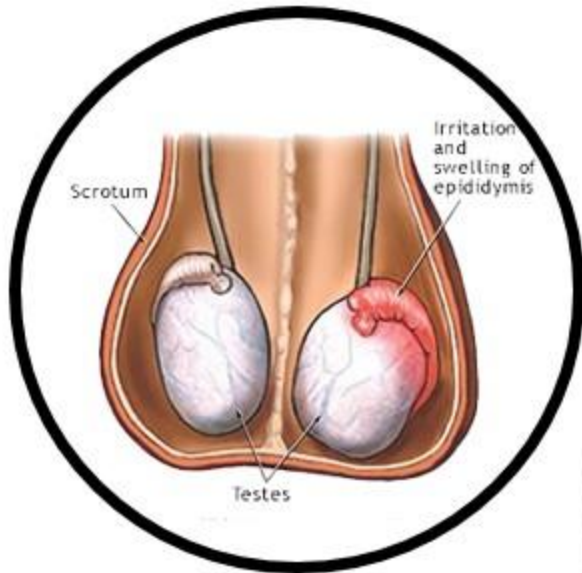
Why Sri Lankan youth should worry about Sexually Transmitted Infections (STIs)?



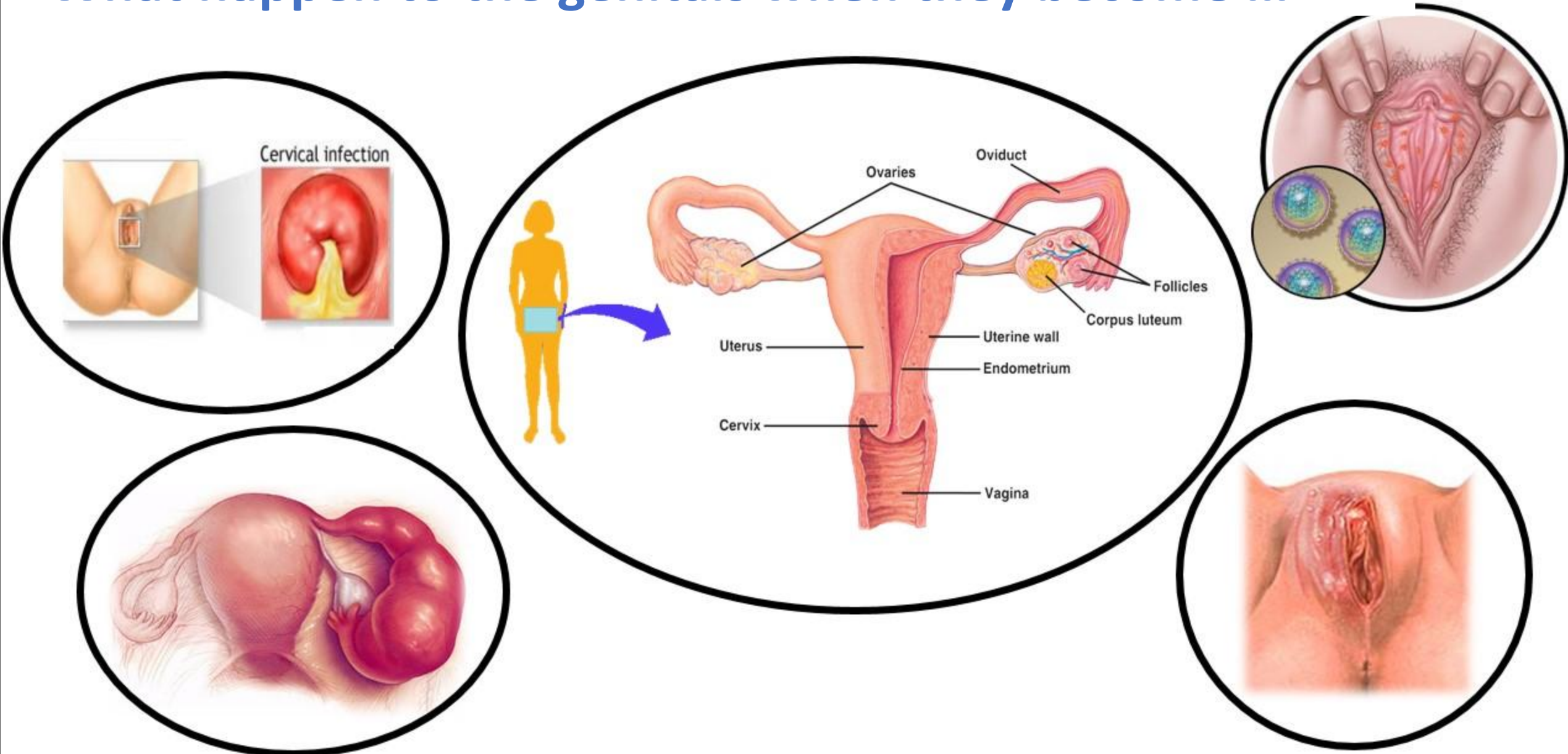
- These infections are not uncommon in Sri Lanka.
- Possibility of getting wrong information on sexuality or sexually transmitted infections as these topics are not being discussed openly
- These infections can rapidly spread among sexually active youth.
- Leading to social and psychological problems
- Inadequacy of treatment can lead to serious complications
(Infertility , Urethral obstruction, Cervical cancers, Blindness, sexual dysfunction).
- Often STIs are asymptomatic.
(Therefore infected people do not seek medical advice)



What happen to the genitals when they become ill



What happen to the genitals when they become ill



How STIs are transmitted

Unsafe sexual practices

Vaginal,/Oral/Anal



Mother to child transmission



By infected Blood





vaginal or anal warts

Vaginal or anal discharge

**Common
symptoms
of STIs for
girls**

**Lower
abdominal pain**

**Vulval or
perianal ulcers &
blisters**

Mostly asymptomatic

Therefore even in the absence of symptoms the person who has engaged in high risk behaviours should get tested



Urethral or anal
discharge



Penile or anal warts

Scrotal pain



Common
symptoms
of STIs for
boys



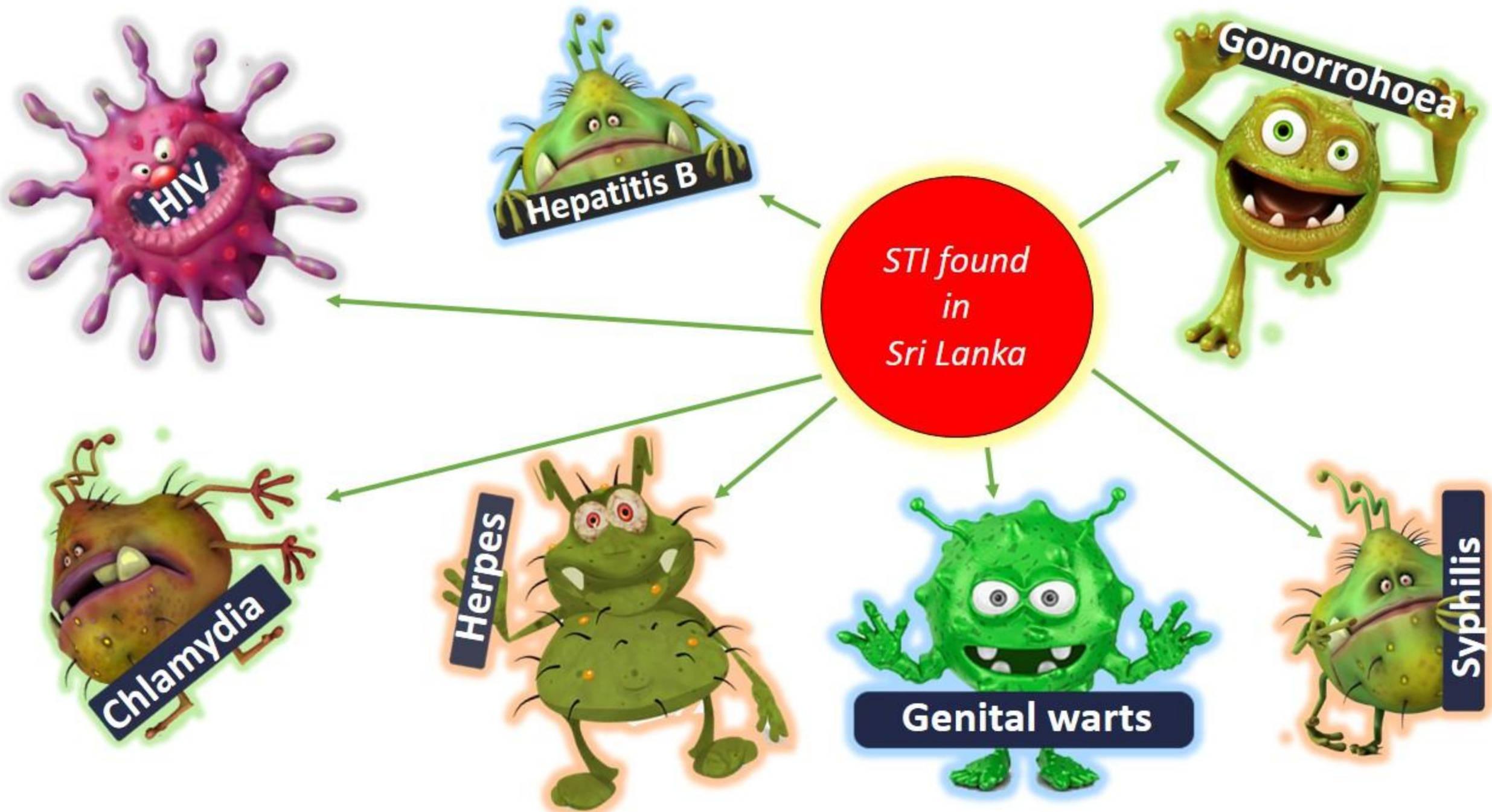
Burning urethra

Penile or
perianal ulcers
& blisters

Sometimes asymptomatic

Therefore even in the absence of symptoms the person who has engaged in high risk behaviours should get tested







- Some diseases can be completely cured:

- **Syphilis, Gonorrhoea , Chlamydia**



- Some diseases cannot be fully cured. But can be effectively controlled by drugs:

- **HIV , Genital warts, Herpes, Hepatitis B**

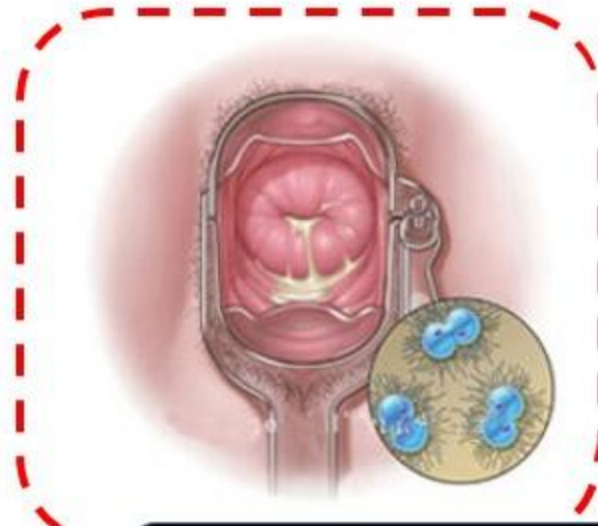


Gonorrhoea

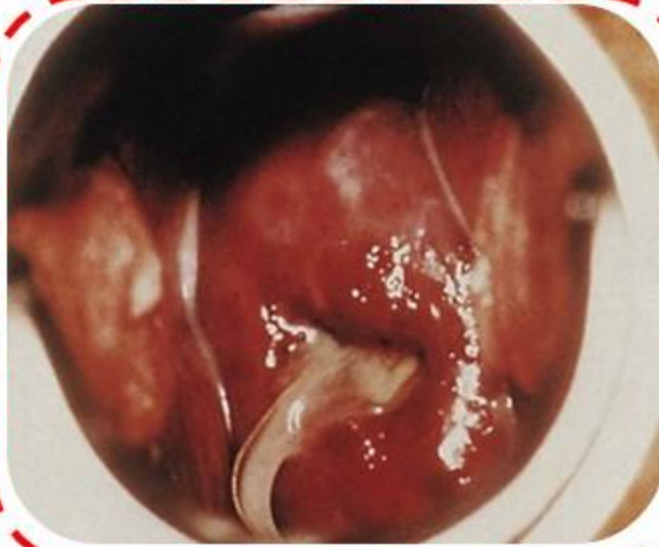


Gonorrhoea

*More than
90% of the
infected
females do not
show
symptoms*



Cervical discharge



Symptoms

- *Vaginal discharge*
- *Dysuria*

Complications

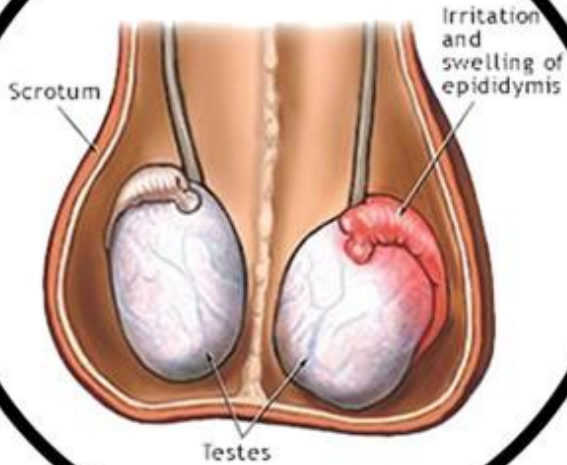
*Pelvic inflammatory syndrome
(Ascending infection to upper genital tract)*

Subfertility

Treatment

100% can be cured

Gonorrhoea



Urethral discharge



Symptoms

- *Urethral & anal discharge*
- *Dysuria*

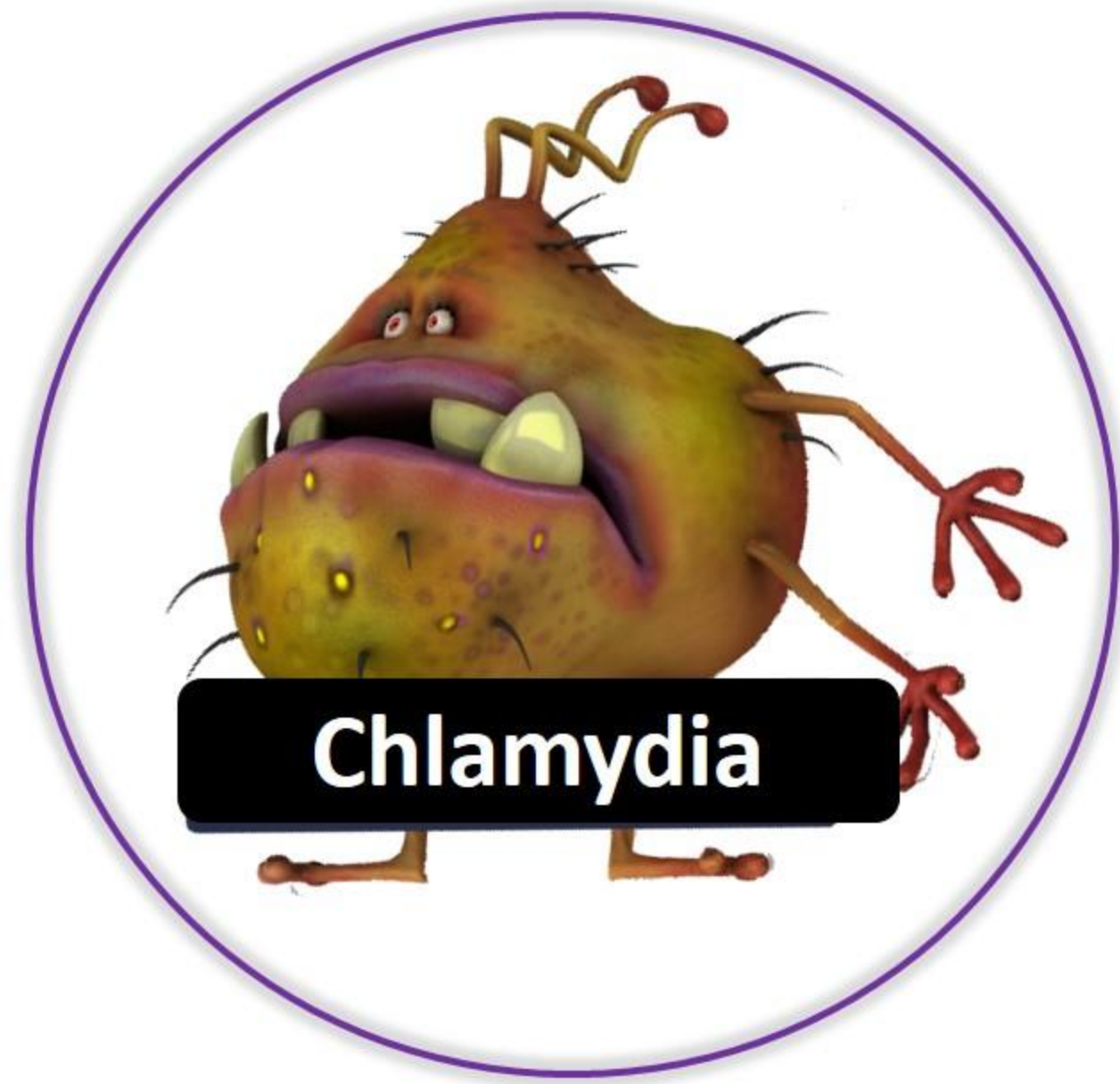
Complications

Epididymorchitis

Subfertility

Treatments

- *100% can be cured by administering drugs*



Chlamydia

*More than
50% of
the infected
females do
not show
symptoms*



*Abnormal vaginal
/cervical discharge*

Treatment

100 % curable

Symptoms

- Increased vaginal discharge*

Complications

*Pelvic inflammatory disease.
(Ascending infection to upper genital tract)*

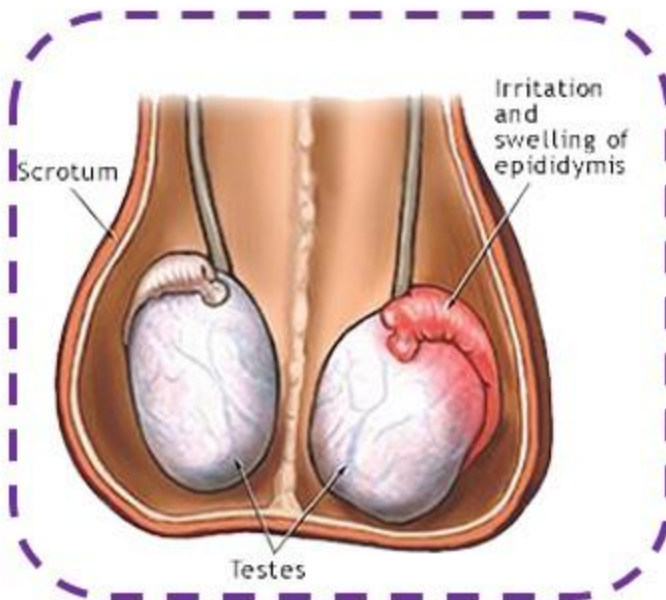
Subfertility

Chlamydia

Urethral discharge



Dysuria



Symptoms

- *Urethral & discharge*
- *Dysuria*

Complications

Epididymorchitis

Subfertility

Treatment

100 % curable



Herpes

***Ulcers
in the
vulva***



***Ulcers in
the anal
region***



Symptoms

- *Vaginal, oral and anal ulcers*
- *Cant eradicate the virus from the body.*
- *Recurrences appear time to time.*

Complications

- *Labial adhesions*
- *Encephalitis*

Treatment

- *Life long sexually transmitted*
- *Not curable*

Herpes



**Penile
ulcers**

Symptoms

- *Genital, oral and anal ulcers*
- *Cannot eradicate the virus from the body.*
- *Recurrences appear time to time.*

Complications

- *.Encephalitis (rare)*

Treatment

- *Life long sexually transmitted*
- *Not curable*



**Ulcers in
the anal
region**



Syphilis

***Vaginal
ulcer***



***Skin rash
mainly
involving
palms &
soles***



Symptoms

- Genital , oral and anal ulcers.
- Generalized skin rash
- Sometimes no clinical features
- Internal organs can get affected

Complications

- *Spread the disease to nervous system, heart and bones*

Treatment

- ***100 % curable.***

Can be transmitted from mother to child and result congenital syphilis



Syphilis

**Penile
ulcer**



**Skin rash
mainly
involving
palms &
soles**



Symptoms

- Genital , oral and anal ulcers.
- Generalized skin rash
- Sometimes no clinical features
- Internal organs can get affected

Complications

Spread the disease to nervous system, heart and bones

Treatment

100 % curable.



Genital Warts

*Vaginal
warts*



Symptoms

- *Vaginal or anal warts.*

Complications

- *Women with genital warts have a higher chance of developing cervical cancers.*

Treatment

- *Although warts can be removed, virus cannot be eradicated.*



***Now genital warts can be prevented by
vaccination***

Genital Warts

Penile warts



Symptoms

- *Penile or anal warts.*
- *Once infected recurrences occur.*

Complications

- *Males with anogenital warts have a higher chance of developing cancers in those areas.*

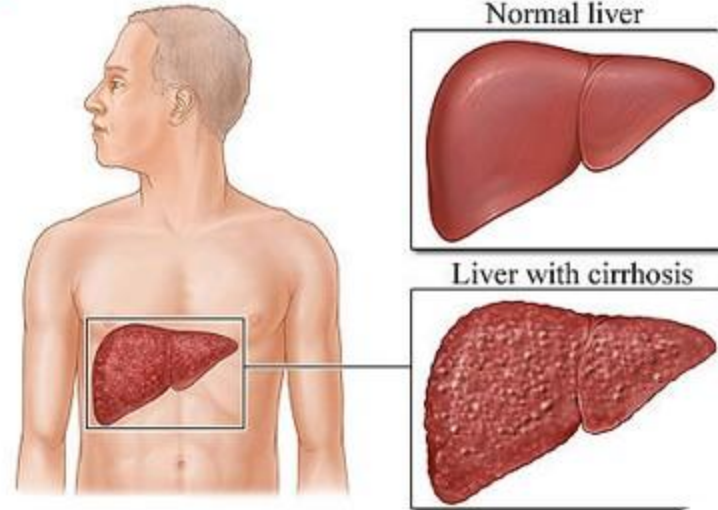
Treatment

Although warts can be removed, virus cannot be eradicated.



Hepatitis B

Liver is affected and later can progress to cirrhosis or carcinoma



Symptoms

- *Yellowish discoloration of eyes*
- *Abdominal pain*

Complications

- *Cirrhosis*
- *Hepato- cellular carcinoma*

Treatment

- *Cannot be cured sometimes.*
- *However there are drugs to control the disease process*

There is a vaccine for Hepatitis B



Yellowish discolouration of eyes

Normal variants of the external genitalia



Pearly penile papules



Scrotal calcinosis

Normal findings in the genitalia

Increased physiological discharge related
menstrual cycle and pregnancy



Common non - STI conditions

Scabies



Common non - STI conditions

- Vaginal candidiasis
- Bacterial vaginosis



Myths



Weight loss among adolescence due to increased vaginal discharge and wet dreams



Myths regarding the masturbation.



HIV/AIDS



What is HIV?

H

Human

I

Immune Deficiency

V

Virus

**HIV is a virus attacking the
immune system of the
body**

A

Acquired

I

Immune

D

Deficiency

S

Syndrome

**AIDS is group of diseases
caused following severe
loss of body's immunity
due to this virus.**

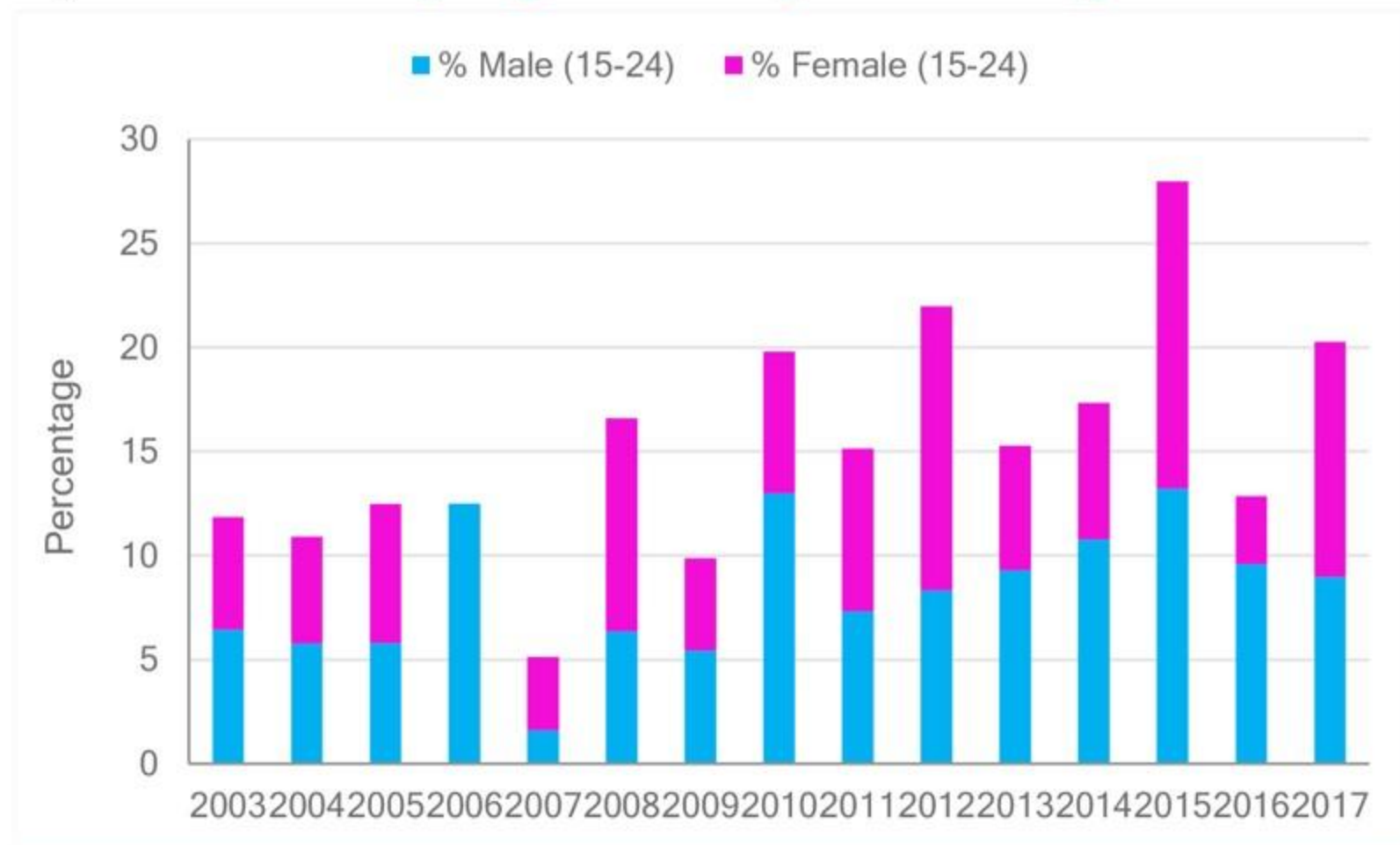
Are there HIV infected young people in Sri Lanka ?



What do you think ?

Number of new infections are increasing among youth.

Figure 14: Percent of young adults among all new HIV diagnoses 2008-2017



Even though Sri Lanka is a low prevalent country for HIV , We have lot of risk factors



- *Presence of a large youth population*
- *Prevalence of high risk sexual behaviours*
- *Prevalence of other STIs*
- *Geographically located near India where there are lot of HIV patients*
- *International relationships*

94% of the HIV
cases were infected in
Sri Lanka through
unsafe sexual practices



How HIV is transmitted

Unsafe sexual practices

Vaginal / Oral / Anal



Mother to child transmission



By infected blood



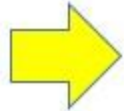
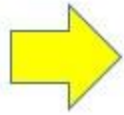
What happens when HIV infects a person



What happens when HIV infects a person?



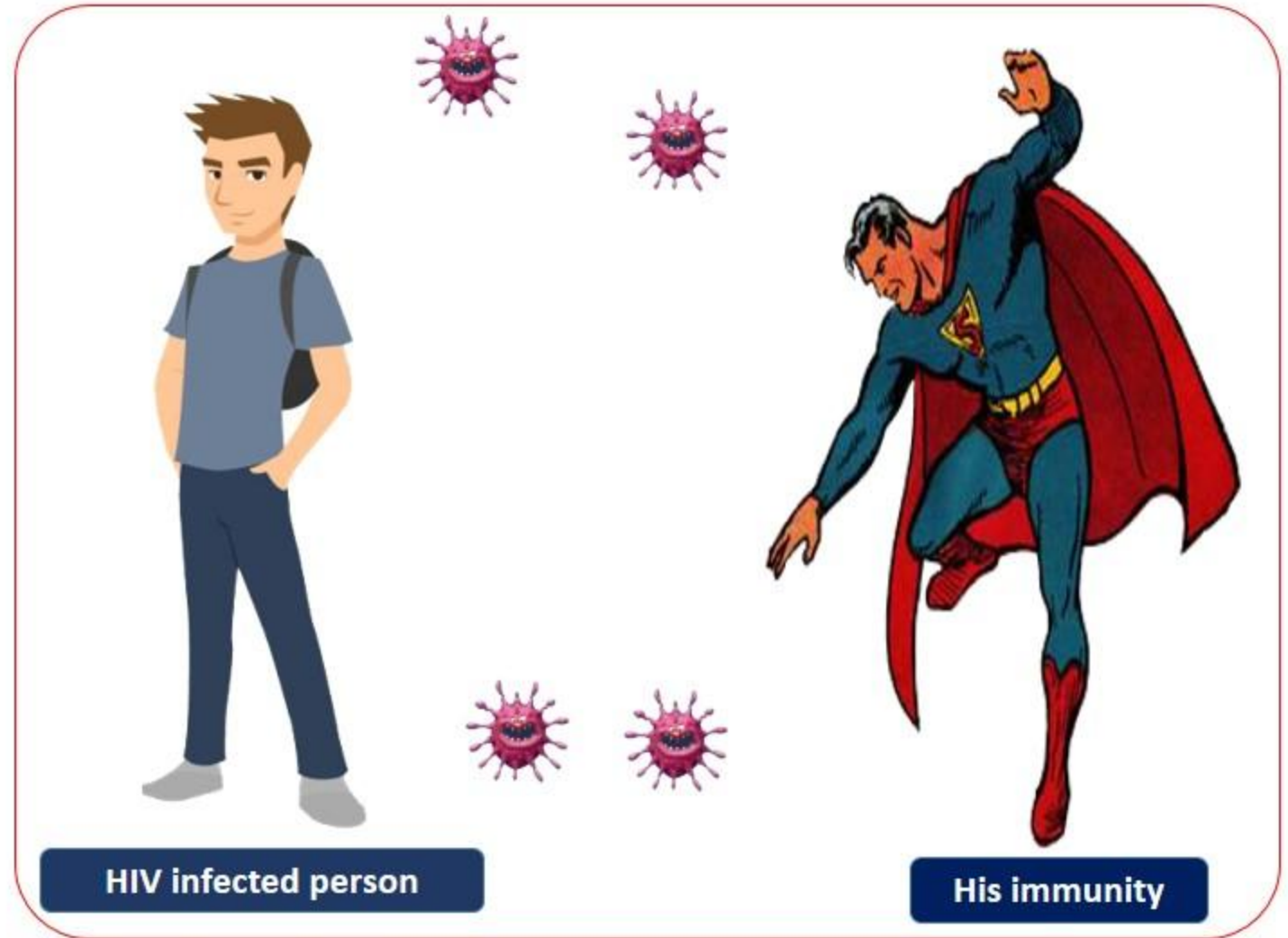
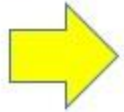
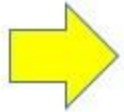
infected with HIV



HIV enters the body and starts
damaging the immune system

What happens when HIV infects a person

From the time HIV enters the body it takes about 2 – 7 years to develop AIDS

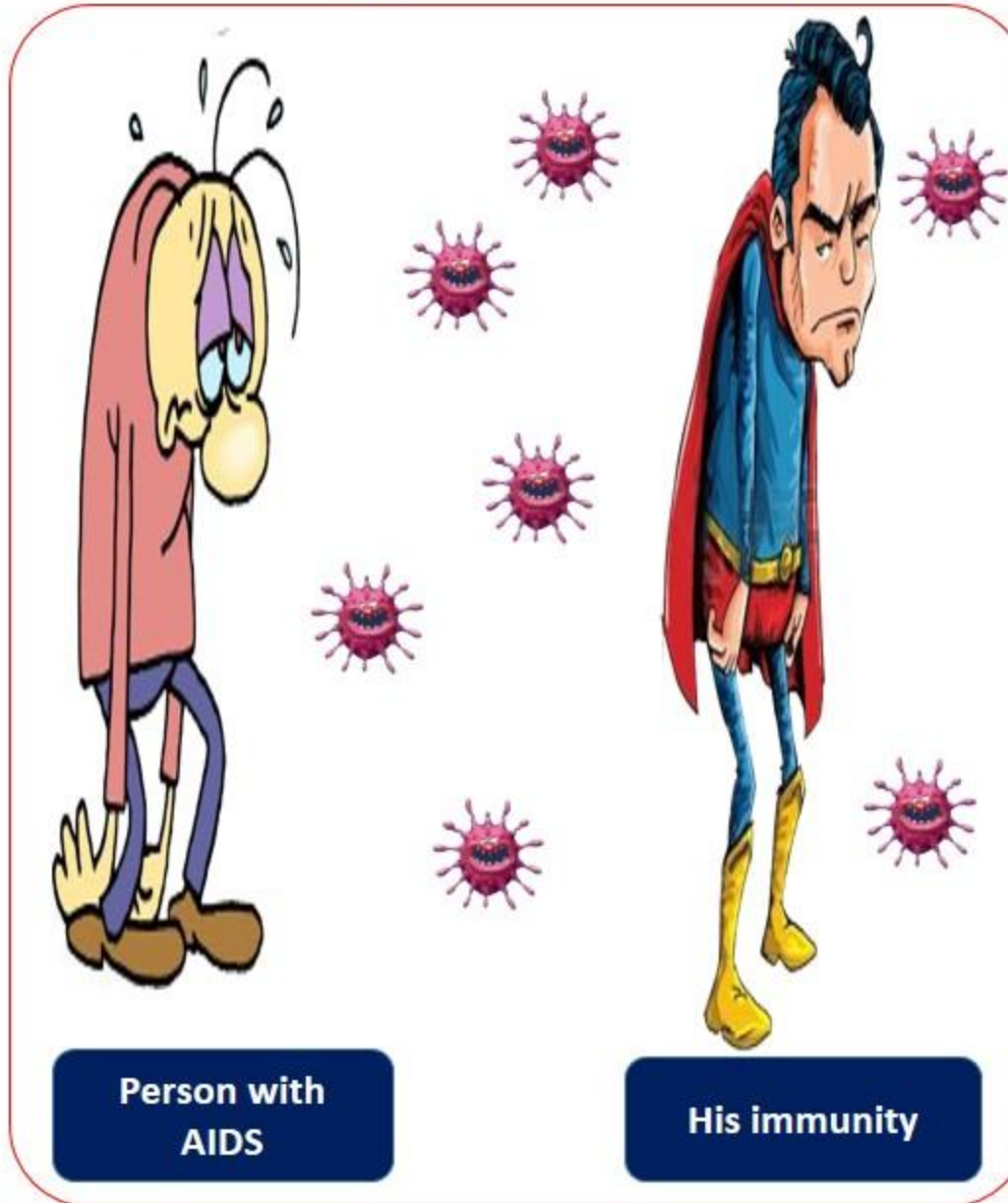
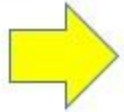
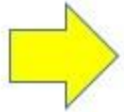


HIV enters the body and starts damaging the immune system

However still the person looks healthy

What happens when HIV infects a person

From the time HIV enters the body it takes about
2 – 7 years to develop AIDS



AIDS



Clinical features

- No symptoms in the initial stage.
- With time when the immunity drops, the infected person becomes ill. (AIDS)



What are the symptoms of a patient with AIDS



What are the symptoms of a patient with AIDS



ಕೂದಲಿನ ಕ್ರಿ-ಕಾಲ್ಪಿತನ ಕಾಯನ ಜಾಣ ಶಿವಿವೆ ತಿರುಗಿನ ವ್ಯವಹಾರವು



ಕಾಯ 29, 4 ಕವರೂರಿ ಕರಕದವ ,ಕಾಯವಿವ 10



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Modes that do not cause HIV transmission

- Touch
- Cough/Sneezing
- Kissing
- Mosquito / Bed bugs
- Sharing toilets
- Studying in the same classroom



Detection

- You can get an HIV test done from any STD clinic island wide.
- It's a simple , rapid test done free of charge.
- Privacy and the confidentiality of the test will be highly maintained.

**Therefore its very important to get an
HIV test when you have high risk
exposures without waiting for
symptoms.**

Treatment for HIV

- Even though it is not curable with effective treatment the disease can be controlled , thus the person can live a normal life .
- Treatment is free of charge.
- Lifelong.
- Treatment helps to reduce transmission.



Current HIV status and land marks in Sri Lanka



HIV prevalence in Sri Lanka is less than 0.1 % .

1986

The first HIV infected person was discovered. He was a foreigner.

1987

The first Sri Lankan was found to have HIV.

2004

HIV infected people gets Free antiretroviral treatment for the first time

At the end of 2017

- HIV case reported - 2391
- Estimated amount - **3500**

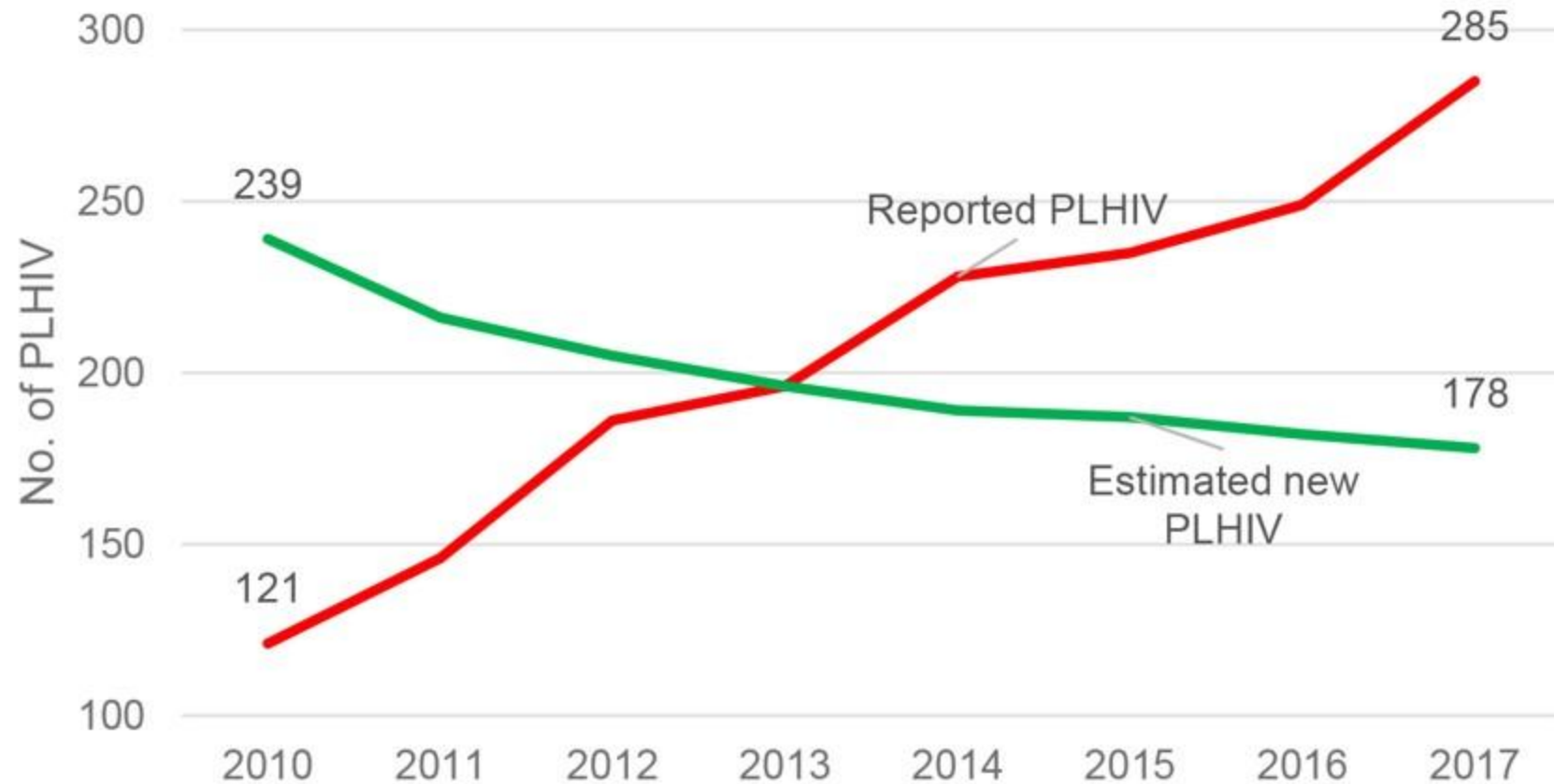


Number of new infections

Annually number of new infections are increasing.

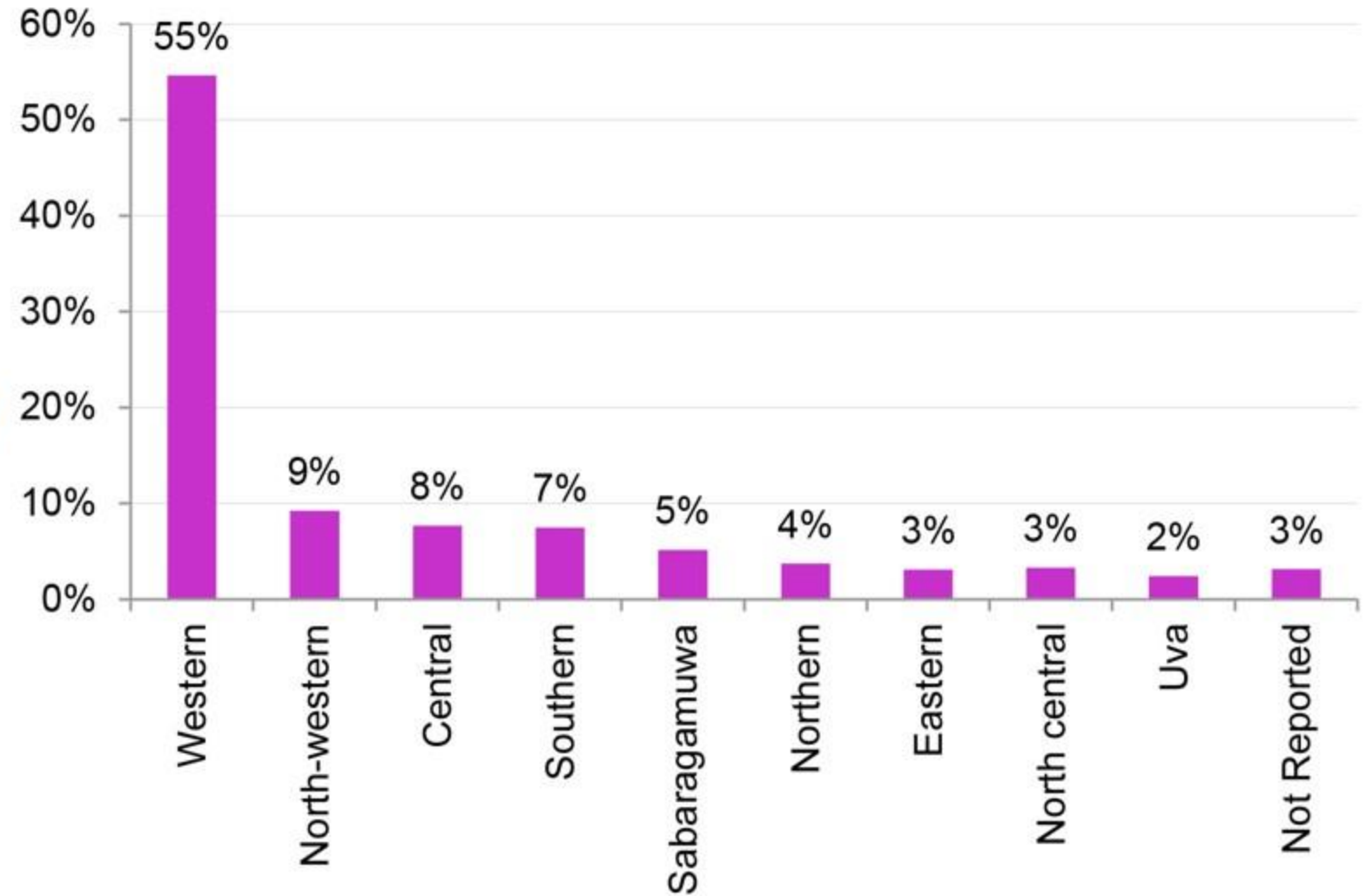


Figure 4: Trends of reported and estimated new PLHIV, 2010-2017



Island wide
distribution
of HIV
infected
people

Figure 16: Cumulative PLHIV by province of residence, 1987-2017 (N= 2842)



What should I do if I learn someone has HIV?

Let them be without harassments or discrimination



How HIV and other sexually transmitted infections can be prevented ?

***Delaying sex till
marriage***

Be aware of sexual encounters

- Identify suspicious adult encounters.
- Be careful when using social media.
- HIV/STI may be transmitted via sexual abuse.



Let's overcome sexual challenges



***We always use to say 'yes I can'.....
But, let's also learn to say 'NO/DON'T '
whenever necessary.***



Consequences of irresponsible sexual behaviour

- Education problems.
- Sexually Transmitted Infections
- Depression
- Marital problems.
- Social problems.
 - Unwanted pregnancies/abortions



Its important to keep in mind.....



- Keep away from risky behaviour.
- If you had any risky behaviour and even if you may appear healthy outwardly its very important that you get a blood test to be certain.
- Stand up against discrimination and stigmatization of those infected with HIV.

STD clinics

- Located island wide .
- Age is not a barrier for care
- Privacy and the confidentiality is highly maintained.
- Information is easily accessible from the web or you can call the STD clinic *hot line* anytime on a working day.

Thank you!

Contributors:



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- *Tamil* *0716376411 / 0716379192*
- *English* *0716376656 / 0716376555*

