

# Sexually transmitted infections including HIV

*Getting the message across to school children*



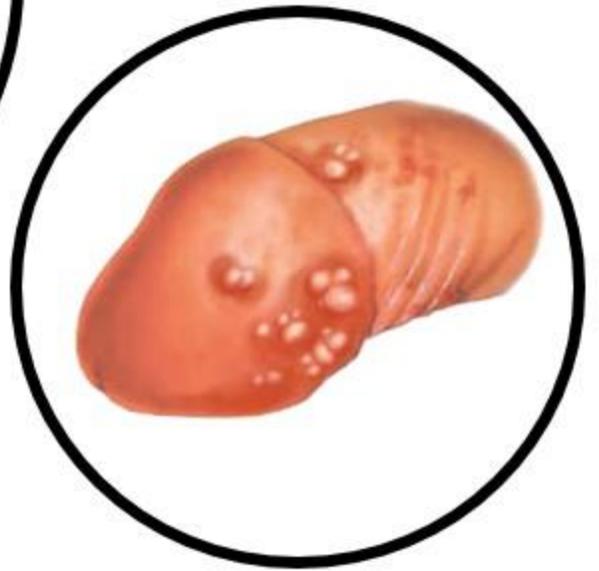
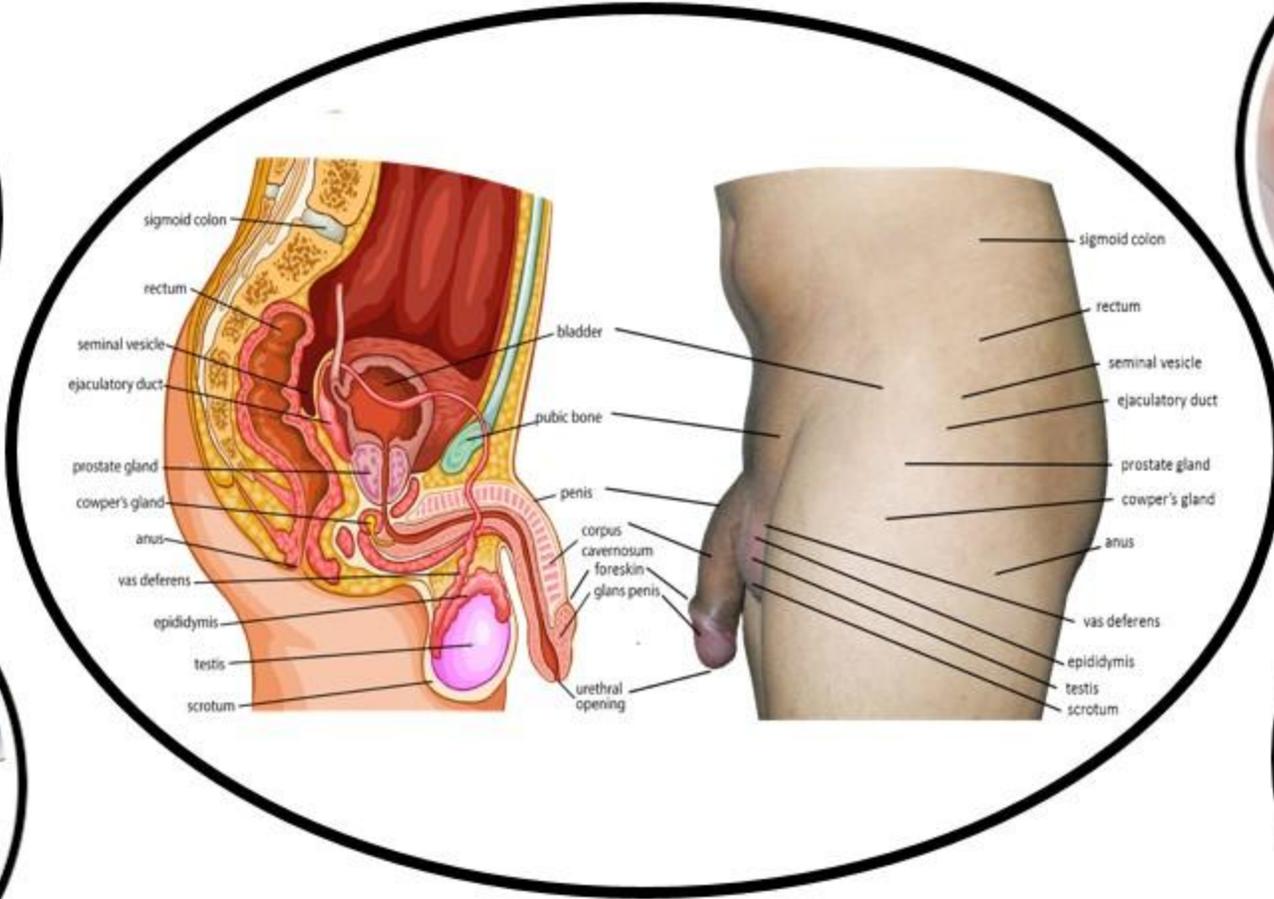
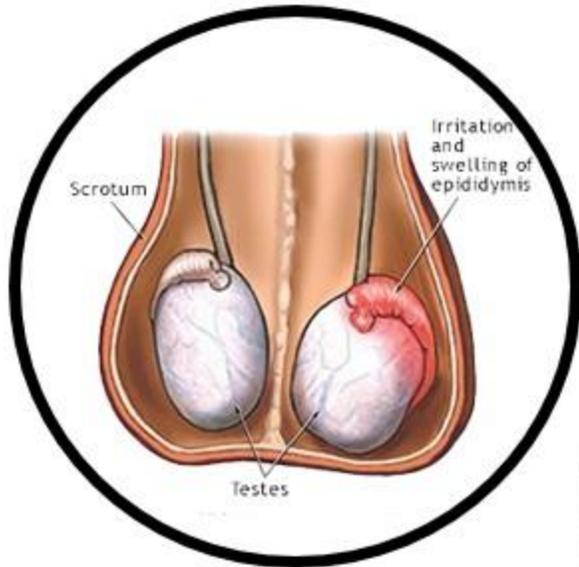
# Why Sri Lankan youth should worry about Sexually Transmitted Infections (STIs)?



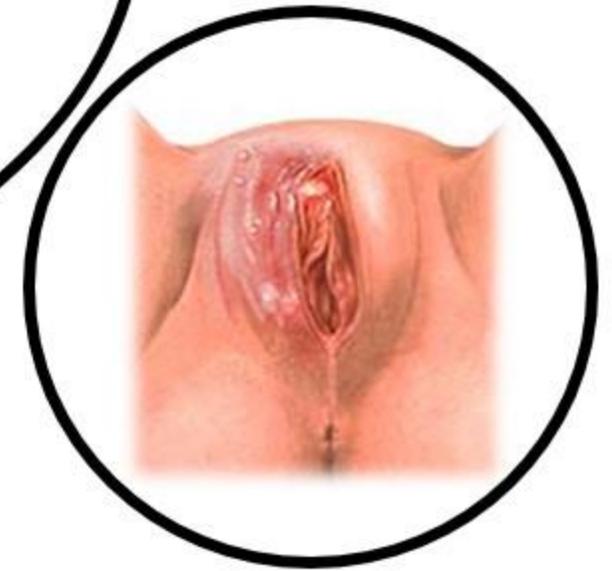
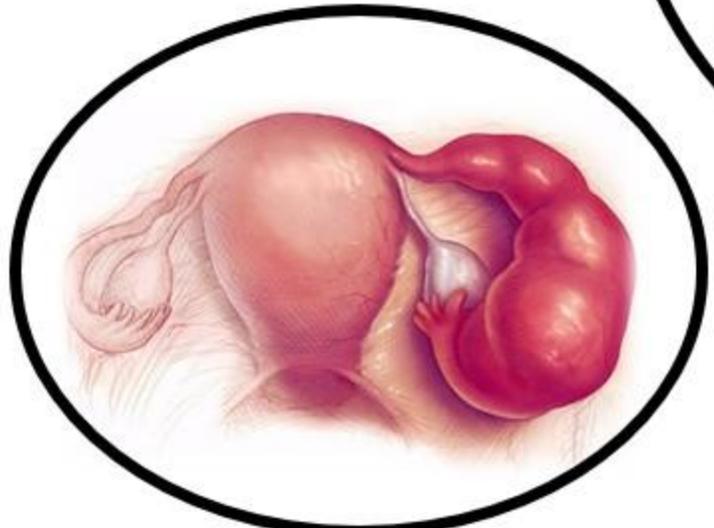
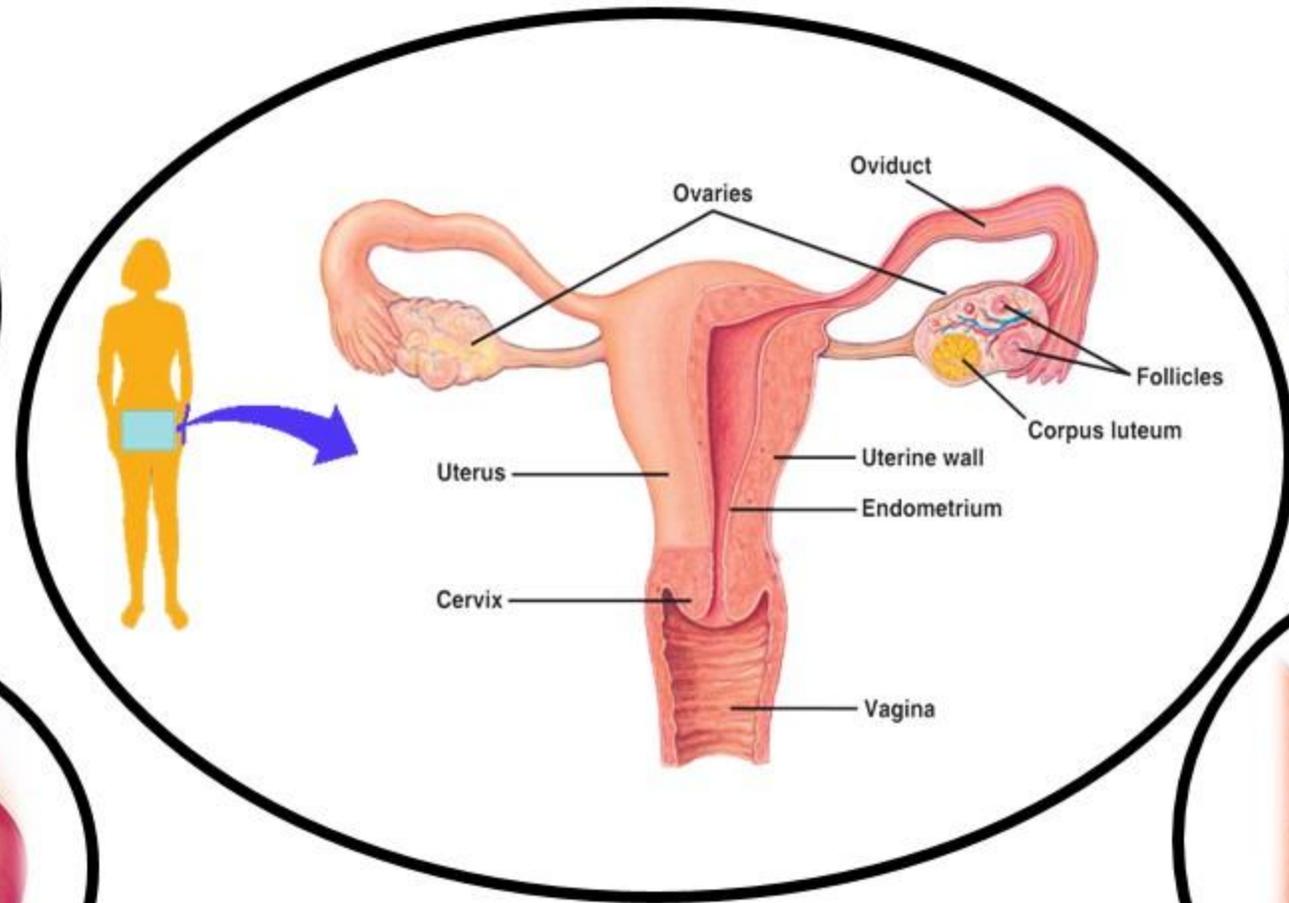
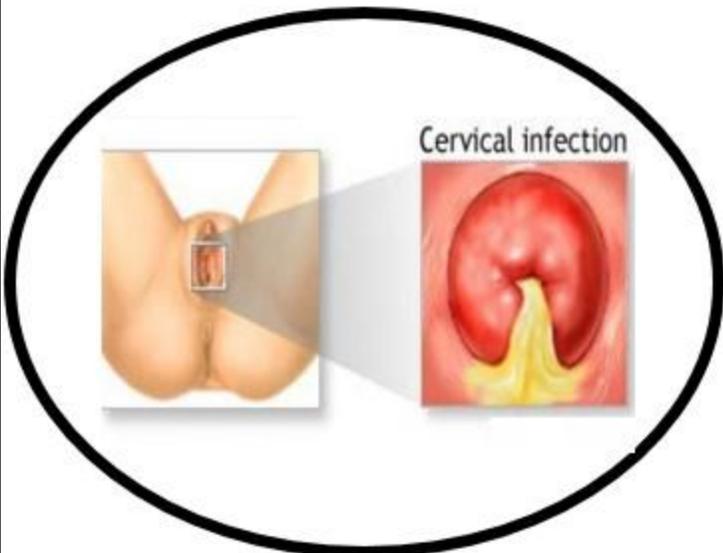
- These infections are not uncommon in Sri Lanka.
- Possibility of getting wrong information on sexuality or sexually transmitted infections as these topics are not being discussed openly
- These infections can rapidly spread among sexually active youth.
- Leading to social and psychological problems
- 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



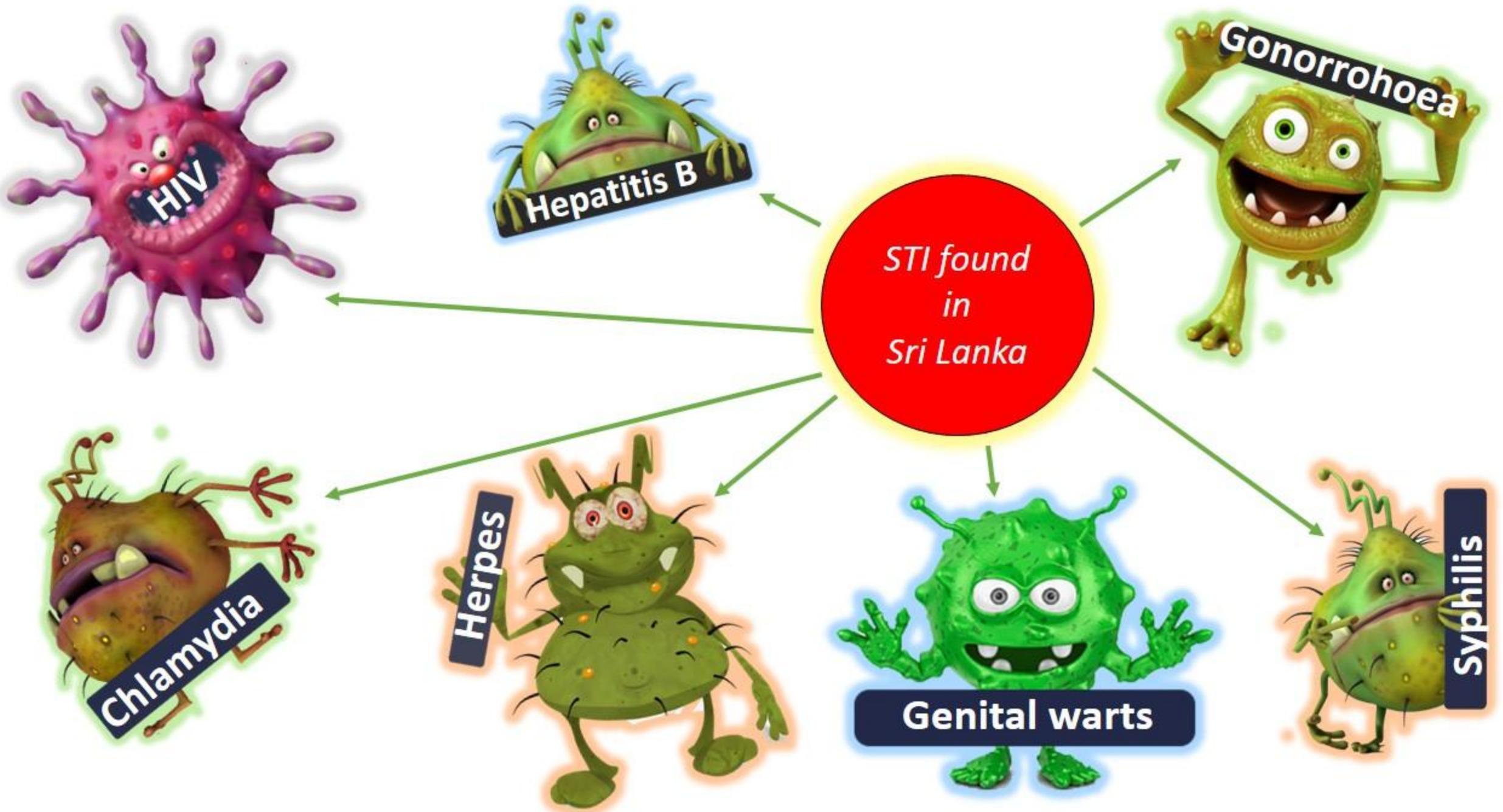
Burning urethra

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**

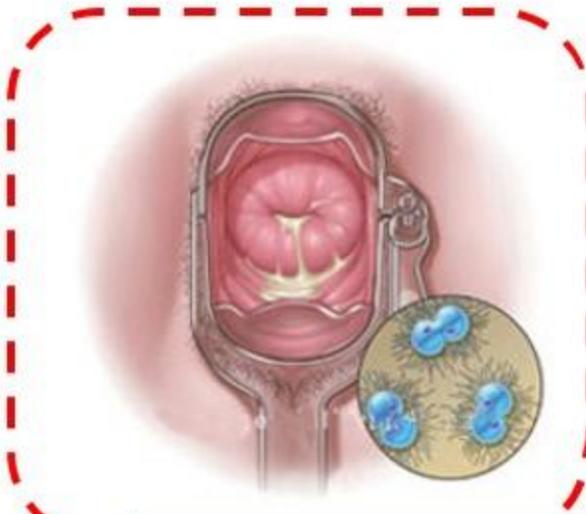


# Gonorrhoea

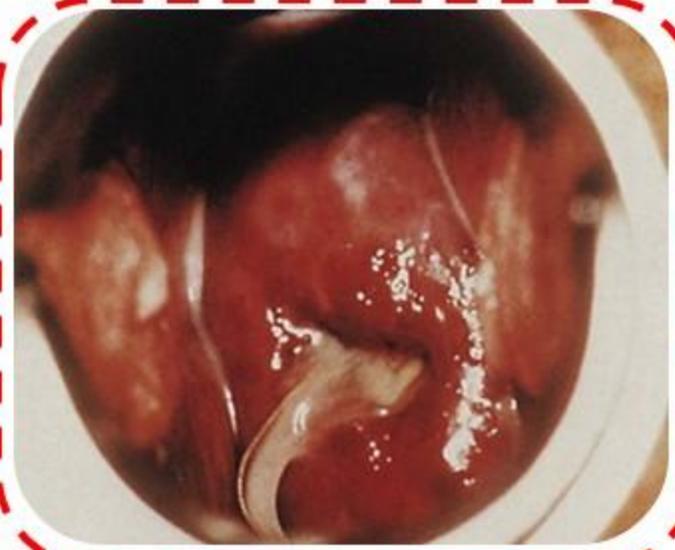


# Gonorrhoea

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



**Cervical discharge**



## Symptoms

- *Vaginal discharge*
- *Dysuria*

## Complications

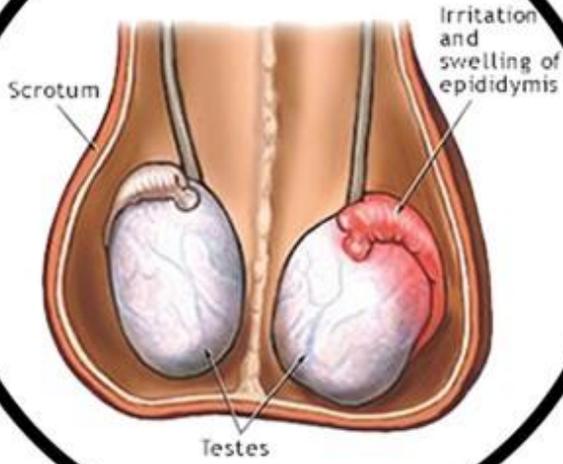
*Pelvic inflammatory syndrome (Ascending infection to upper genital tract)*

**Subfertility**

## Treatment

**100% can be cured**

# Gonorrhoea



**Urethral discharge**



## Symptoms

- *Urethral & anal discharge*
- *Dysuria*

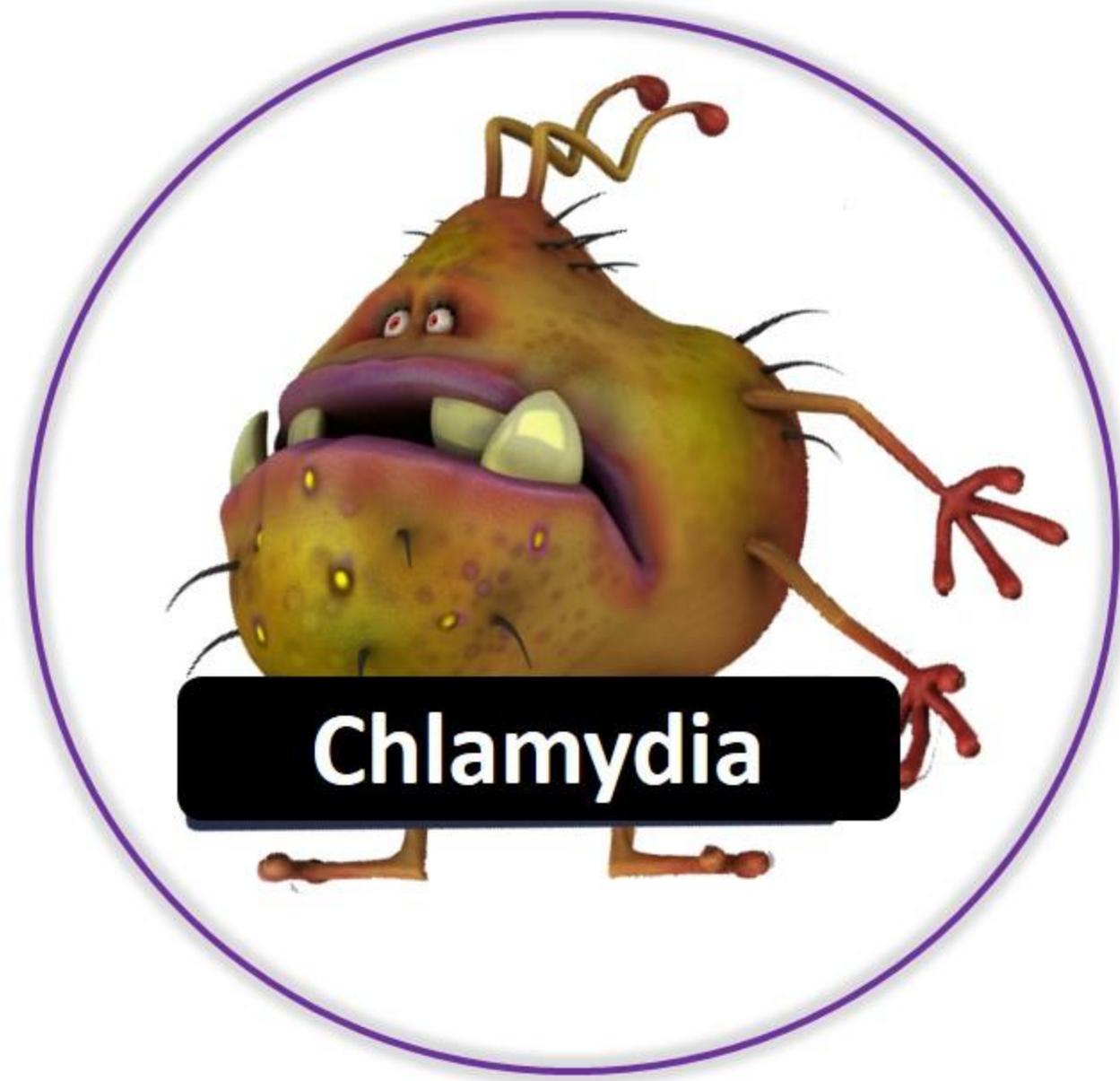
## Complications

*Epididymorchitis*

**Subfertility**

## Treatments

- *100% can be cured by administering drugs*



**Chlamydia**

# 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)*

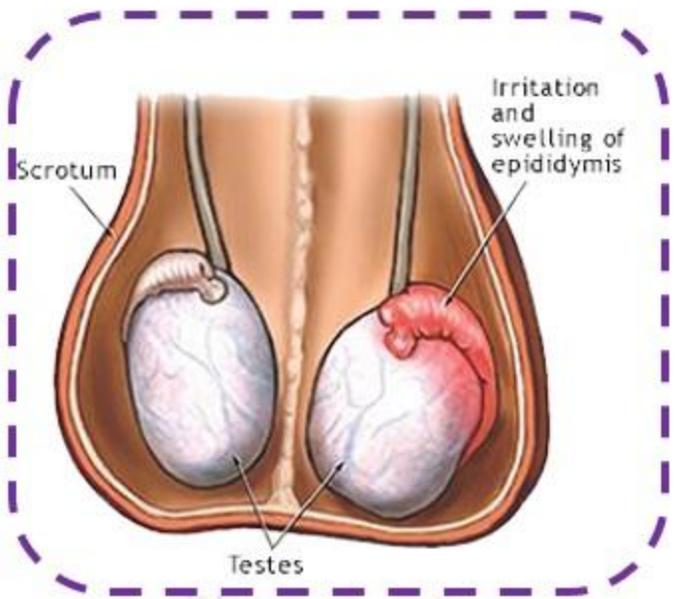
**Subfertility**

# 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**



**Ulcers in  
the anal  
region**

## 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*



# 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

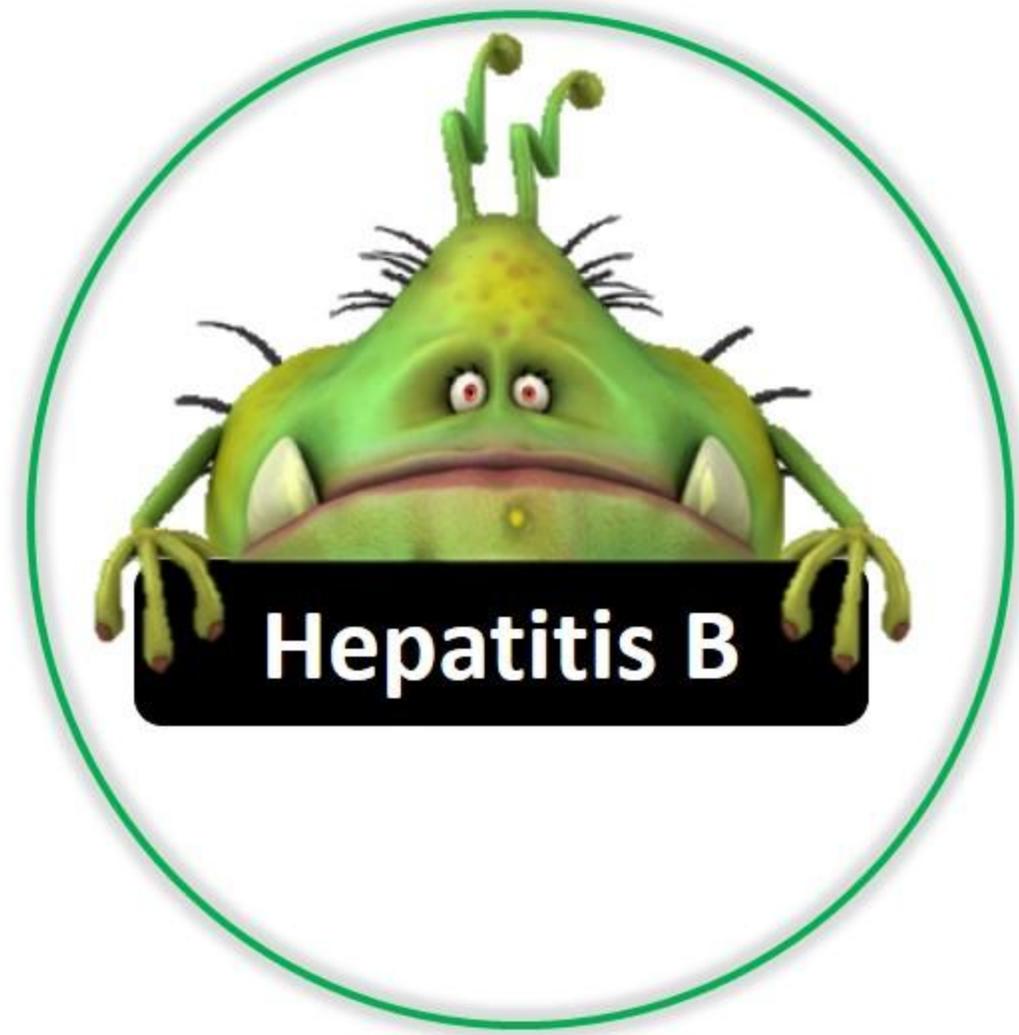
- *Penile or anal warts.*
- *Once infected recurrences occur.*

## Complications

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

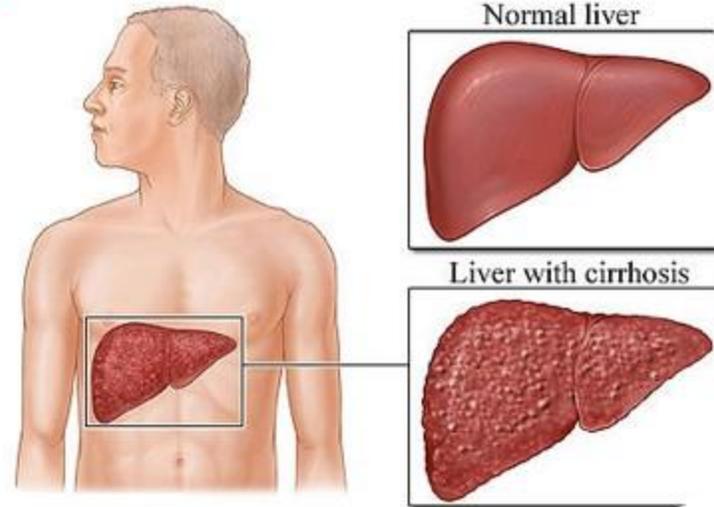
## Treatment

*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.**

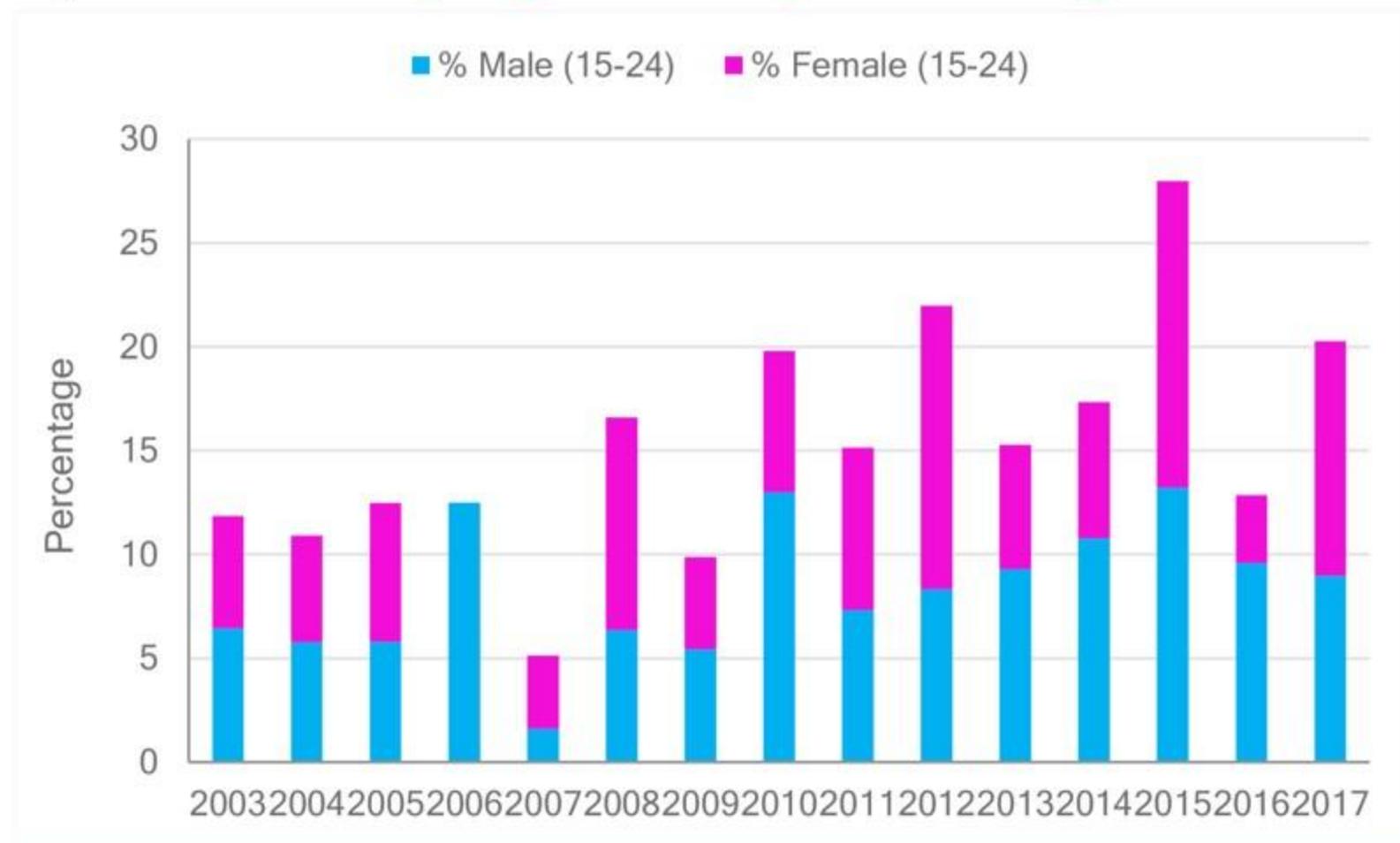
Are there HIV infected young people in Sri Lanka ?



*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



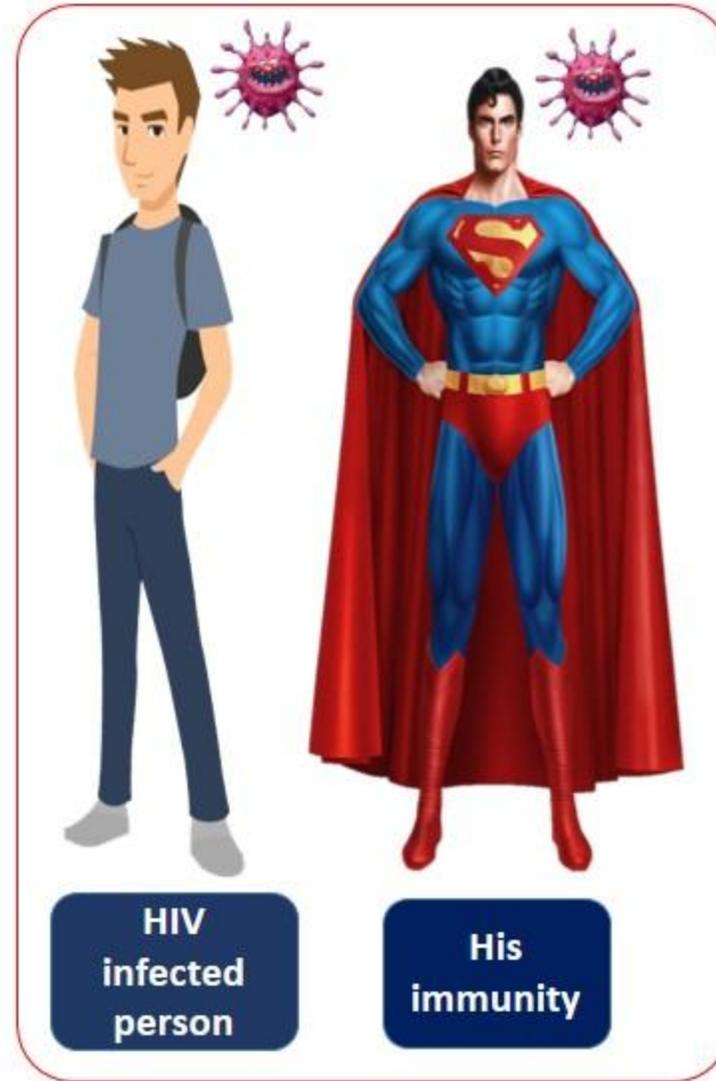
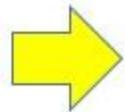
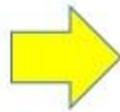
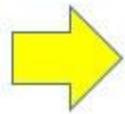
# What happens when HIV infects a person



# What happens when HIV infects a person?



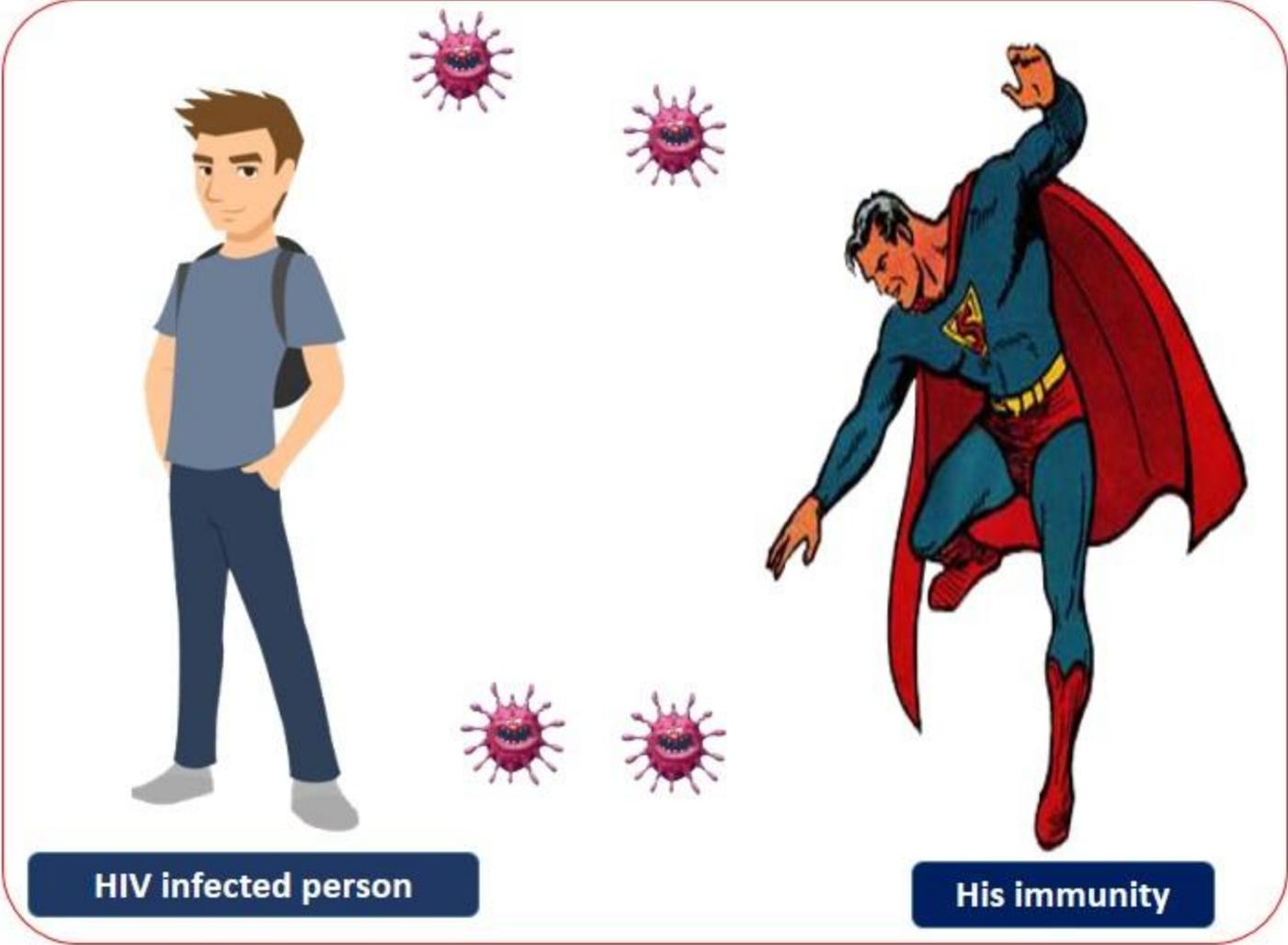
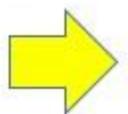
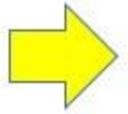
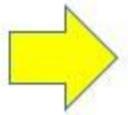
infected with HIV



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

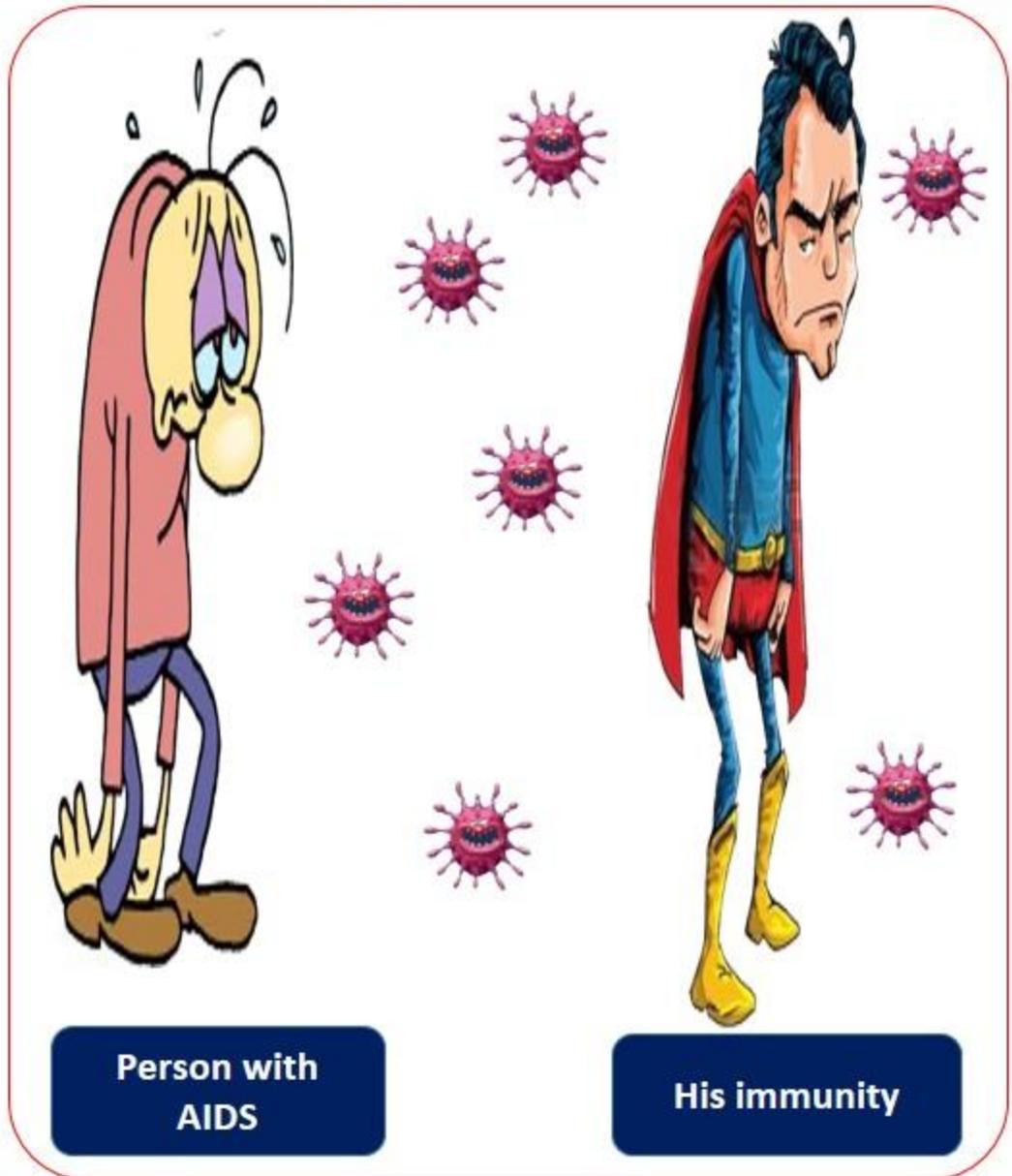
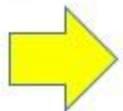
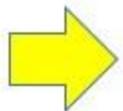
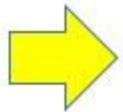


HIV enters the body and starts damaging the immune system

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



# Modes that do not cause HIV transmission

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



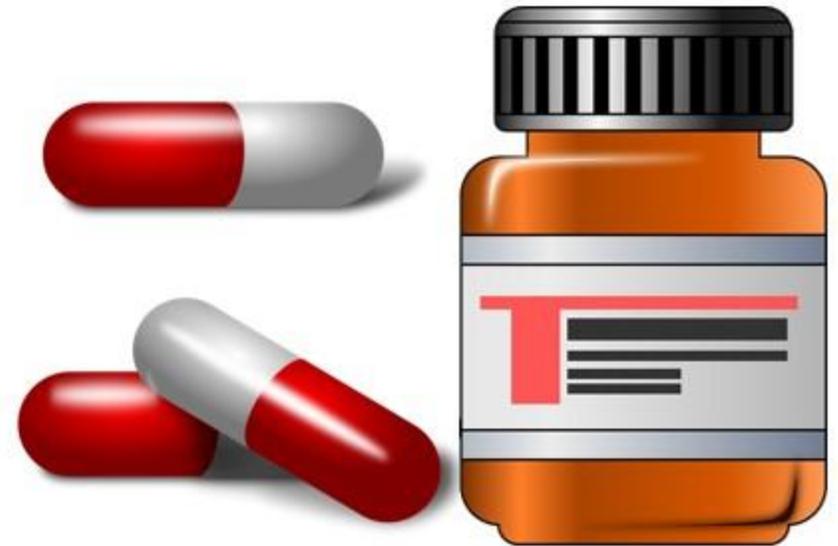
# Detection

- 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**

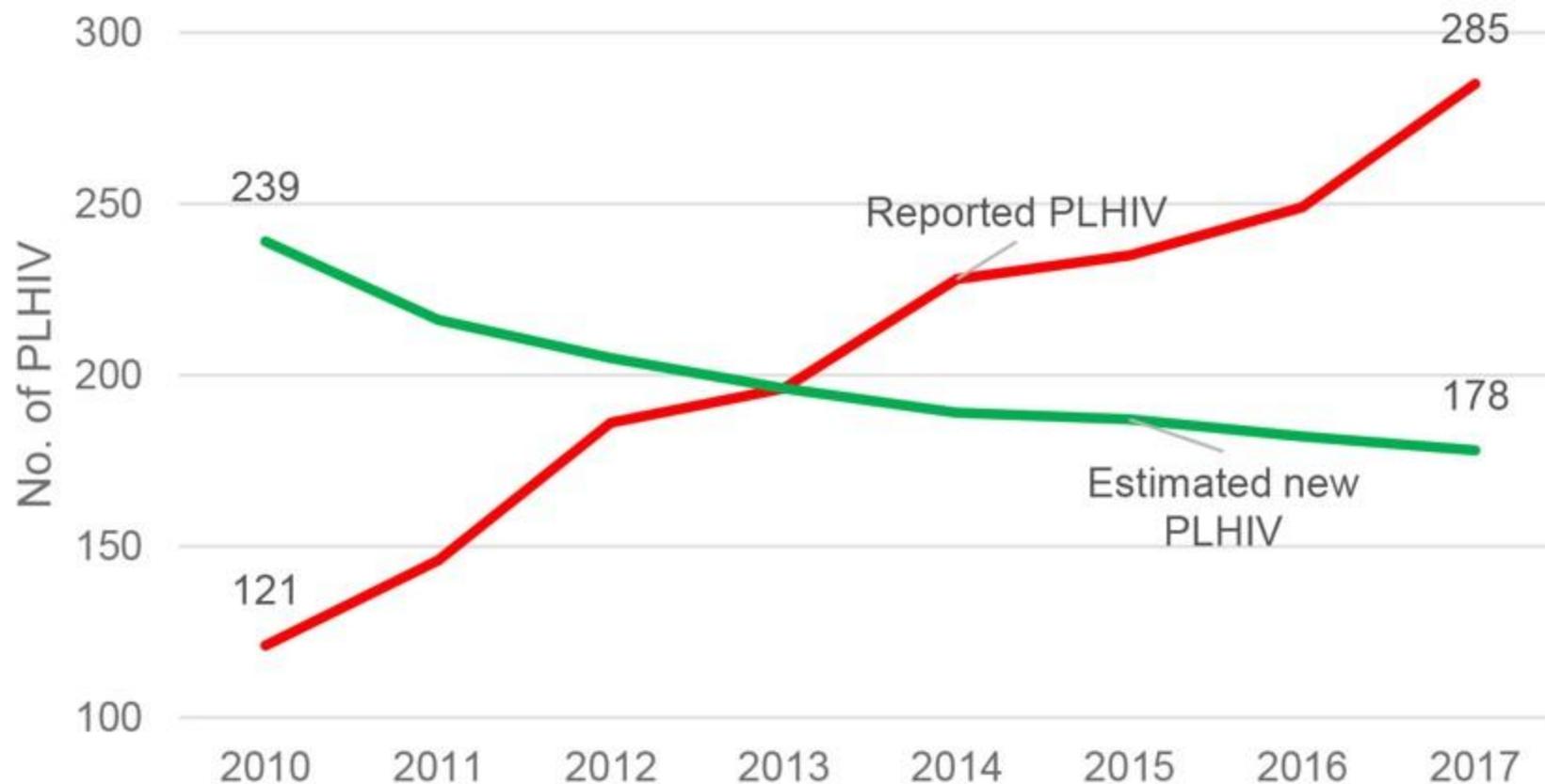
# Southeast Asia



# Annually number of new infections are increasing.

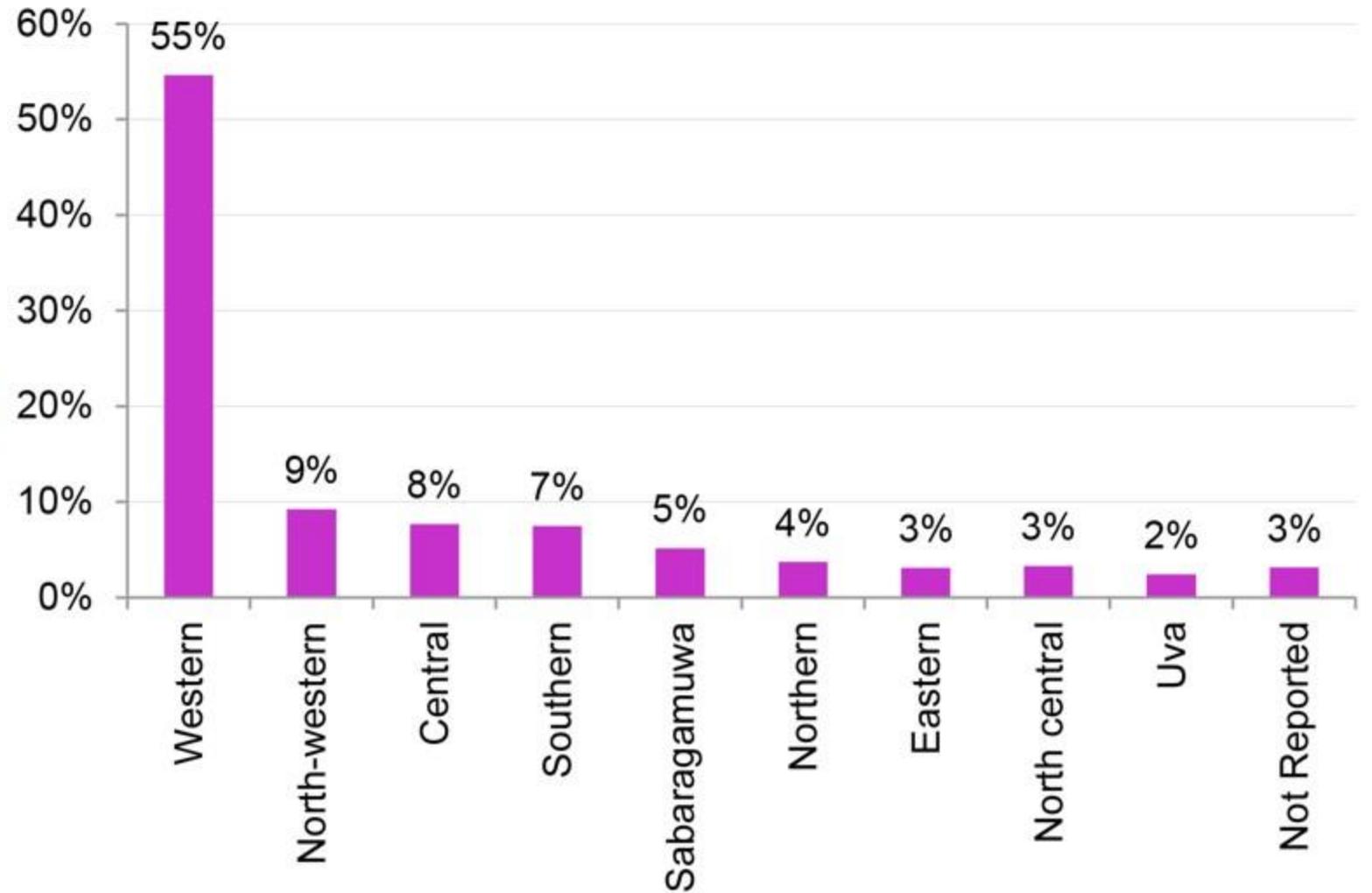


**Figure 4: Trends of reported and estimated new PLHIV, 2010-2017**



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

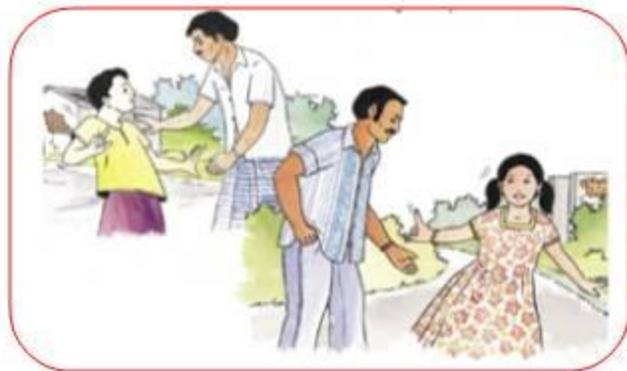


# How HIV and other sexually transmitted infections can be prevented ?

*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:



*National STD/AIDS Control Programme  
No 29 De Saram Place Colombo 10*

**Web :** [www.aidscontrol.gov.lk](http://www.aidscontrol.gov.lk)

**Hot lines:**

- *Sinhala* 0716378844 / 0716376003
- *Tamil* 0716376411 / 0716379192
- *English* 0716376656 / 0716376555

