

Use this chart to keep track of STI information:

Name of STI	Viral or Bacterial	Symptoms	Treatment
Chlamydia	Bac	- 50% no symptoms - female less likely to have symptoms. - clear/yellow discharge	- antibiotics.
Gonorrhea	Bac.	- may have no symptoms - lots of greenish discharge.	- antibiotics.
Syphilis	Bac.	- wide range of symptoms - sores, that disappear	- antibiotics.
Pubic lice.	Parasite.	- itchy - sores. - reddish rash.	- shampoos - ointments. - lotion.
Trichomoniasis	Parasite	- itchy - pain during peeing sex. - odor	anti biotics
Scabies	Parasite.	- tracking under skin - reddish rash.	- ointment. - lotion
Human Papilloma Virus (HPV)	Viral	- Warts - may not be any symptoms.	- No cure. - Vaccine available

Herpes

Viral.

- open sores

- ointments

Hepatitis B.

Viral

- flu like symptoms
- show up 1-9 months after

- immunization.
- treat symptoms as they come up

HIV &
Aids.

Viral

- breaks down immune system
- HIV becomes aids.

- treat symptoms

Dec 7th/2017

Birth Control Notes:

Contraception 101 - Sperm to egg

Name of method	Barrier or Hormonal?	How it works and important info:	How effective is it?
Abstinence	Barrier	• No skin to genital genital to genital body fluid to genital	100%
Withdrawal	Barrier	• withdrawal of penis from vagina prior to ejaculation	Not 100% effective could be sperm in pre-ejaculate fluid.
Fertility Awareness	Barrier	• woman keeps a chart of cycle	75% effective if done effectively
Condoms	Barrier	• is worn over the penis during intercourse.	88% effective but 95% if used properly
Female Condom	Barrier	• can put in 6-8 hours before intercourse • sits up against cervix, comes out around vaginal opening.	79% effective ↳ if going to use, must practice.
Spermicide			71-82% effective

• Margaret Sanger was a birth control activist - founder of Planned Parenthood
↳ birth control is a human right.

What if the condom broke?

- emergency contraception pills
 - ↳ they are not an abortion pill
 - they disrupt your cycle
 - can make you sick.



Name of method	Barrier or Hormonal?	How it works and important info:	How effective is it?
Cervical cap	Barrier	have to get fitted at doctor	68-91% effective with typical use
Diaphragm	Barrier		86-94% effective with typical use
Copper IUD Copper IUD	Barrier	Modifies the lining of the uterus - impacts implantation	98% effective
Pill	Hormonal	<ul style="list-style-type: none"> • combination of female hormones • change lining of uterus • alters hormones. 	99% effective if used properly.
Transdermal Patch	Hormonal	uses for three weeks, take off to have a "period"	98-99% effective
Intravaginal ring	Hormonal	• placed inside vagina	92-97% effective (can fall out)

Deprovera	Hormonal	• synthetic hormone to prevent ovulation given every 3 months	97-99% effective
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Mirena IUD	Hormonal	releases the hormone progesterone	99.2% effective for up to 5 years.
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Tubal ligation

female sterilization

tubes are cut
surgical procedure

100% effective

Vasectomy

male sterilization

clip or tie to vas deferens
used to be permanent but may be reversed in some cases.

100% effective.

Non Hormonal Advantages:

- No hormones
- can prevent STI's
- fewer or no medical contradictions

Disadvantages:

- event based use
- some need a doctors visit

Hormonal Advantages:

- not event dependant
- Additional health benefits
 - ↳ 2 line
 - menstrual symptoms
 - lowers cancer risk
 - less blood loss

Disadvantages:

- requires use as prescribed
- some medical contradictions
 - ↳ blood clotting problems
 - stroke
 - very high blood pressure
- some cancers
 - migraine headaches with aura

Sexual Health Notes: Public Health Nurse visit:

1. The steps to using a condom safely are:

- check the expiry date
- check for air bubbles, check what it's made of
- push condom to one side so that you do not tear when opening - open w/ th hands
- squeeze the tip of the condom so that there ~~are~~ ^{is a} ~~is a~~ ^{space} bubble when you roll it down the penis. make sure it's not inside out!
- hold the condom when taking out of persons body then tie it in a knot.

2. Things to know about birth control:

- Not always 100% effective
- there are two major types of birth control: Hormonal and barrier
- hormonal changes hormones to stop pregnancy
- barrier stops sperm from meeting eggs so it can't implant properly
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3. Things to know about dealing with STI's in Whitehorse:

- chlamydia is common
- Gonorrhoea is common
- we do have syphilis in whitehorse
- 3 types of STIs - bacterial, viral, parasitic
- bacterial is curable
- viral is treatable
- Parasitic

4. Name the top 3 fluids that can transmit HIV:

- a. blood
- b. semen
- c. vaginal fluids

5. Things to know about HIV:

- not curable
- is a virus
- any gender can get HIV
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