

SEXUALLY TRANSMITTED DISEASES (STDs)

- Infections passed through sexual activity are known as sexually transmitted diseases (STD), venereal diseases (VD), or reproductive tract infections (RTI). Common STDs include gonorrhea, syphilis, genital herpes, chlamydia, genital warts, trichomoniasis, hepatitis-B, and the most concerning, HIV leading to AIDS. Among these, HIV is the most dangerous.
- Some infections, like hepatitis-B and HIV, can be transmitted through sharing injection needles, surgical instruments, blood transfusions, or from an infected mother to the fetus.
- Except for hepatitis-B, genital herpes, and HIV, the other diseases are completely curable when detected early and treated properly.
- Early symptoms are often minor, such as itching, fluid discharge, slight pain, or swellings in the genital region. Infected females may not show symptoms, leading to delayed detection.
- The absence or minimal early symptoms and the social stigma attached to STDs discourage infected individuals from seeking timely detection and proper treatment. This delay could result in complications such as pelvic inflammatory diseases (PID), abortions, stillbirths, ectopic pregnancies, infertility, or even cancer of the reproductive tract.
- STDs pose a significant threat to a healthy society. Therefore, prevention, early detection, and treatment are crucial aspects of reproductive health-care programs. Although everyone is susceptible to these infections, their occurrence is notably high among individuals aged 15-24 years.

Preventive Measures :

- Avoid sex with unknown partners/multiple partners.
- Always use condoms during coitus.
- In case of doubt, go to a qualified doctor for early detection and get complete treatment if diagnosed with disease.