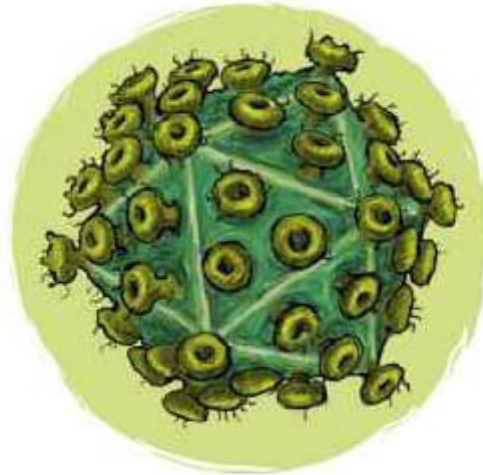
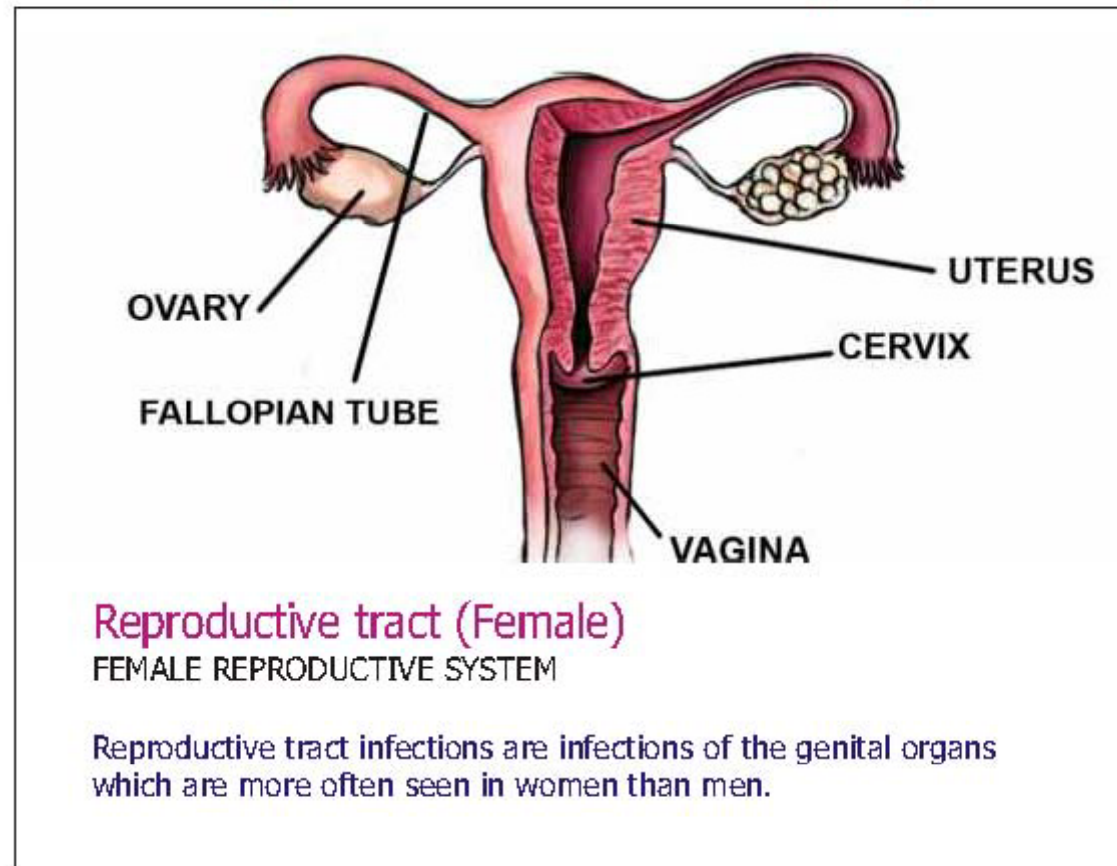


Chapter -6



Reproductive Tract Infections (RTI)
Sexually Transmitted Infections (STI)
Human Immuno Deficiency Virus (HIV)
Acquired Immuno Deficiency Syndrome (AIDS)

Reproductive Tract Infection (RTI)



Common causes of RTI in adolescents

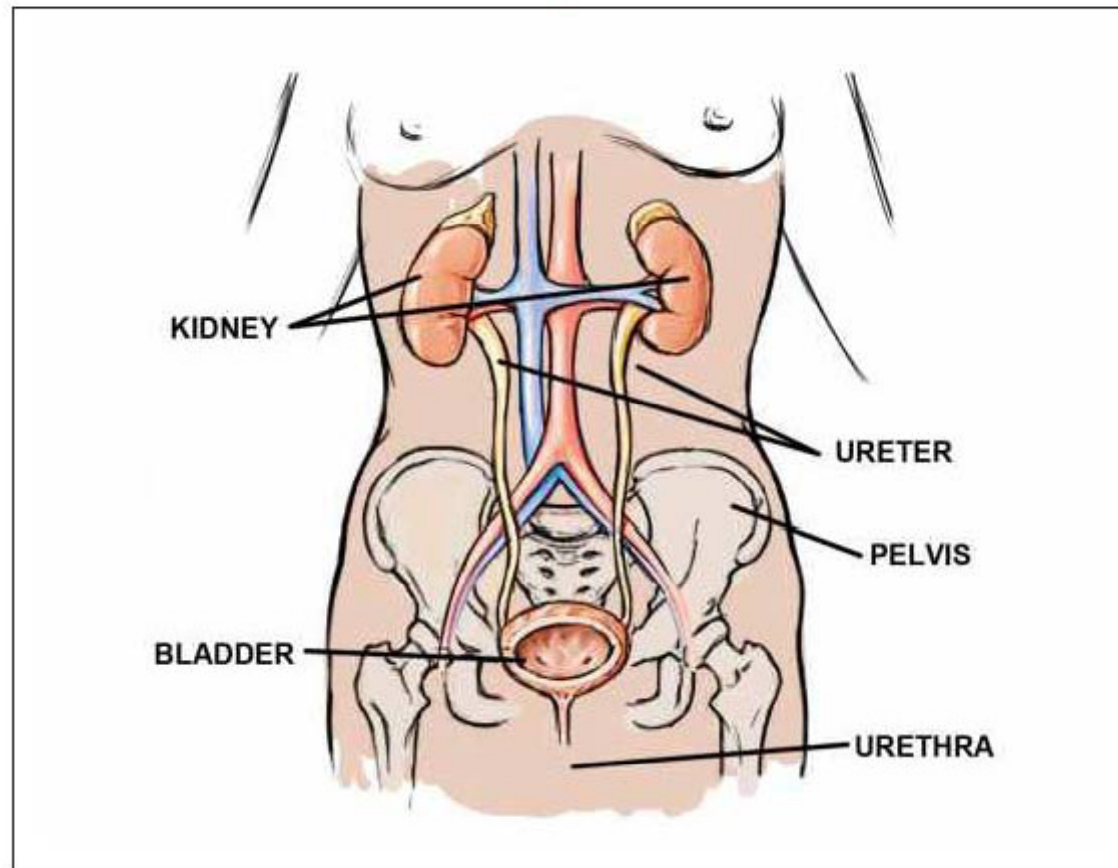
- Poor personal hygiene
- Wrong methods of cleaning perineal area around anus to urethra
- Poor menstrual hygiene, inserting foreign body into vagina
- Unsafe sex leading to Sexually Transmitted Infections
- Unsafe abortion
- Unclean delivery

Consequences of RTI



- RTI can lead to -
 - Infertility
 - Ectopic pregnancy
 - Chronic pelvic pain
 - Miscarriage
 - Increased risk of HIV transmission
 - Adverse effects on pregnancy outcome

Urinary Tract



Urinary Tract Infection (UTI)

- Growth of bacteria in the urinary tract causes infection.
- Recurrence of infection may cause damage to kidneys.
- UTI are common in women due to shorter urethral length. As urethral opening is situated near anus which is a rich source of bacteria, there are higher chances of infection.

Causes of UTI :

- Poor hygiene.
- Less frequency of voiding urine - due to bad toilet conditions in schools and colleges.
- Less consumption of water.
- Incorrect habit of cleaning perineum from back to front.

Common symptoms in UTI

- Increased frequency of micturition.
- Burning sensation during micturition and painful micturition
- Fever.

Definitive diagnosis of UTI can be made in the laboratory by testing urine sample

Sexually Transmitted Infections (STI)

STI : Group of communicable diseases that are transmitted predominantly through sexual contact with an infected person.

know STI, check for STI

If one is sexually active, it would be safe to check and ensure that one is free from STI.

There are more than 20 different types of microbes (bacteria, virus, fungus, parasites etc.) that can cause STI.

Following are few common STI :

1. Gonorrhoea
2. Chlamydia
3. Syphilis
4. Chancroid
5. Herpes Genitalis

STI symptoms

Men :

- Urethral discharge
- Genital ulcer
- Inguinal Swelling
- Scrotal swelling, Pain

Women :

- Vaginal discharge (white discharge)
- Genital itching
- Burning micturition
- Lower abdominal pain during menstruation
- Genital ulcer
- Inguinal bubo or swelling

Do's to avoid infections : Hygiene

- Drink at least 8-10 glasses of water daily
- Pass urine as soon as the body demands
- After passing motion wash the area around anus thoroughly from front to back to avoid contact of fecal matter with urethral opening
- Use clean and dry undergarments
- Daily clean the genital area by retracting foreskin of penis to prevent discharge getting collected in case of men



Do's to avoid infections : Be safe !



- Practice safe sexual practices.
- If you had sexual encounter/s that is causing you any worry, talk to your doctor.
- It is important to consult a doctor for early detection and prompt treatment of STI.

Why is it important to treat STI promptly ?

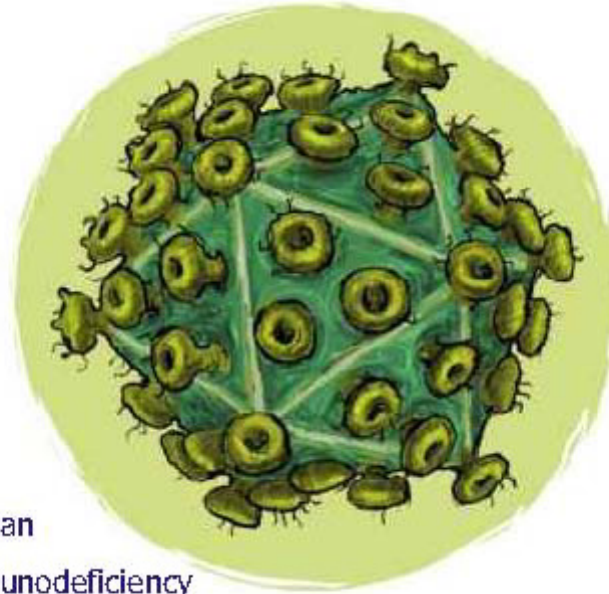
If a person has STI his or her chances of getting HIV / AIDS increase by nearly 10-fold since the virus can enter through the sores and ulcers of STI



STI Prevention & Treatment

- Most STI can be completely controlled by medical treatment.
- For proper treatment it is important to get an early diagnosis from a qualified doctor and complete the course of treatment prescribed by the doctor.
- Further occurrence has to be avoided by following safer sex practices.
- Viral STI like HIV/ AIDS, Herpes and HPV cannot be cured.

What is HIV ?



H – Human

I – Immunodeficiency

V – Virus

HIV infects **only human beings**

HIV is responsible for **lowering of immunity and creating immune deficiency**

What is AIDS ?

A - Acquired

I - Immuno

D - Deficiency

S - Syndrome

AIDS is not a single disease but a syndrome - a set of signs and symptoms.

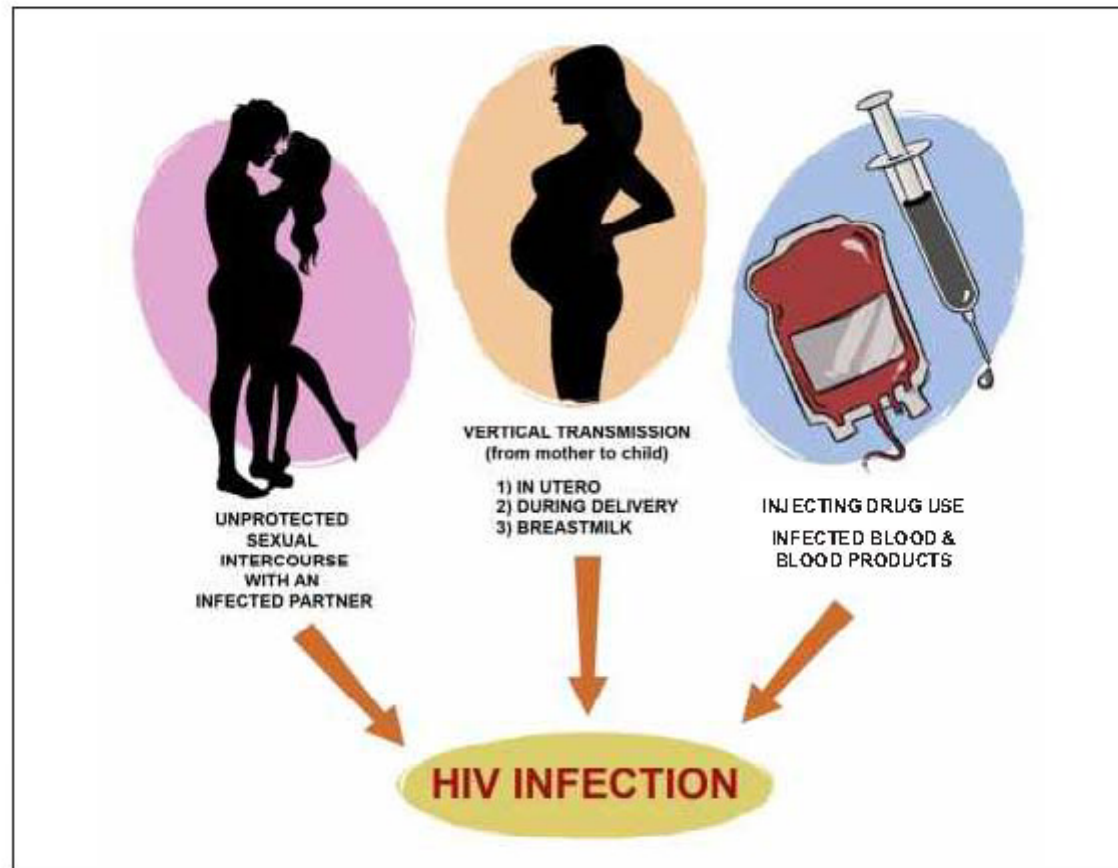
Once a person is confirmed to have AIDS his / her further survival can be prolonged by combining use of anti-HIV drugs and healthy life style.

Some facts about AIDS

- Only blood test can help in detecting HIV. We can not identify this disease by symptoms.
- HIV / AIDS is a long-lasting and dreadful disease.
- There is no complete cure as on today.
- Prevention is the only way to stop AIDS.
- AIDS is commonly observed in young and adult populations.

It is definitely possible to prevent getting infected with HIV

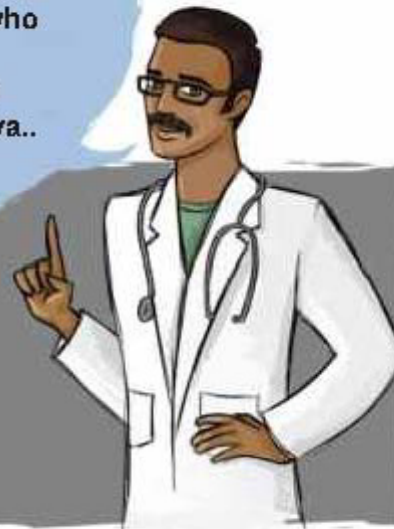
Routes of transmission of HIV



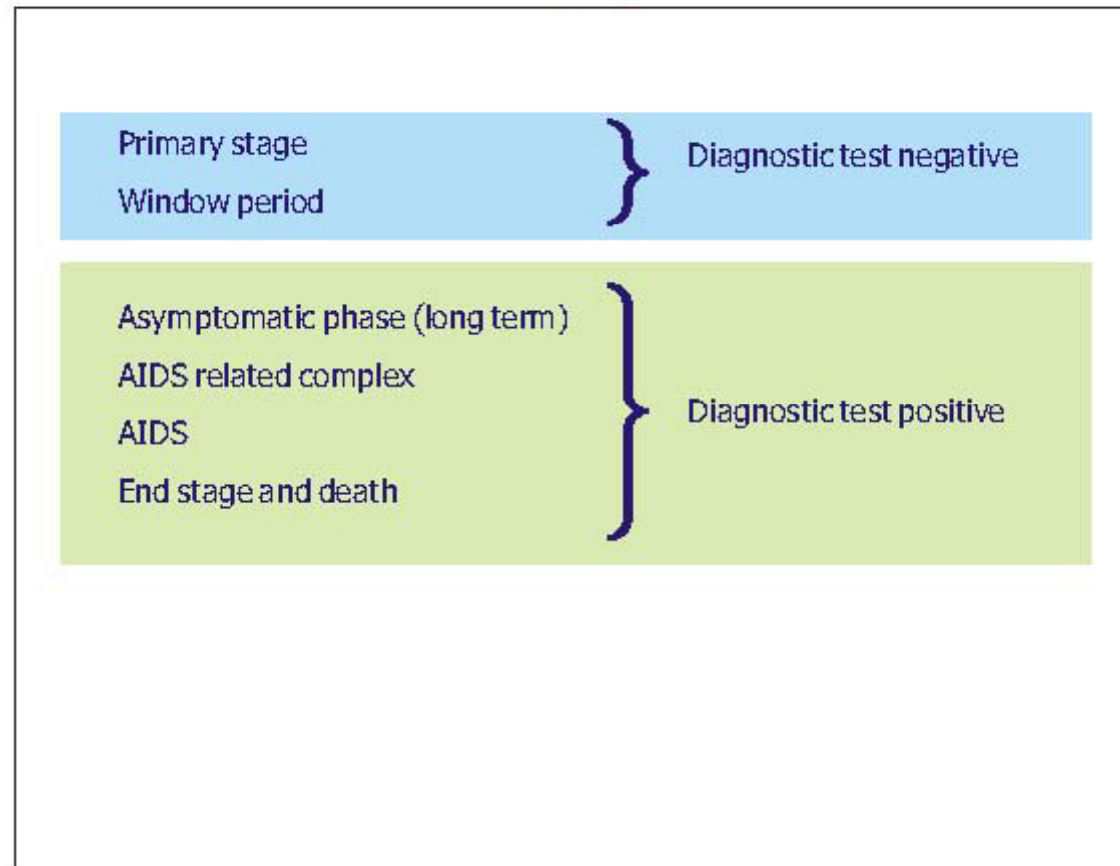
Do you know ?

One can't get HIV through casual contacts like :
by being in the same room,
living in the same house, sharing
utensils or objects hugging or
even kissing some-one who
is infected.

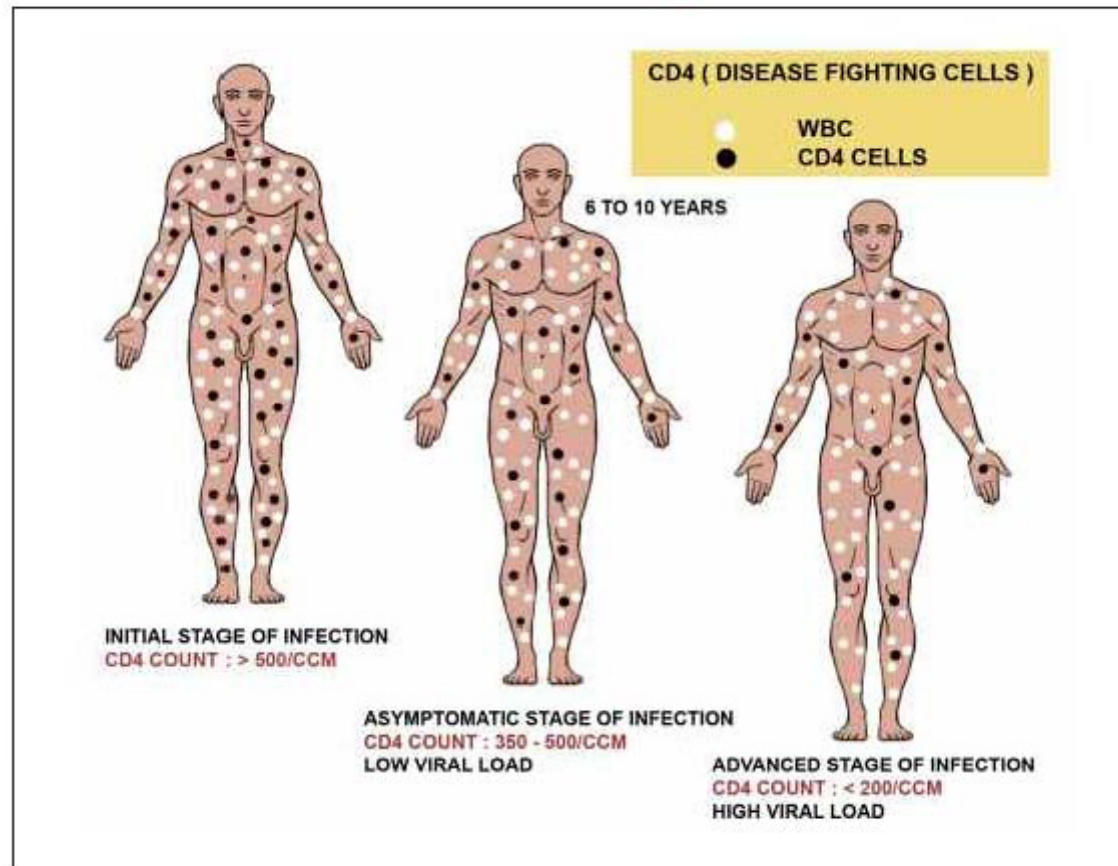
HIV is not transmitted
by touch or through saliva..



Disease progression



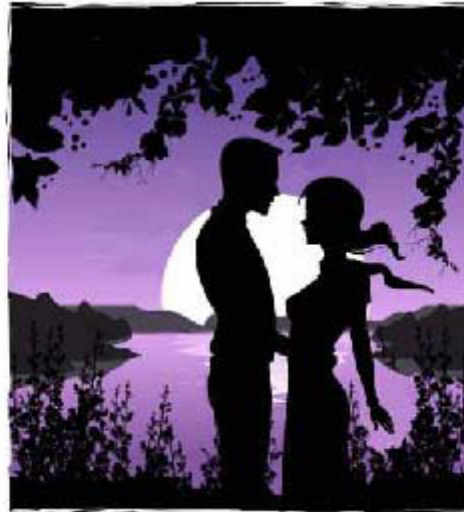
Deterioration of Immune System due to HIV



HIV diagnosis in the laboratory

- Detection of antibodies
 - ELISA test
 - Rapid test
 - Western Blot test
- Detection of HIV Antigen
 - Polymerase Chain Reaction (PCR)
- CD4 Count and HIV viral load are not considered as diagnostic tests, but they help in deciding the stage of HIV disease.

Teenagers' Vulnerability



- A phase of heightened body awareness - physical and sexual
- Risk taking behaviour
- Peer pressure
- Media influence

HIV is preventable !

- Know about HIV / AIDS
- Delay sex and learn safe sexual practices
- Avoid premarital and unsafe sex
- Be faithful to married partner
- Use condoms correctly and consistently
- Get an early diagnosis and treatment for STI

Remember : Prevention is always better than cure.

Treatment for HIV / AIDS

Anti-retroviral drugs (ARV)

- There is no permanent cure to HIV infection
- Combinations of ARV constitute anti-retroviral therapy (ART)
- Anti-retroviral treatment (ART) is used for managing this disease.
- Clinicians decide when to initiate the treatment based on standard guidelines.
- AIDS is now considered a chronic manageable disease.

Wrong or right?

HIV infected child
should not go to school
as other children
might get
HIV infection



Wrong !

Wrong or right?

One should not
attend funeral of
AIDS patient !



Wrong !

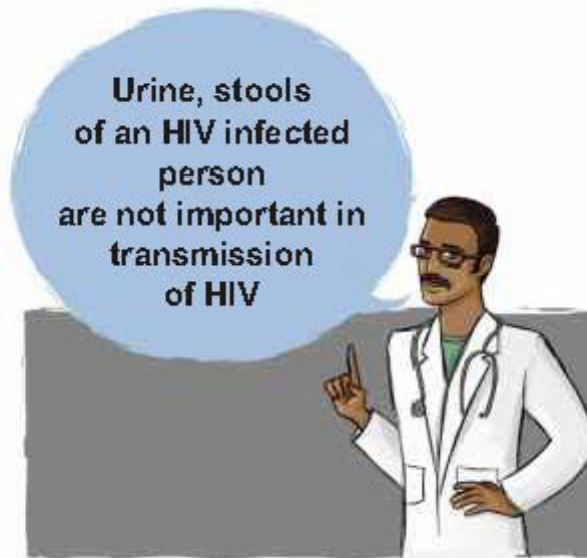
Wrong or right?



Wrong !

Wrong :

However, it is always important to be careful about hygiene in public toilets.



Right !

Right :

However, urine and stools of HIV infected persons or AIDS patient should be properly disposed of.

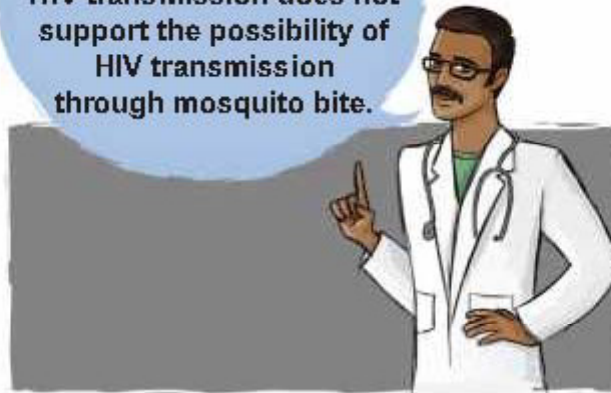
Question...

Can I get HIV
by
mosquito bite ?



Answer...

No, the present
evidence
and knowledge of
HIV transmission does not
support the possibility of
HIV transmission
through mosquito bite.



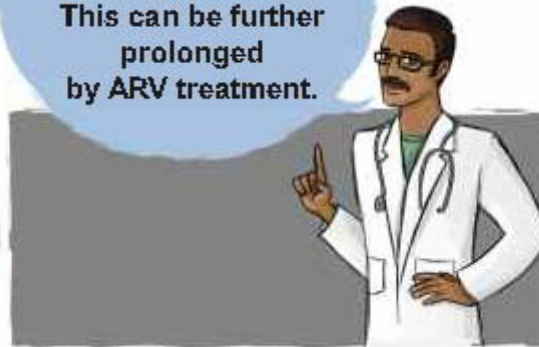
Question...

My ELISA test report is positive. Now I expect my end in the near future

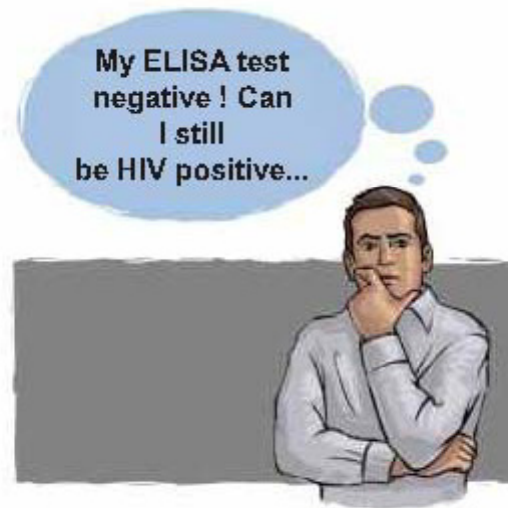


Answer...

HIV infected person can have healthy life for about 5 to 8 yrs. This can be further prolonged by ARV treatment.



Question...



Answer...



Do I know about ...

- RTI, STI, UTI, HIV, AIDS?
- Prevention of STI and HIV / AIDS?



“We have to ensure that we get correct and complete knowledge of sexually transmitted diseases & AIDS and get all our questions answered”.





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