

COMPOSITION

Teen Health Guide

↖ **NOT JUST** ↗
ANOTHER



Inland Empire Health Plan

Many people will choose to be sexually active at some time in their lives. Like other parts of our health, it is important that we know how sex works. It is also vital that we plan for the things that can come with having sex, such as pregnancy and sexually transmitted infections (STIs).

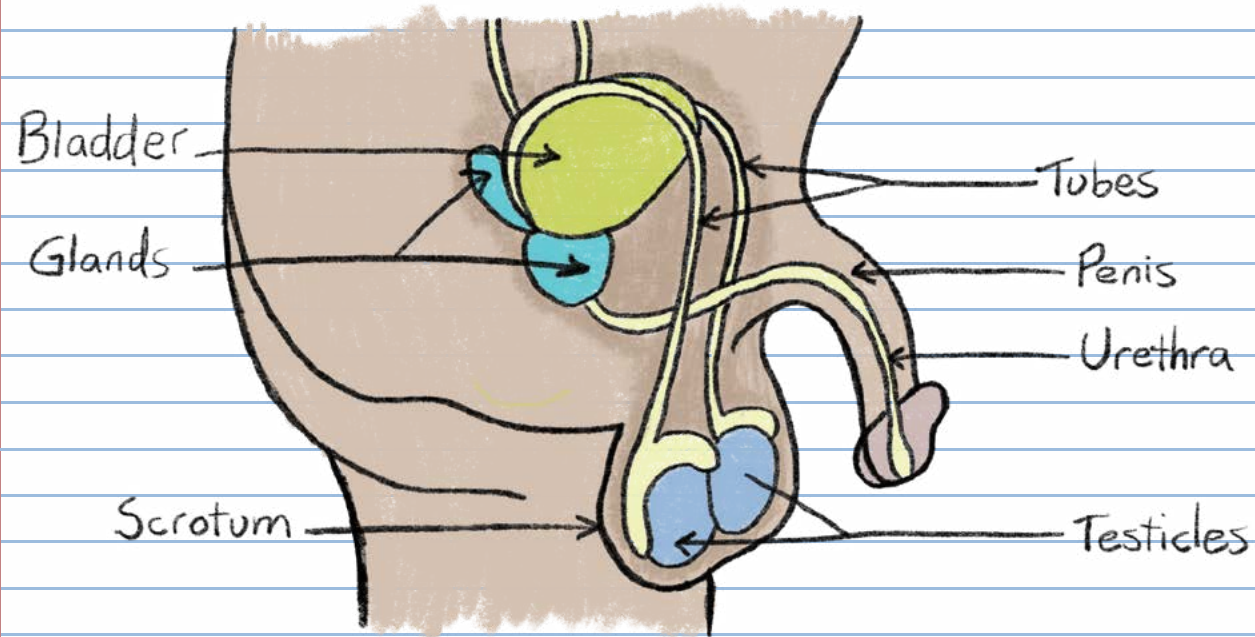
In this guide you will learn how reproductive systems work, what birth control choices you have, how to help prevent STIs, and more.

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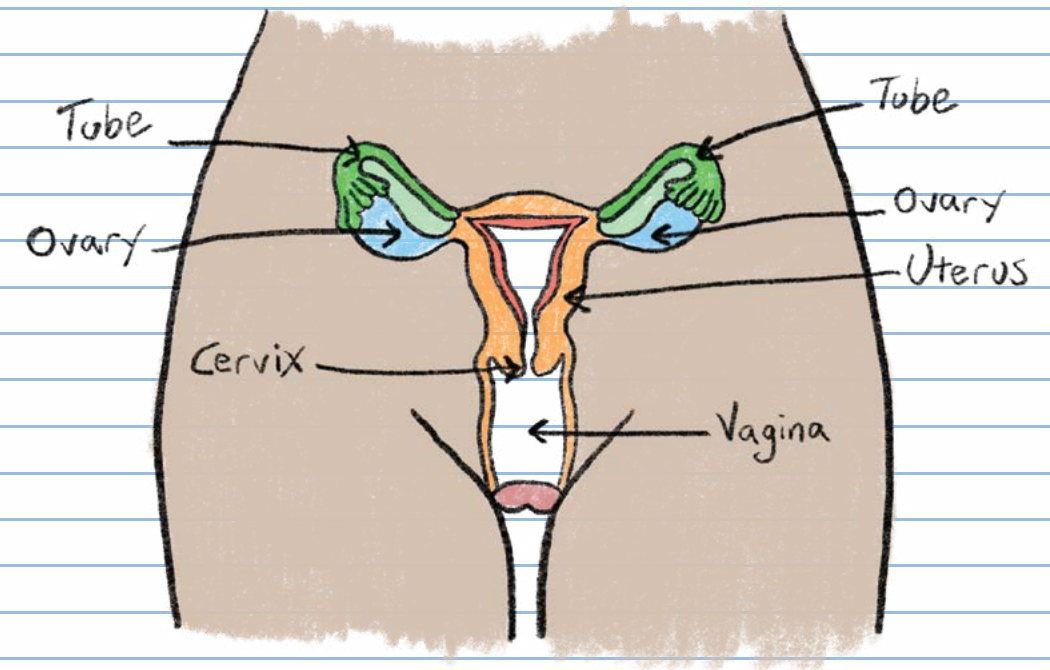
THE BASICS OF REPRODUCTION

♂ In Males



When a male has sex, sperm travel from their **testicles** into two **tubes** with one tube coming from each testicle. As the sperm move down the tubes, they pass by **glands**. These glands make liquid that helps sperm travel and stay healthy. This liquid is added to the sperm – together called semen. When a person with a **penis** becomes sexually aroused, a small amount of fluid gathers at the tip of the penis. This is called pre-ejaculate. The function is to clean the **urethra** of any leftover urine. Semen then flows into the urethra, the tube that is in the middle of the penis. When a person with a penis ejaculates (comes) during vaginal sex, semen comes out of the urethra and goes into the vagina. The sperm travels through the vagina, into the uterus, and up the tubes that lead to the egg. They can live there for up to 5 days. If an egg is in the tubes or travels there within the same 5 days, the person with a vagina may become pregnant.

In Females ♀



A menstrual cycle starts on day one of the period. During the first part of the cycle, the **uterus** gets ready for pregnancy, making a special lining where the egg can grow if that person were to get pregnant. At the same time, the **cervix** makes a special mucus that helps sperm travel into the uterus. A person with a uterus has two **ovaries**, and about once a month at the right time in their cycle, an egg will leave one of the ovaries. The egg travels down one of two **tubes** that connect each of their ovaries to their uterus. The egg only lives a day or so. At this time, if sperm are present in their tubes or if sperm travel there while the egg is in the tube, pregnancy can occur. If the person with the uterus does not become pregnant, about a week later they will have their period. During their period, the blood from the lining of their uterus leaves their body through the **vagina**. Then the cycle will start over.

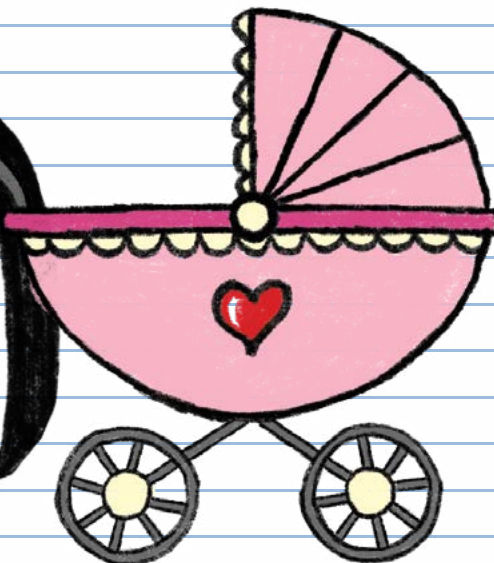
AN INTRODUCTION TO BIRTH CONTROL

"We want to wait until we are married to start a family."



"I'm in school and just don't have time for a baby right now."

"I just had my first baby, and don't really want any more for a while."



People use birth control for all kinds of reasons (medical, regulating periods, and preventing pregnancy). No matter the reason, birth control is a personal choice. There are many birth control options to help you plan your family and make informed choices about your sexual health.

People may use many types of birth control methods during their life. No single birth control method is best for everyone – the best method for you is the one that's easiest for you to use correctly. And you can change your method as often as you need.

Keep in mind, some birth control methods are better at preventing pregnancy than others – and some methods will need more effort from you to work well. The only method that is 100 percent effective at preventing sexually transmitted infections (STIs) and pregnancy is abstinence (not having sex).

Read on to see what other methods are available to you, how to use them, and more. All of the methods described here are covered by Inland Empire Health Plan (IEHP). Be sure to talk to your Doctor about which method is right for you!

***For reference throughout the guide:**

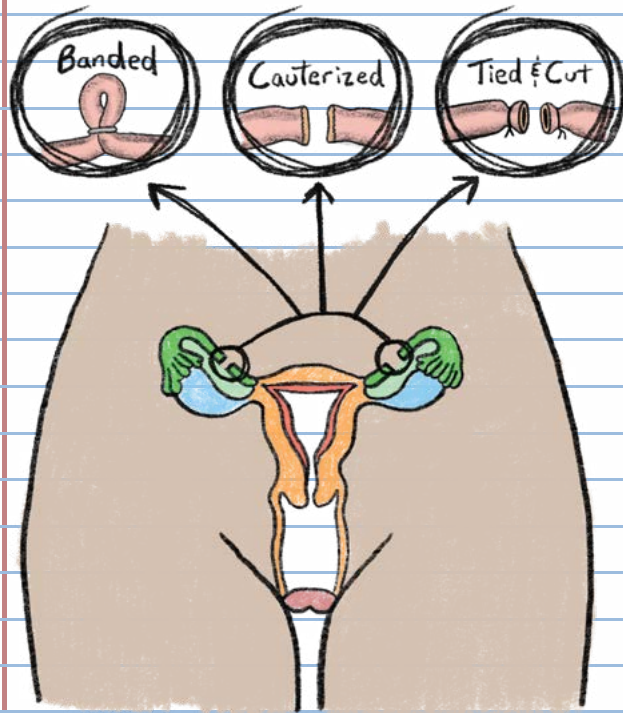
All expected pregnancies are based on the typical use of each method rather than perfect use. Perfect use is when the birth control method is used correctly all of the time. Typical use is what happens when we factor in human error when using birth control. Here are a few examples of human error: being late getting your birth control shot, throwing up a birth control pill, or having your birth control ring slip out of place.

PERMANENT BIRTH CONTROL METHODS

Sterilization is a birth control option for anyone who decides they do not want to have kids, or they do not want to have any more kids. This method is a surgery or procedure that is considered permanent. Sterilization is very effective at preventing pregnancy, but does not protect from STIs. Use a condom each time you have sex to help protect against STIs.

Surgical
procedure
needed

Tubal Ligation



How to Use:

One-time permanent surgery done by a Health Care Provider.

This procedure stops sperm from the person with a penis from being able to reach the egg in a person with a vagina by cutting or blocking the tubes that lead to the ovaries.

Pros:

- No other method of birth control is ever needed
- It does not interrupt sex

Cons:

- It cannot be reversed
- Small chance of infection or bleeding after surgery
- Consent form must be filled out at least one month before surgery

Number of
pregnancies expected*
(out of 100):
Less than 1

Vasectomy

Surgical
procedure
needed

How to Use:

One-time permanent procedure done by a Health Care Provider

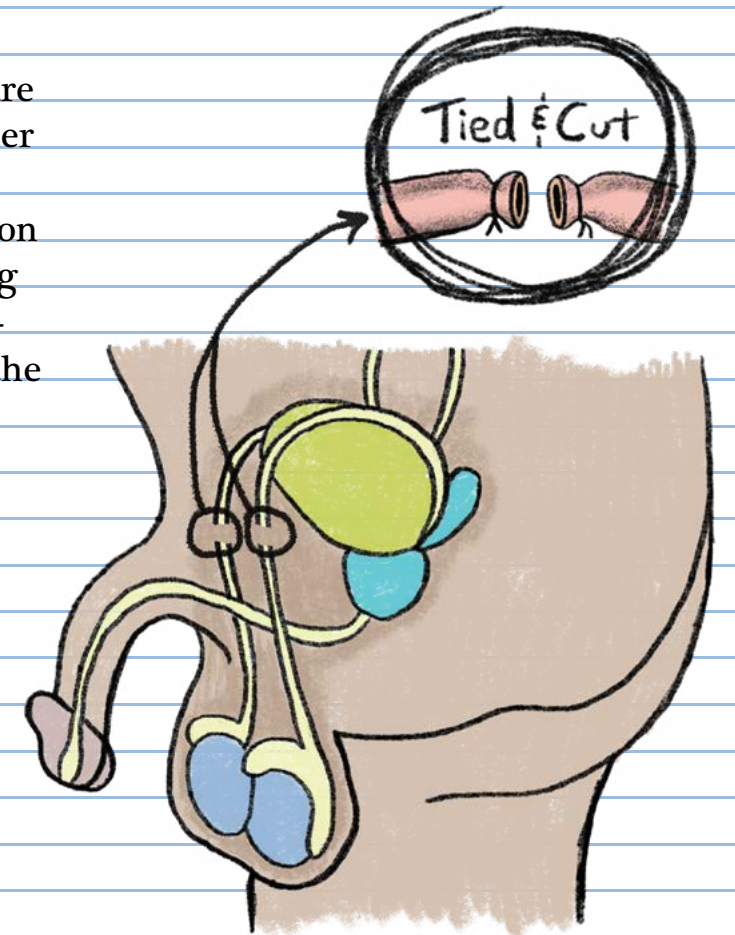
This procedure stops the person with a penis sperm from being able to reach the egg in a person with a vagina by cutting the tubes that sperm travel down.

Pros:

- It does not change your feelings, your sex drive, or your ability to have sex
- It does not interrupt sex

Cons:

- It cannot be reversed
- There can be soreness, swelling, and bruising of the scrotum after the procedure



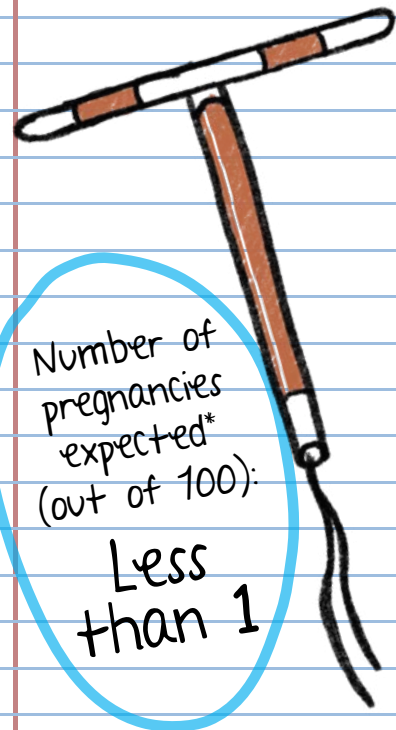
Number of
pregnancies expected*
(out of 100):
Less than 1

LONG-TERM BIRTH CONTROL METHODS

These birth control methods can be used by people with a vagina. They are helpful because they can be used for a long period of time, and they are very effective at preventing pregnancy. During this time there is very little (or nothing) that the person needs to do with their birth control to make it work well. And once the method is taken out, the person is still able to get pregnant. These birth control methods do not protect against STIs, so use a condom each time you have sex to help protect against these infections. It is important to know that all these methods can cause changes in the menstrual cycle.

IUC/IUD (Non-Hormonal)

Must be put in and taken out by a Health Care Provider



Intrauterine Contraceptive (IUC) is also known as Intrauterine Device (IUD)

How to Use:

Put in the uterus by a Health Care Provider. It lasts up to 10 years and can be used while breastfeeding. This IUC is wrapped with copper – which makes sperm not able to move or reach an egg.

Pros:

- Easy to use
- Once in, there is nothing more to do
- Few side effects
- Once this method is taken out, you can get pregnant

Cons:

- Heavier or longer periods each month
- May cause cramping

CONTROL METHODS

IUC/IUD (Hormonal)

How to Use:

Put in the uterus by a Health Care Provider.

Lasts up to 3-8 years (depending on the type).

Can be used while breastfeeding.

These IUCs release small amounts of hormone to thin the lining of the uterus and slow sperm movement. They also make it harder for sperm to get into the uterus.

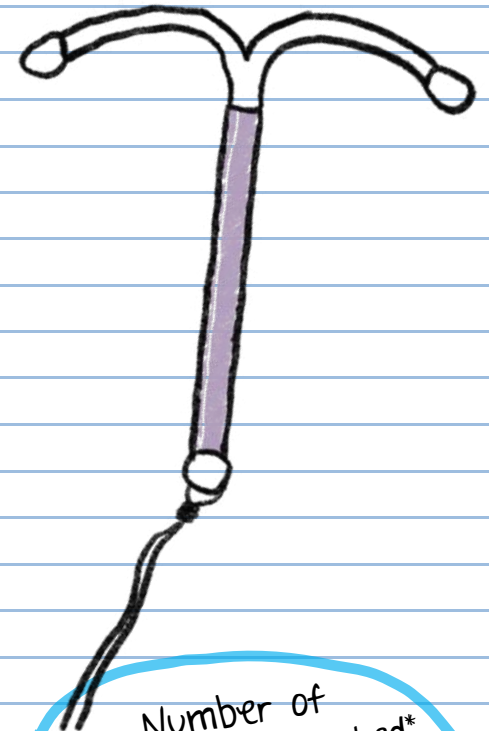
Pros:

- Easy to use
- Once in, there is nothing more to do
- Once this method is taken out, you can get pregnant

Cons:

- May cause spotting, lighter periods, or no period at all
- May cause cramping
- May cause other side effects such as headache, dizziness, breast soreness, or acne

Must be put in and taken out by a Health Care Provider



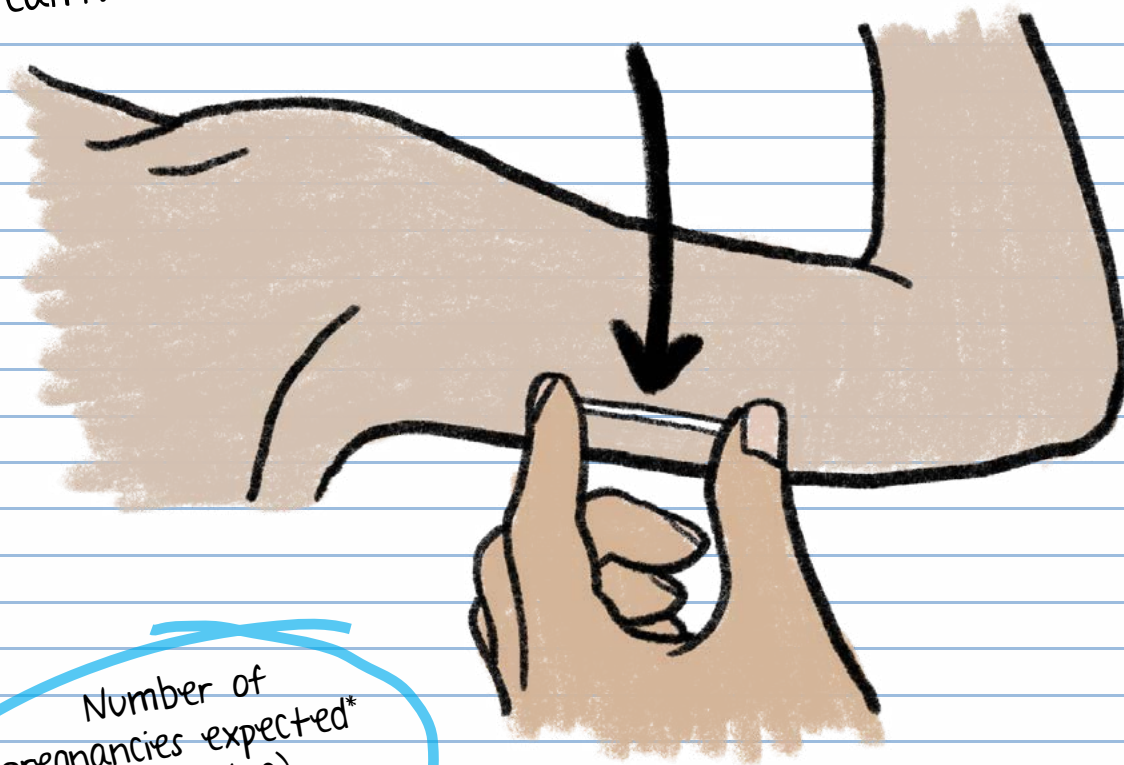
Number of pregnancies expected* (out of 100): Less than 1

CONTINUED...

LONG-TERM BIRTH CONTROL METHODS

The Implant

Must be put in and taken out by a Health Care Provider



Number of pregnancies expected* (out of 100):

Less than 1

How to Use:

A Health Care Provider will place the implant under the skin of the upper arm.

Lasts up to 3 years.

Can be used while breastfeeding.

The implant works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus.

Pros:

- Once in, there is nothing more to do
- Prevents menstrual cramps most of the time

Cons:

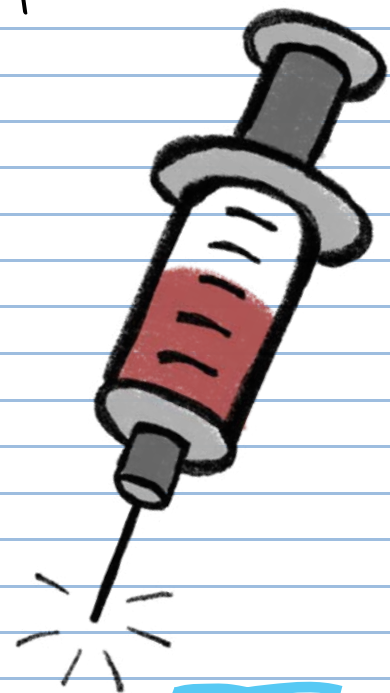
- Changes in menstrual bleeding, such as spotting
- May cause other side effects such as headaches, acne, or depression

OTHER HORMONAL BIRTH CONTROL METHODS

While also very effective at preventing pregnancy, these methods need a little bit more effort from the person with ovaries using them to work well. There are many choices of birth control in this grouping to meet various needs and likes. These methods may cause mild side effects such as breast soreness, headaches, and mood changes. Most side effects go away after the first 2-3 months. These methods do not protect against STIs. Use a condom each time you have sex to help protect against STIs.

Available by
prescription only

The Shot



How to Use:

A shot is given every 3 months by a Health Care Provider. Can be used while breastfeeding. The shot works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus.

Pros:

- Easy to use
- Private
- Periods are lighter and less crampy

Cons:

- May cause changes in weight
- May decrease bone density (not permanently)
- Need to remember to get the shot every 12 weeks
- Changes in menstrual bleeding, such as spotting

Number of
pregnancies expected*
(out of 100):
6

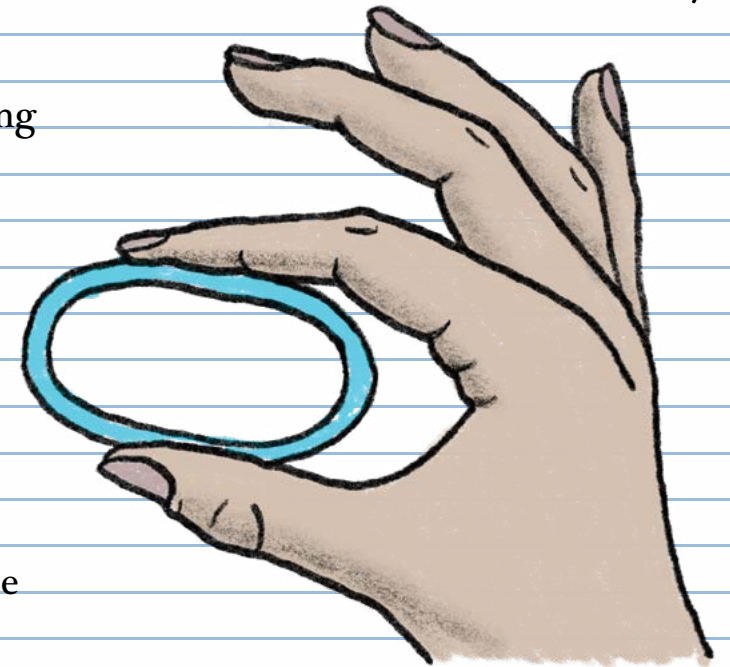
The Ring

Available by
prescription only

How to Use:

The Individual inserts the ring into their vagina. It must be replaced by a new ring every month.

The ring works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus and it makes the lining of the uterus thin.



Pros:

- Easy to use
- Can remain in place during sex
- Can make periods more regular and less crampy

Cons:

- Must be okay with putting the ring in and taking the ring out of the vagina
- Must remember to remove the ring every month
- May cause more discharge from the vagina

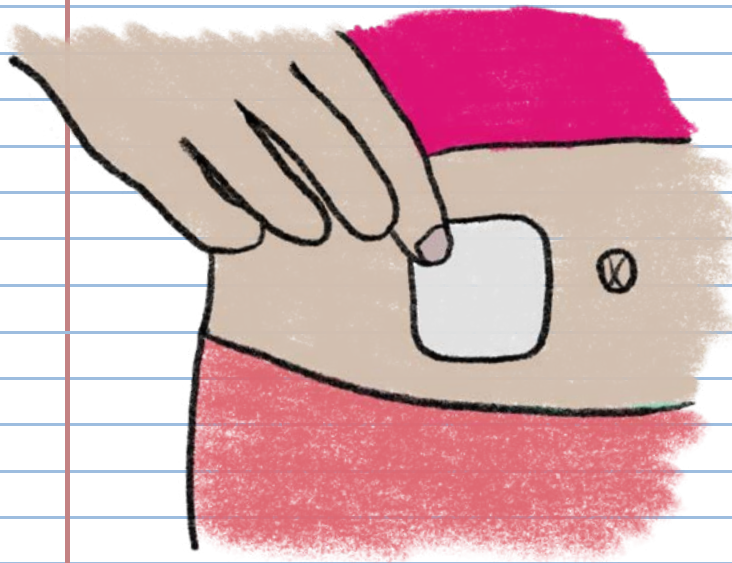
Number of
pregnancies expected*
(out of 100):
9

CONTINUED...

OTHER HORMONAL BIRTH CONTROL METHODS

Available by
prescription only

The Patch



How to Use:

The person with ovaries using it will put on a new patch every week for 3 weeks. It can be applied to the upper arm, stomach, hip, or back. No patch is used on the 4th week.

The patch works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus and it makes the lining of the uterus thin.

Pros:

- Easy to use
- Stays on well
- Can make periods more regular and less crampy

Cons:

- Must remember to change the patch on the same day each week
- May cause skin rash

Number of
pregnancies expected*
(out of 100):
9

The Pill

Available by
prescription only

How to Use:

The person with ovaries using it takes one pill every day.

The pill works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus and it makes the lining of the uterus thin.

Pros:

- Easy to use
- May make periods lighter and less crampy
- The pill may prevent or improve PMS (Premenstrual Syndrome) symptoms and acne

Cons:

- Must remember to take the pill every day at the same time
- May cause upset stomach



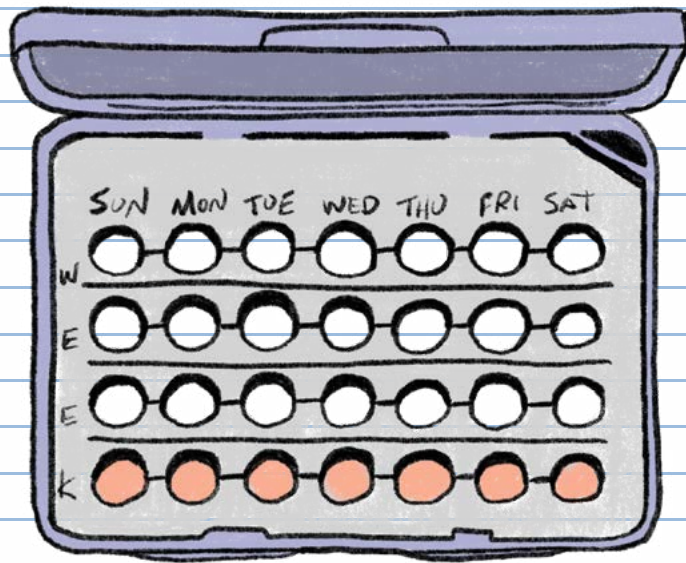
Number of
pregnancies expected*
(out of 100):
9

CONTINUED...

OTHER HORMONAL BIRTH CONTROL METHODS

The Mini Pill

Available by
prescription only



Number of
pregnancies expected*
(out of 100):
9

How to Use:

The person takes one pill every day.

Can be used while breastfeeding.

The mini pill makes it harder for sperm to get into the uterus. It may also keep the egg from leaving the ovaries.

Pros:

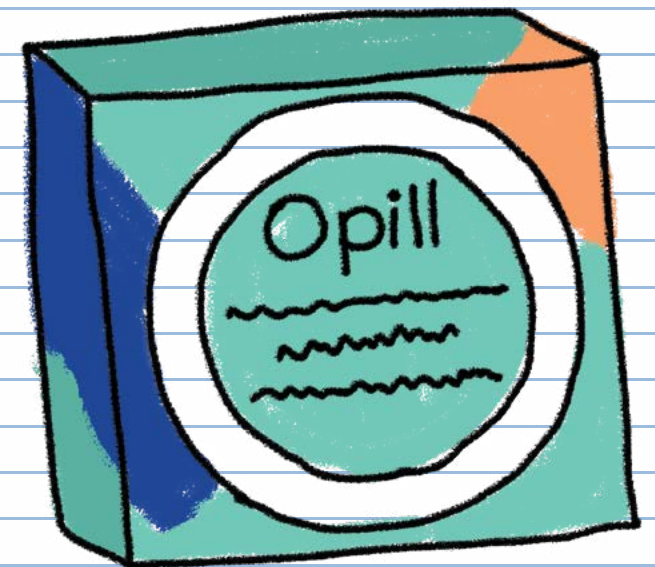
- Easy to use
- May make periods very light and less crampy

Cons:

- Must remember to take the pill every day at the same time
- Changes in menstrual bleeding

The Opill

Available
over the counter



Number of
pregnancies expected*
(out of 100):
9

How to Use:

The person takes one pill every day.

The Opill works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus and it makes the lining of the uterus thin.

Pros:

- You can get it over-the-counter without a prescription, and even online!
- Easy to use

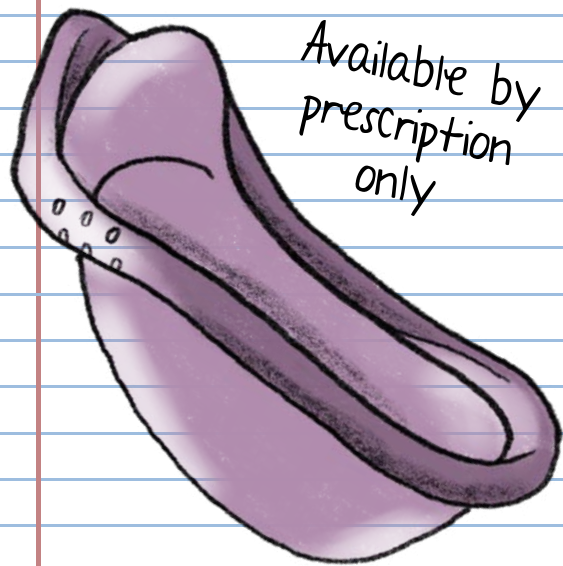
Cons:

- May cause changes in vaginal bleeding or spotting
- Must remember to take the pill every day at the same time
- May cause stomach upset or changes in appetite
- Cost may vary

BARRIER BIRTH CONTROL METHODS

Barrier methods help prevent pregnancy, and some may also help prevent STIs. These methods must be used each time you have sex for them to work well. Barrier methods have birth control choices for everyone.

Diaphragm



Available by prescription only

How to Use:

The person with a vagina goes to a Health Care Provider once to be fitted. Then they must insert the diaphragm into the vagina before they plan to have sex. It can be left in for many hours. It must be used with spermicide. This method keeps the sperm from getting inside the uterus. This method is not the same thing as a menstrual cup.

Pros:

- Can be put in ahead of time
- Can be re-used
- You only use it when you need to

Cons:

- Takes practice to learn how to insert
- Some people may be allergic or have irritation
- May cause pelvic cramps and bladder infection

Number of pregnancies expected* (out of 100):

12

External Condom

How to Use:

A person with a penis must use a new condom each time they have sex.

This method keeps sperm from getting inside the uterus.

Pros:

- Helps prevent some STIs like HIV
- Can buy at a drug store
- Easy to carry around
- You only use it when you need to
- Condoms come in many textures, sizes, and colors

Cons:

- May be allergic to latex
- Can break or slip off
- Can decrease sensation



Available over the counter

Number of pregnancies expected* (out of 100):

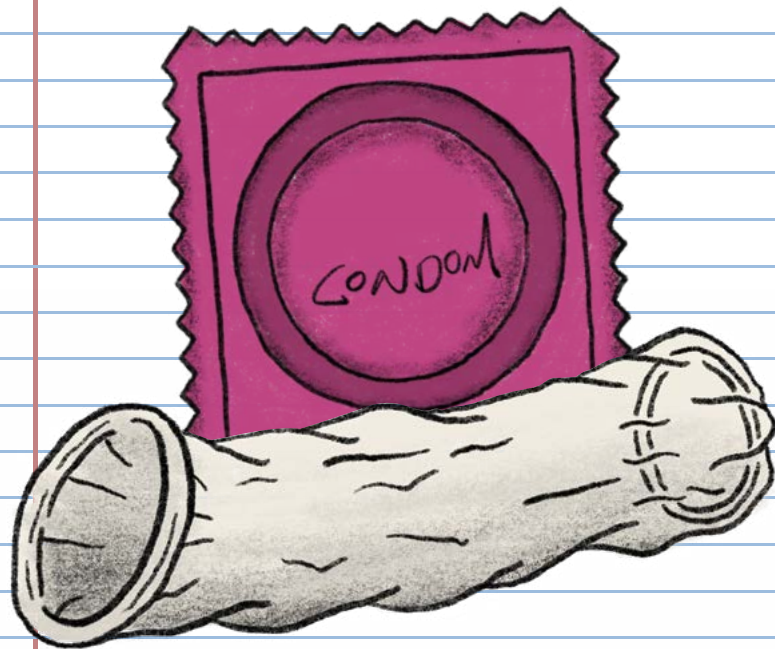
18

If you have a latex allergy - keep in mind there are latex free options! Just look for "latex free" on the box. Lamb skin condoms do not protect against STIs.

CONTINUED... BARRIER BIRTH CONTROL METHODS

Internal Condom

Available over the counter, online, and at most health clinics.



Number of pregnancies expected* (out of 100):
21

How to Use:

The Person with a vagina must use a new condom each time they have sex.

The method keeps the sperm from getting inside the uterus.

Pros:

- Helps prevent some STIs like HIV
- Easy to carry around
- Can be put in ahead of time
- You only use it when you need to
- These are latex free

Cons:

- Can decrease sensation
- May be noisy
- Takes practice to learn how to put it in
- May slip out of place during sex

Sponge

Available over the counter

How to Use:

The person with a vagina must insert the sponge into the vagina before they plan to have sex. The sponge can be left in place for many hours. It must be used with spermicide.

The method keeps the sperm from getting inside the uterus.

Pros:

- Can buy it in a drug store
- Can be put in ahead of time
- You only use it when you need to

Cons:

- May be difficult to insert or remove
- Some people may be allergic or have irritation



Number of pregnancies expected* (out of 100):
12-24

CONTINUED... BARRIER BIRTH CONTROL METHODS

Spermicides



Available
over the
counter

How to Use:

The individual must insert spermicide into the vagina each time they have sex. Spermicide comes in many forms like cream, gel, sponge, foam, inserts, and film. It works best when it is used with another barrier method.

Spermicide kills sperm before it can get inside the uterus.

Pros:

- Can buy at the drug store
- Easy to insert
- Comes in many forms

Cons:

- May raise the risk of getting STIs or HIV
- Some people may be allergic or have irritation
- Can be messy

Number of
pregnancies expected*
(out of 100):
28

Cervical Cap

Available by
prescription only



How to Use:

The person with a vagina goes to a Health Care Provider once to be fitted. Then they must insert the cap into the vagina before they plan to have sex. The cap can be left in place for many hours. It must be used with spermicide.

This method keeps the sperm from getting inside the uterus.

Pros:

- Can be put in ahead of time
- Can be re-used
- You only use it when you need to

Cons:

- Takes practice to learn how to insert
- Some people may be allergic or have irritation
- May cause vaginal infection

Number of
pregnancies expected*
(out of 100):
14-29

INFORMATION-BASED METHODS

These types of methods require monitoring your body to avoid pregnancy. Everyone can use information-based birth control methods. While these methods are not the most effective at preventing pregnancy, they can be used if couples have no other form of birth control on hand. The only information-based method that protects from STIs is abstinence.

Lactational Amenorrhea Method (LAM)



How to Use:

The lactating person must exclusively breastfeed (e.g., no formula feeding) right after child birth and follow LAM directions. This method can be used up to 6 months or until menstrual bleeding resumes.

This method works by keeping the egg from leaving the ovaries.

Pros:

- There are no side effects
- It is free
- You can have sex whenever you want
- LAM is healthy for you and your baby

Cons:

- Breastfeeding takes time
- Can be used only for 6 months

Number of pregnancies expected* (out of 100):
10

Fertility Awareness Methods

How to Use:

Predicts fertile days by taking temperature daily, checking vaginal mucus for changes, and/or keeping a record of periods.

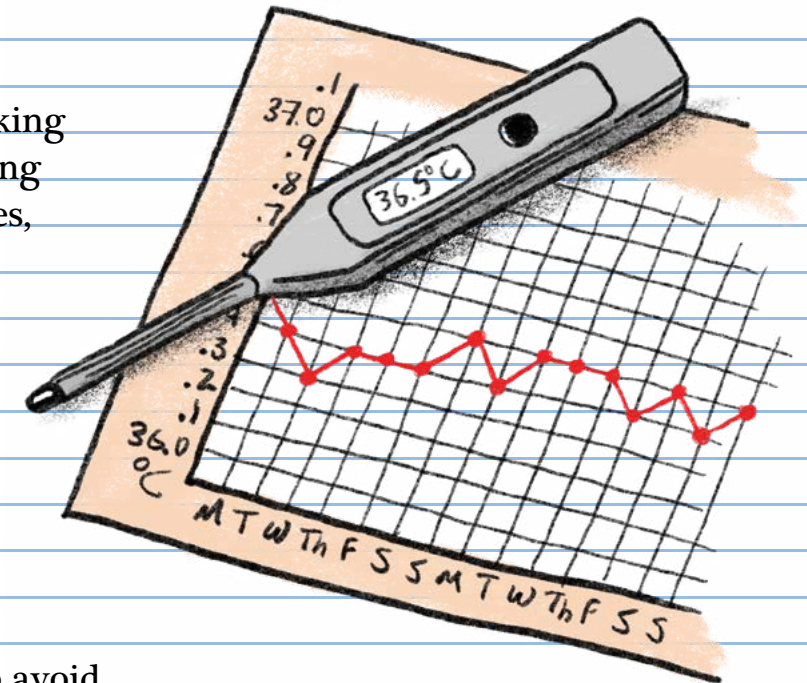
Then avoid sex or use a barrier method during fertile days.

Pros:

- Can help with trying to avoid getting pregnant, or trying to become pregnant
- Does not cause any health problems
- Can be good to know how your body works

Cons:

- Can take time to learn
- Must be good at record keeping
- Must be abstinent or use another birth control method on certain days
- Must have a way to take your temperature every day



Number of pregnancies expected* (out of 100):
24

CONTINUED...

INFORMATION-BASED METHODS

Withdrawal (Pulling Out)



Number of pregnancies expected*
(out of 100):

22

Remember – the only informational method that protects from STI's is abstinence!

How to Use:

The person with a penis pulls out of their partner's vagina before ejaculation (coming).

This method works by keeping sperm away from the vagina.

Pros:

- Costs nothing
- Can be used when you do not have any other birth control method

Cons:

- Does not work if penis is not pulled out in time
- Interrupts sex
- Less pleasure for some

Abstinence

How to Use:

Each partner decides not to have sex.

Pros:

- Free
- No side effects
- Lowers the chances of getting STIs
- Very effective

Cons:

- May be hard to not have any kind of sexual contact for long periods of time



Number of pregnancies expected*
(out of 100):

0

EMERGENCY CONTRACEPTION (EC) METHODS

If you forget to use birth control or your birth control method fails, Emergency Contraception (EC) can still help to prevent pregnancy. EC can be used up to 5 days after unprotected sex. The sooner you use EC the better your chances are of not getting pregnant. EC does not protect you from STIs. If you have unprotected sex, you should also ask your Health Care Provider about STI testing.

Copper IUD



How to Use:

Put in the uterus by a Health Care Provider within five days after having unprotected sex. This method will not stop a pregnancy that has already started. It lasts up to 10 years and can be used while breastfeeding. This IUC is wrapped with copper – which makes sperm not able to move or reach an egg.

Pros:

- Easy to use
- Once in, there is nothing more to do
- Few side effects
- Once this method is taken out, you can get pregnant right away
- Works very well

Cons:

- Heavier or longer periods each month
- May cause cramping

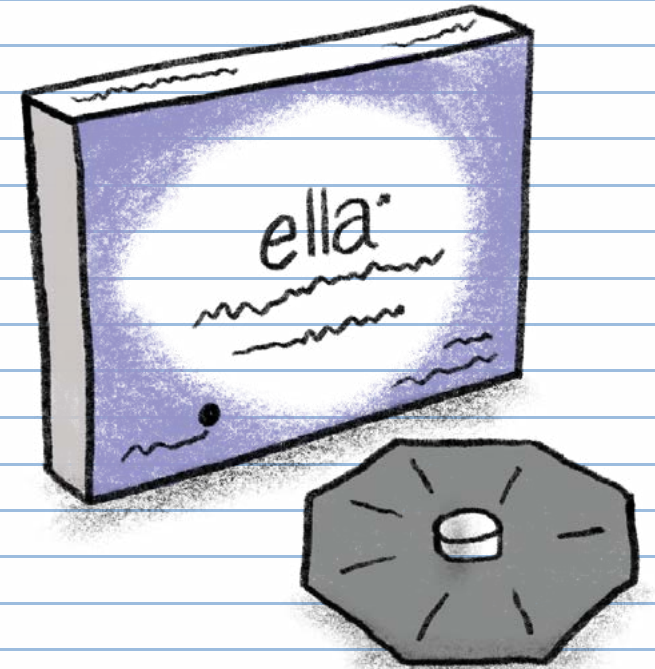
Must be put in and taken out by a Health Care Provider

Ella Emergency Contraception Pill

How to Use:

The person with ovaries takes the pill as soon as possible within five days after having unprotected sex.

This method works by keeping the egg from leaving the ovaries. It may also stop the sperm from getting to the egg. This method will not stop a pregnancy that has already started.



Pros:

- Works well to prevent pregnancy after unprotected sex
- Can be used while breastfeeding

Cons:

- Requires prescription from a Health Care Provider
- May cause changes in your period, upset stomach, or dizziness
- This method may not work as well if you weigh more than 195 pounds

Available by prescription only

CONTINUED...

EMERGENCY CONTRACEPTION (EC) METHODS

Plan B One-Step Emergency Contraception Pill



How to Use:

The person with ovaries would take the pill as soon as possible within three days after having unprotected sex.

This method works by keeping the egg from leaving the ovaries. It may also stop the sperm from getting to the egg. This method will not stop a pregnancy that has already started.

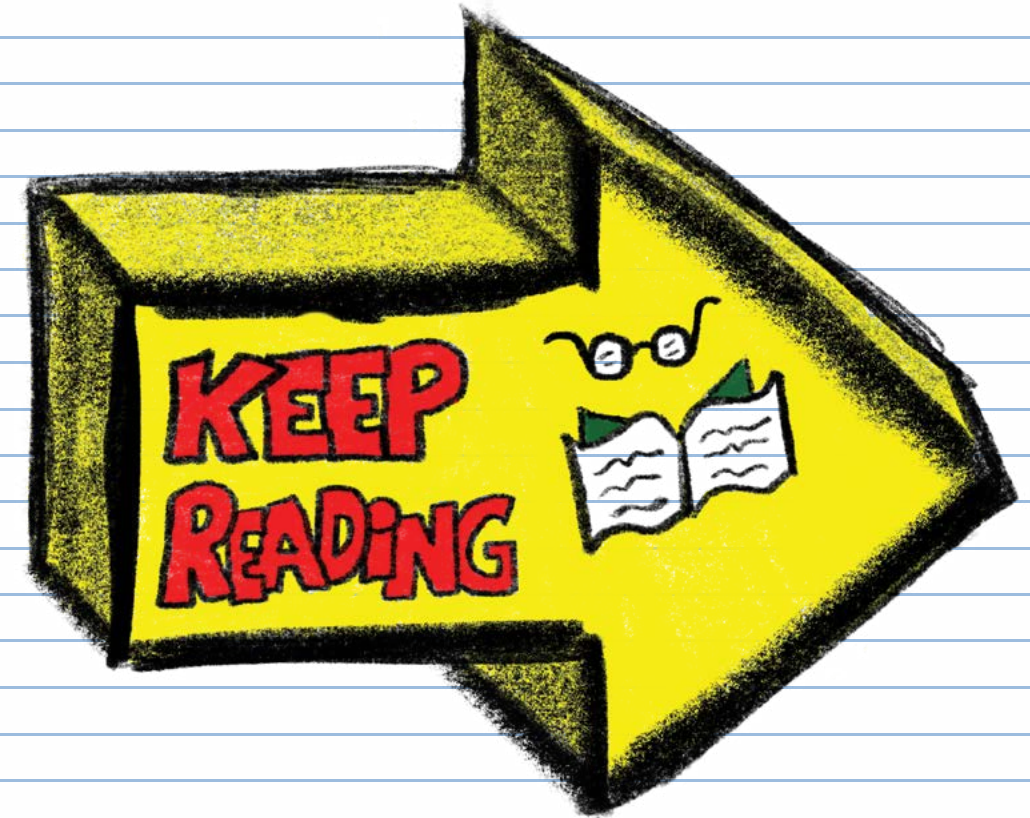
Available over the counter

Pros:

- Works well to prevent pregnancy after unprotected sex
- Can buy it over the counter
- Can be used while breastfeeding

Cons:

- May cause changes in your period, upset stomach, or dizziness
- This method may not work as well if you weigh more than 165 pounds
- Cost may vary



Next...

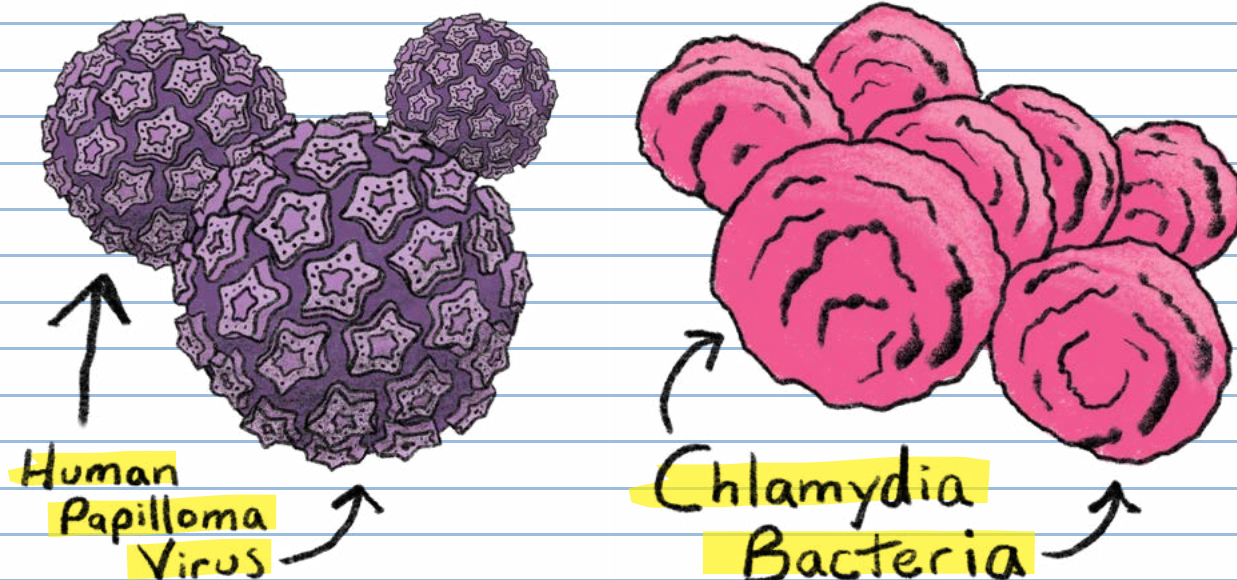
AN INTRO TO SEXUALLY TRANSMITTED INFECTIONS

AN INTRO TO SEXUALLY TRANSMITTED INFECTIONS

Sexually Transmitted Infections (STIs) are infections that can spread when someone that has an STI has sex with someone else. STIs are germs that live in warm, moist places like the mouth, anus, or genitals. They spread through skin-to-skin contact or when body fluids are shared. Any type of sex – vaginal, anal, or oral – can put you at risk for an STI.

Most STIs can be cured with medicine, and others cannot be cured – though they can be treated to make them easier to live with. If an STI is not cured or treated, it can be painful. It can make a person sick or prevent people from having children, or cause birth defects for a newborn. Some STIs can even cause death.

Millions of STI cases occur each year, and most of the people that get them are under the age of 30. A person can have more than one STI at a time, and it is possible to get the same STI more than once. Providers test for STIs using urine and blood samples. They may also use other means such as a visual exam or cervical exam. See a Provider to get tested and treated anytime you think you may have an STI or have unprotected sex.

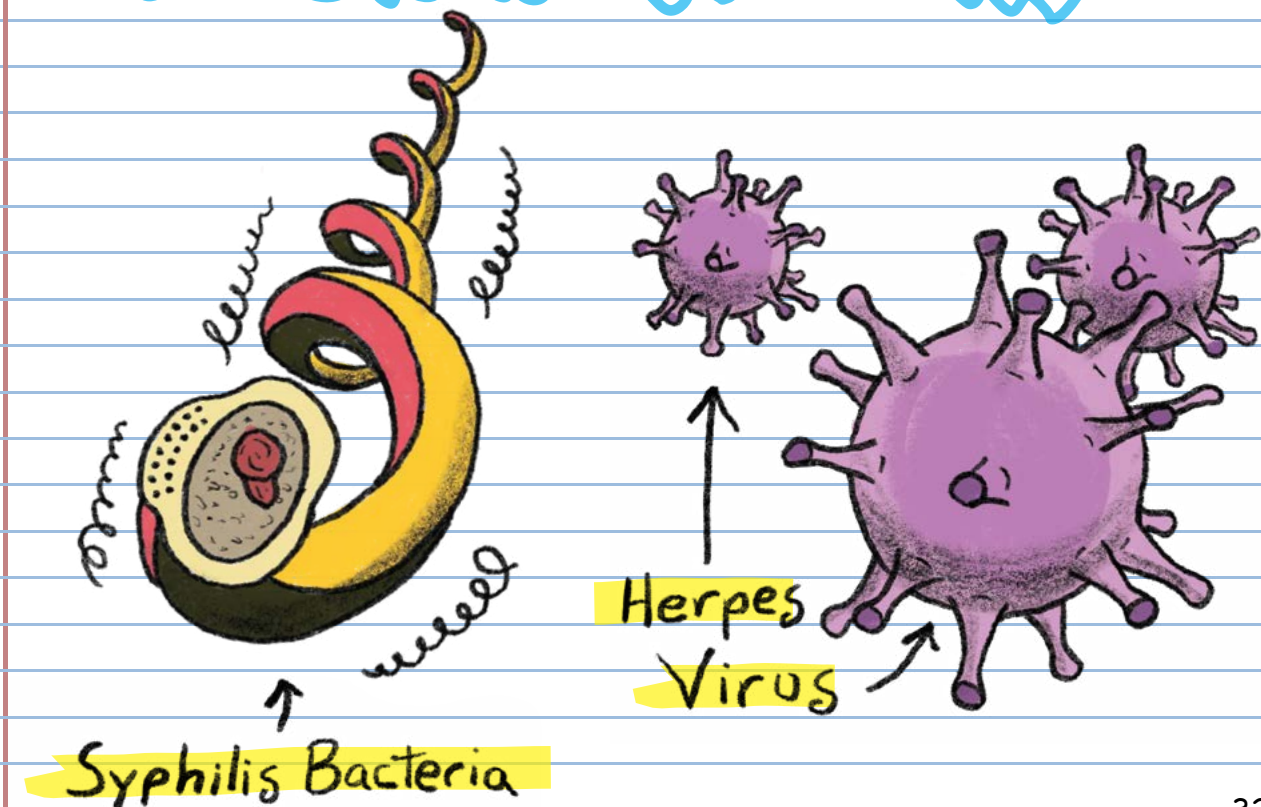


STIs are common – but can be prevented! Some STIs can also be prevented with a vaccine. Other ways to help protect yourself from STIs are to...

- Use a condom every time you have sex
- Talk with your partner about STIs before you have sex
- Have sex with only one person who only has sex with you
- Get tested and treated for STIs

The number one way to make sure you do not get an STI is to be abstinent (not have sex).

Read on to learn about common STIs, which STIs can be prevented with a vaccine, what kinds of symptoms each STI causes, and more.



STIs THAT CAN BE CURED

Some STIs, like the ones below, can be cured. Providers can test for these STIs and provide medicine that makes them go away.

Chlamydia

What is it?

Chlamydia is an infection caused by a bacteria that can affect the penis, vagina, cervix, throat, anus or urethra. It can be spread during any type of sex – vaginal, anal, or oral.

How can it affect me if it is not treated?

- It can be passed on to others.
- It raises the risk of getting HIV.
- It can cause scarring in the uterus or tubes. The scarring can cause a risky pregnancy, make the person not able to get pregnant, or cause Pelvic Inflammatory Disease (PID).
- During pregnancy if the pregnant person has chlamydia it could affect the pregnancy or it could harm the baby's eyes or lungs during birth.

Symptoms:

Most people do not have symptoms. If someone does have symptoms they are:

- Abnormal discharge from the vagina or penis
- Pain or burning when urinating
- Vaginal bleeding between periods or during/after sex

Treatment:

Take antibiotic medicine as the Doctor orders. Both partners must be treated. Partners must avoid having sex until they have both been treated.

Gonorrhea

What is it?

Gonorrhea is an infection caused by a bacteria that can affect the penis, vagina, anus, or throat. It can be spread during any type of sex – vaginal, anal, or oral.

How can it affect me if it is not treated?

- It can be passed on to others.
- It raises the risk of getting HIV.
- Genitals and joints may swell and hurt.
- It can cause scarring in the uterus or tubes. The scarring can cause a risky pregnancy, make the person not able to get pregnant, or cause Pelvic Inflammatory Disease (PID).
- If a person is pregnant and has gonorrhea, it could harm the baby's eyes during birth or cause other health problems.

Symptoms:

Most people do not have symptoms. If someone does have symptoms, they are:

- Abnormal discharge from the vagina or penis
- Pain when urinating or having a bowel movement
- Pain in the testicles
- Sore throat

Treatment:

Take antibiotic medicine as the Doctor orders. Both partners must be treated. Partners must avoid having sex until they have both been treated.

CONTINUED...

STIs THAT CAN BE CURED

Pelvic Inflammatory Disease (PID)

What is it?

PID is an infection in the ovaries, tubes, or uterus. It can be caused by untreated STIs such as chlamydia and gonorrhea. It can also be caused by other normal types of bacteria that are in the vagina.

How can it affect me if it is not treated?

- Severe pain in the abdomen.
- It raises the risk of getting HIV.
- It can cause scarring in the uterus or tubes. The scarring can cause a risky pregnancy or prevent a person from getting pregnant.
- It may require surgery.
- It can cause death.

Symptoms:

Symptoms of PID include:

- Pain or cramping in the lower abdomen
- Abnormal discharge from the vagina
- Bleeding between periods
- Bleeding or pain during sex
- Fever or chills
- Pain when urinating

Treatment:

Take antibiotic medicine as the Doctor orders. Both partners must be treated. Partners must avoid having sex until they have both been treated. A second visit with the Doctor may be needed to make sure the person is cured. Serious cases of PID may need to be treated in the hospital.

Syphilis

What is it?

Syphilis is an infection caused by a bacteria that can affect the penis, vagina, mouth, or anus. It can be spread during any type of sex – vaginal, anal, or oral. It can also be spread by touching a syphilis sore or rash.

How can it affect me if it is not treated?

- It can be passed on to others.
- It raises the risk of getting HIV.
- It can lead to blindness, heart disease, brain damage, nerve damage, and death if not treated.
- If a person has syphilis while pregnant the baby can have birth defects or may be born dead (stillborn).

Symptoms:

Symptoms can be mild and may not be noticed. The first sign of syphilis is a painless sore near the vagina, penis, mouth, or anus. If not treated, it will heal by itself but the person still has the disease. Other symptoms may include:

- Rash
- Joint pain
- Feeling tired
- Fever
- Hair loss
- Sore throat
- Headaches

Treatment:

Take antibiotic medicine as the Doctor orders. Both partners must be treated. Partners must avoid having sex until they have both been treated. A second visit with the Doctor may be needed to make sure the person is cured.

CONTINUED...

STIs THAT CAN BE CURED

Trichomoniasis (Trich)

What is it?

Trich is a tiny parasite that lives, grows, and feeds off a person's body. Trich can infect the vagina or penis. It can be spread by the fluids from the vagina or penis.

How can it affect me if it is not treated?

- It can be passed on to others.
- It raises the risk of getting HIV.
- If a person has trichomoniasis when pregnant their baby may be born too small or too early.

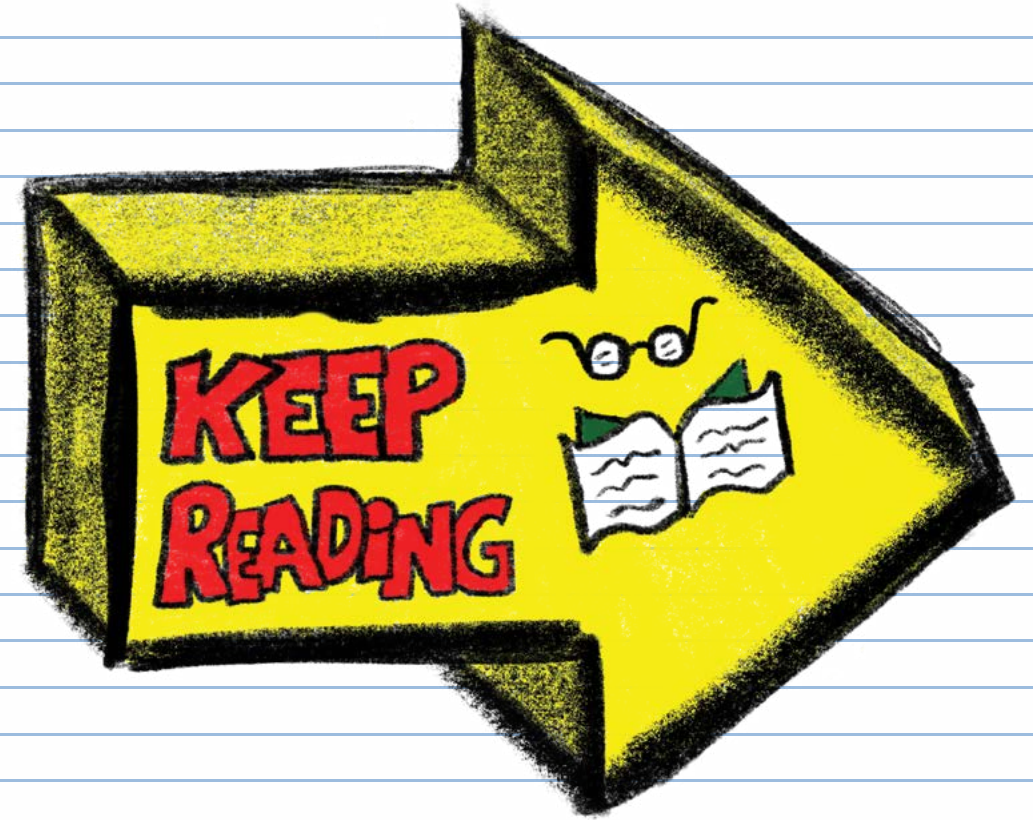
Symptoms:

Most people do not get symptoms. If they do, symptoms include:

- Itching in the urethra
- Burning feeling when urinating
- Discharge from the vagina

Treatment:

Take antibiotic medicine as the Doctor orders. Both partners must be treated. Partners must avoid having sex until they have both been treated.



Next...

STIs THAT CANNOT BE CURED

STIs THAT CANNOT BE CURED

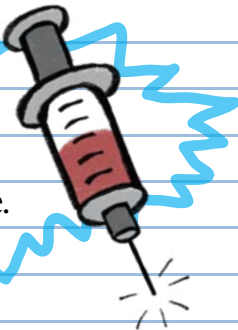
Other STIs, like the ones below, cannot be cured. Doctors can test for and treat the symptoms of these STIs to make them easier to live with.

Human Papilloma Virus (HPV)

What is it?

HPV is the most common STI in the United States. Almost everyone who has sex has had HPV at some time in their life. It can be spread during any type of sex – vaginal, anal, or oral. It can also be spread through skin-to-skin contact. There are many types of this virus. The types are either high-risk or low-risk.

You can prevent HPV by getting vaccinated! For the vaccine to be the most effective, people should get it before they become sexually active. Talk to your Doctor to find out more.



How can it affect me if it is not treated?

Most of the time, HPV infections go away on their own and cause no health problems. But there are some types of HPV that can affect your health.

There are types of HPV that can cause cancer. These are known as high-risk strains.

There are other types of HPV that can cause genital warts. These are known as low-risk strains.

Other affects are:

- It can be passed on to others.
- It raises the risk of getting HIV.

Symptoms:

Some people may not get symptoms. Others get symptoms such as:

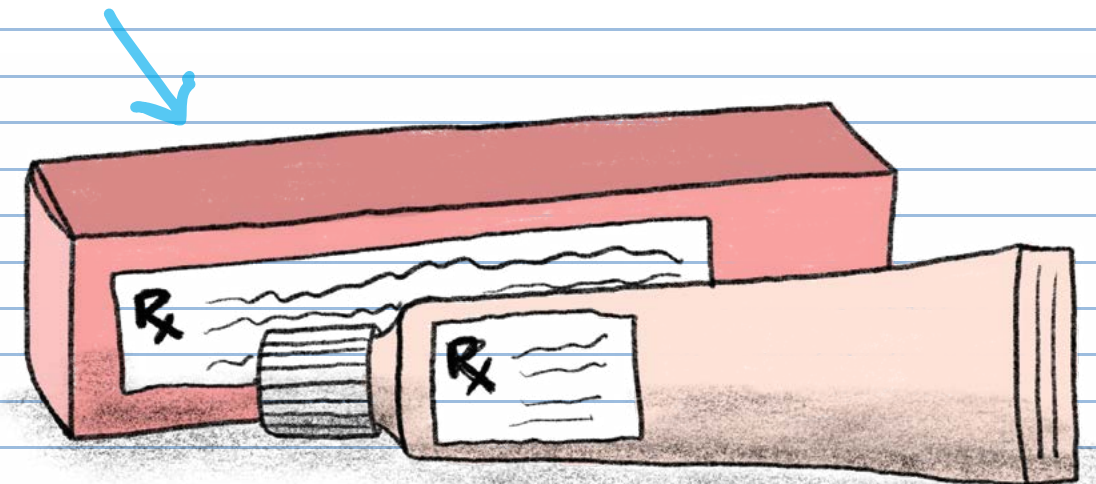
- Small bumps (warts) in or around the vagina, penis, or anus. These bumps may grow in bunches or clusters and may itch.

Treatment:

A person with a vagina would know they have high-risk HPV if it shows up on their screening test for cervical cancer. An abnormal Pap test or a “positive” HPV test would mean that they are at risk for cervical cancer.

Based on the test results, the Provider decides on a treatment plan.

Treatment for low-risk types of HPV - genital warts - can include an exam of the infected area, freezing or burning the warts off, or using prescription creams or lotions at home.



CONTINUED...

STIs THAT CANNOT BE CURED

Genital Herpes

What is it?

A virus that can infect the penis, vagina, mouth, or anus. It can be spread during any type of sex – vaginal, anal, or oral. It can also be spread by touching the infected area of someone who has it.

How can it affect me if it is not treated?

- It can be passed on to others.
- It raises the risk of getting HIV.
- If a person has genital herpes while they are pregnant, it can infect the baby during child birth. It can be fatal to the baby if it is not treated.

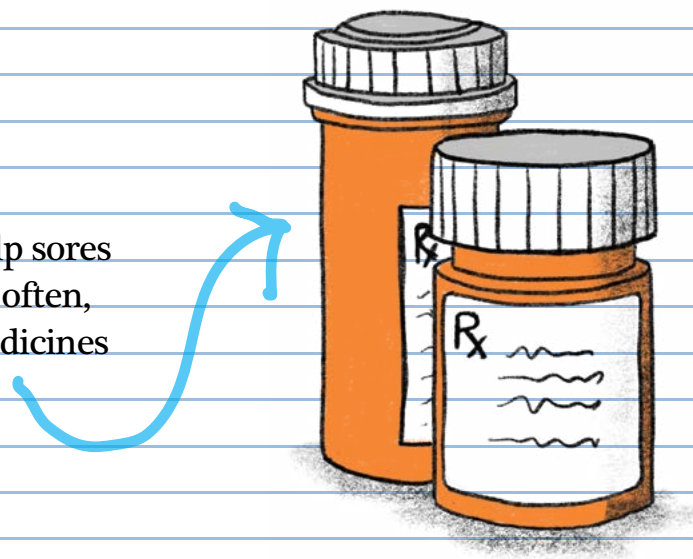
Symptoms:

Some people may not get symptoms. Others get symptoms such as:

- Blisters or sores in or around the vagina, penis, scrotum, anus, thighs, buttocks, or mouth
- Painful rashes
- Flu-like symptoms

Treatment:

Medicines can be given to help sores heal more quickly, come less often, and be less painful. These medicines may be taken daily.



Zika Virus

What is it?

A virus that can be spread in some places by the bite of an infected mosquito. Once bit and infected, people can pass on the infection through sex.

How can it affect me if it is not treated?

- If a person is pregnant and has Zika, the virus can be passed on to the baby. They could have a miscarriage or the baby may be born with birth defects.

Symptoms:

Most of the time there are no symptoms.

If there are symptoms they can include:

- Fever
- Rash
- Joint pain
- Not being able to move in parts of the body (paralysis)
- Red eyes

Treatment:

There is no medicine that can cure Zika. Instead, the focus is on treating symptoms. Treatment includes resting, drinking plenty of fluids, and taking medicine for fever and pain.

The body heals the infection on its own within days to weeks.

CONTINUED...

STIs THAT CANNOT BE CURED

Hepatitis B

What is it?

A virus that can lead to a very serious, and even deadly, liver infection.

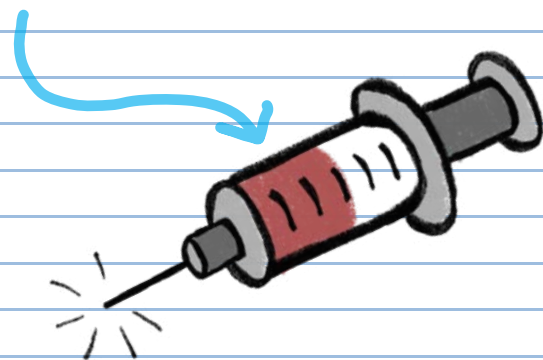
This virus can be spread a number of ways, such as:

- During any type of sex – vaginal, anal, or oral
- Sharing needles
- Sharing earrings, razors, nail clippers, or toothbrushes
- Piercing your body or getting a tattoo with a dirty needle
- Getting infected blood in an open cut or wound

There is a vaccine to prevent Hepatitis B. Talk to your Doctor to find out more.

How can it affect me if it is not treated?

- It can be passed on to others.
- It raises the risk of getting HIV.
- It can badly damage the liver, lead to liver cancer, or even death.
- If a person who is pregnant has Hepatitis B, the baby can be born with it. The baby will need special shots right after birth.



Symptoms:

Some people do not get any symptoms. If they do, their symptoms can include:

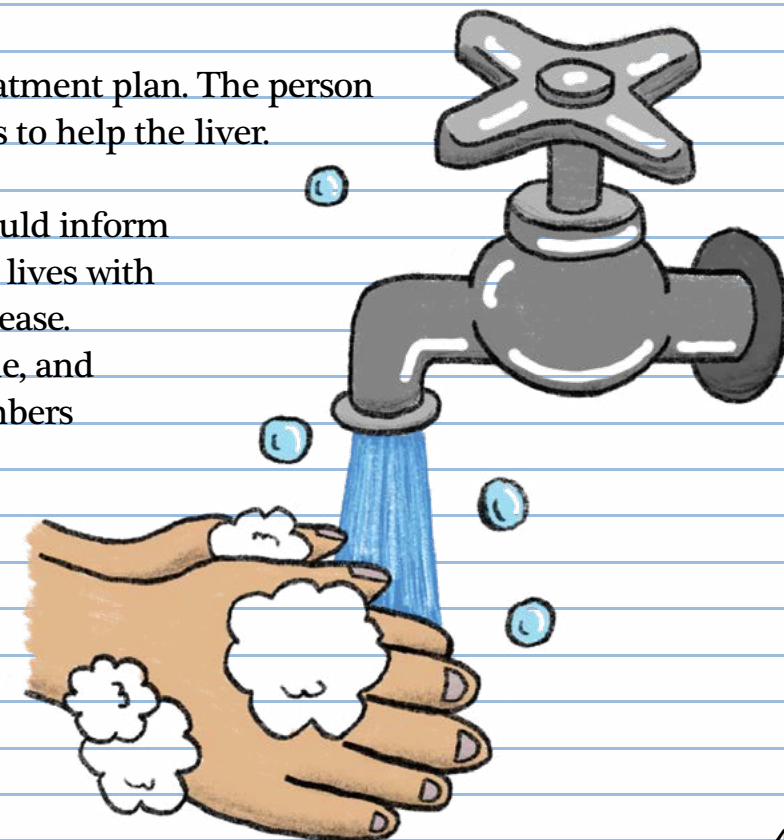
- Brown or dark urine
- Light or gray stools
- Yellow skin or eyes
- Loss of appetite
- Feeling tired
- Pain in the stomach or abdomen, muscles, or joints

Treatment:

The Doctor will make a treatment plan. The person may need special medicines to help the liver.

People with Hepatitis B should inform their family or anyone who lives with them that they have the disease.

Handwashing, good hygiene, and vaccination for family members can prevent the spread of Hepatitis B.



CONTINUED...

STIs THAT CANNOT BE CURED

Human Immunodeficiency Virus (HIV)

What is it?

A virus that weakens the body's ability to fight infections. HIV is the virus that causes AIDS. This virus can be spread during any type of sex – vaginal, anal, or oral. It can also be spread by sharing needles.

How can it affect me if it is not treated?

- It can be passed on to others.
- It raises the risk of getting other STIs and infections.
- Over time, HIV can keep the body from fighting off diseases or illnesses. It can lead to AIDS and death.
- If a person is pregnant and has HIV they can pass it on to the baby during childbirth or through breast milk. To prevent this the baby will need special care during the pregnancy. Treatment can prevent the baby from being born with HIV. A person with HIV will not be able to breastfeed their baby.

Symptoms:

Some people do not get any symptoms. Some signs of HIV are:

- Fever
- Rapid weight loss
- Pain in joints
- Night sweats
- Diarrhea
- Feeling very tired

Treatment:

The person will need to take medicine that can slow down the growth of HIV for a long time. The Provider will make a treatment plan. With proper treatment, a person can still live a long and healthy life. All sex partners should be informed and condoms should be used each time someone with HIV has sex. If a person is planning to get pregnant and has HIV, they should discuss it with their Provider. The Provider will help plan for pregnancy.

PrEP+PEP

What is PrEP?

PrEP stands for pre-exposure prophylaxis. If someone is at risk of getting HIV (like they have a sex partner who has HIV) they can take PrEP medicine to lower their risk of getting the virus. To work, PrEP medicines are taken before being exposed to HIV and taken on an ongoing basis. PrEP is available by prescription from health care providers. Before getting PrEP the person has to take an HIV test to make sure they do not already have it. Then, after getting PrEP, the person will have check-ins with their doctor every so often.

PrEP only helps protect against HIV, not other STI's. So it is still important to use a condom.

What is PEP?

PEP stands for post-exposure prophylaxis. It means taking medicines after being potentially exposed to HIV to prevent becoming infected.

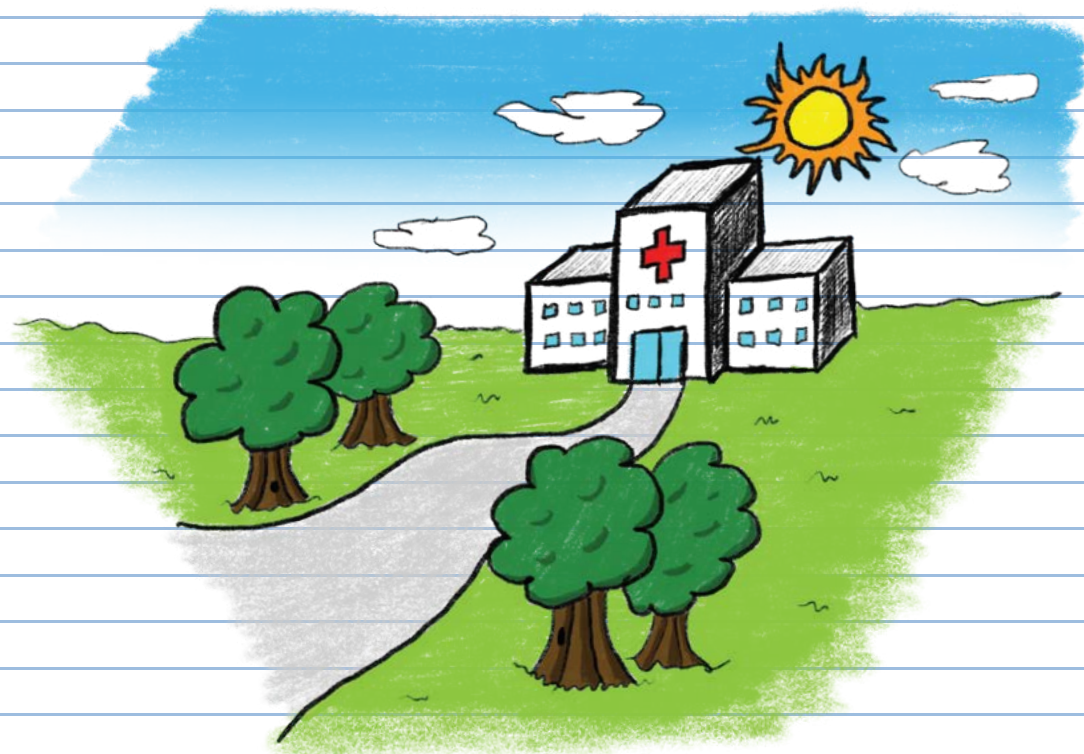
PEP must be started within 72 hours after a recent possible exposure to HIV, but the sooner you start PEP, the better. Every hour counts. If you're prescribed PEP, you'll need to take it once or twice daily for 28 days. PEP is effective in preventing HIV when administered correctly, but not 100%.

STIs - PROTECTING YOURSELF

STIs can range from being annoying to being deadly. Because of this, people who are sexually active should be tested for STIs regularly. They should be tested more often when they have more than one sex partner or have had sex with someone and are not sure of their STI status. The sooner the person finds out that they have an STI and gets treatment, the better. This is because STIs can do more damage to the body when they are left untreated.

Keep in mind, the only way to prevent an STI 100 percent of the time is not to have sex (abstinence). But there are other ways to lower your risk like using condoms, being vaccinated, and limiting sex partners.

If you are concerned you have an STI or have never been tested, ask your Provider to test you for all STIs. You do not need any special approval to see a Provider for STI testing and treatment.



KNOW YOUR RIGHTS

In California, a minor (at any age) can access reproductive health services without parent or guardian consent. This includes birth control services.

A person who wants to get STI testing and/or treatment without parent or guardian consent needs to be at least 12 years old.

For information on IEHP benefits, visit iehp.org or call IEHP Member Services at 1-800-440-IEHP (4347), or 1-800-718-4347 for TTY.

RESOURCES

Be sure to talk to your Doctor about birth control and STIs. Other resources on sexual health are listed below:

<https://www.bedsider.org/>

Learn about birth control methods, set appointment and birth control reminders, read answers to common birth control questions, and more.

<http://teensource.org/>

Information on birth control methods, STIs, healthy relationships, and other topics in a teen-friendly format.

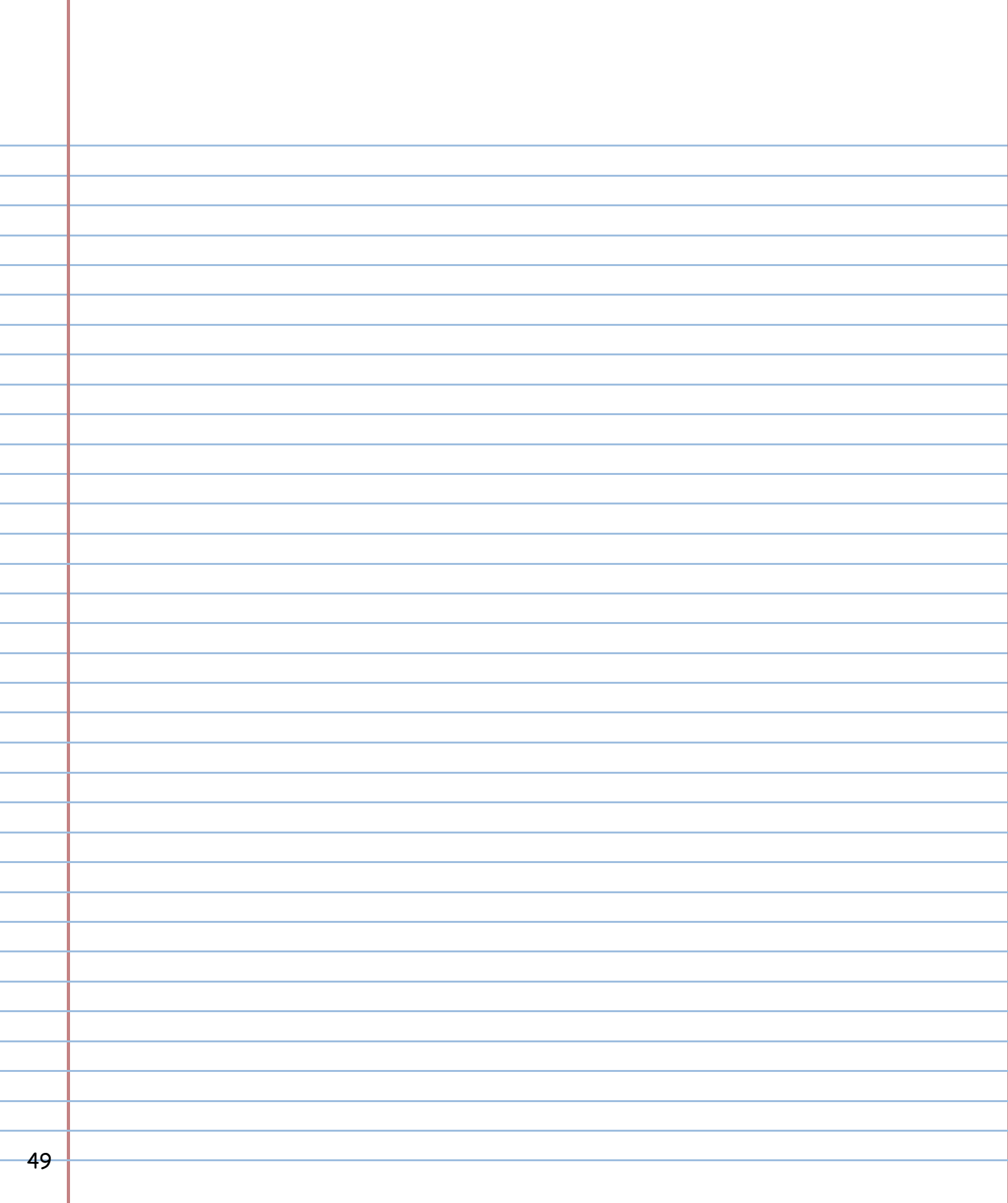
<https://amaze.org/>

Watch entertaining videos to learn about puberty, healthy relationships, pregnancy, STIs, personal safety, and other topics.

www.cdc.gov/sti

Read up-to-date information on Sexually Transmitted Infections.

www.cdc.gov/hiv/prevention/prep.html





Inland Empire Health Plan

1-800-440-IEHP (4347)

1-800-718-4347 TTY

iehp.org

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