

COMPOSITION

Teen Health Guide

↖ **NOT JUST** ↗
ANOTHER



A Public Entity

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).

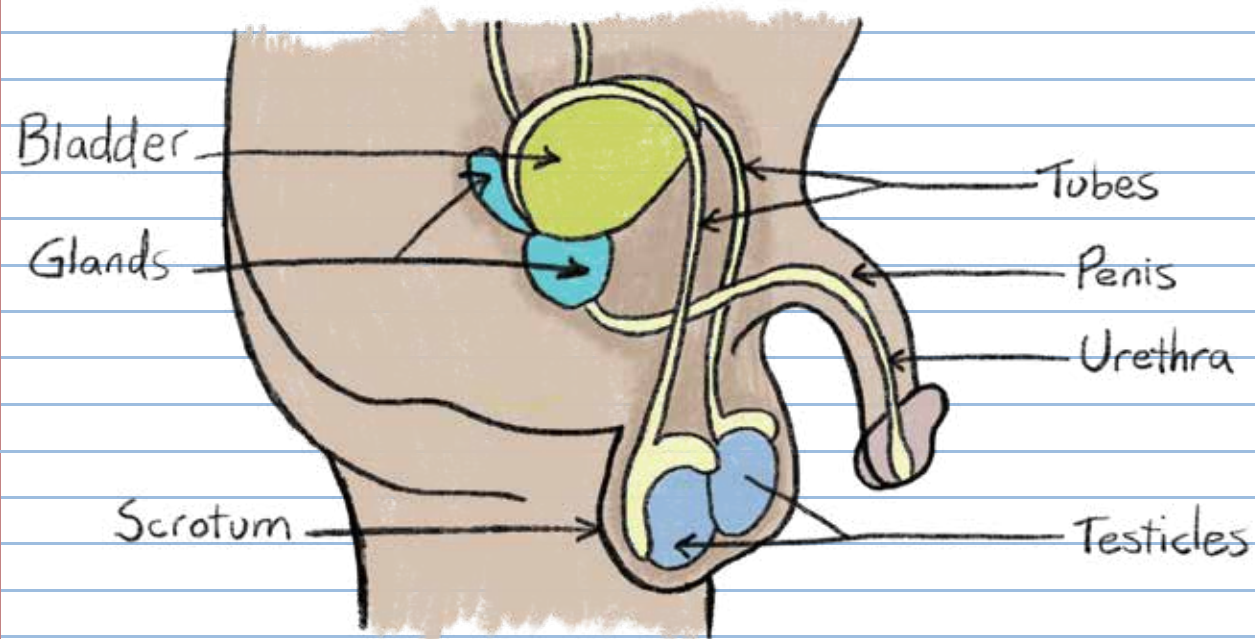
In this guide you will learn how reproductive systems work, what birth control choices you have, how to help prevent STIs, and more.

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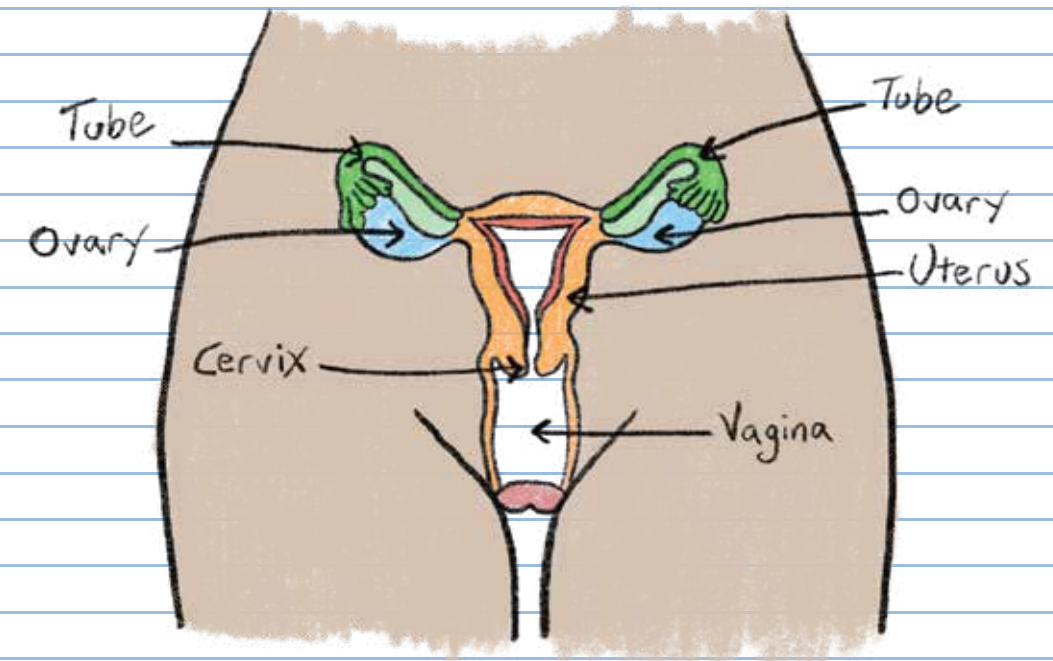
THE BASICS OF REPRODUCTION

♂ In Men



When a man has sex, sperm travel from the man's **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. Semen then flows into the **urethra**, the tube that is in the middle of the **penis**. When a man ejaculates (comes) during vaginal sex, semen comes out of the urethra and goes into the woman's vagina. The sperm travels through the vagina, into the woman's uterus, and up the woman's tubes that lead to her egg. They can live there for up to 5 days. If an egg is in the woman's tubes or travels there within the same 5 days, the woman may become pregnant.

In Women ♀



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

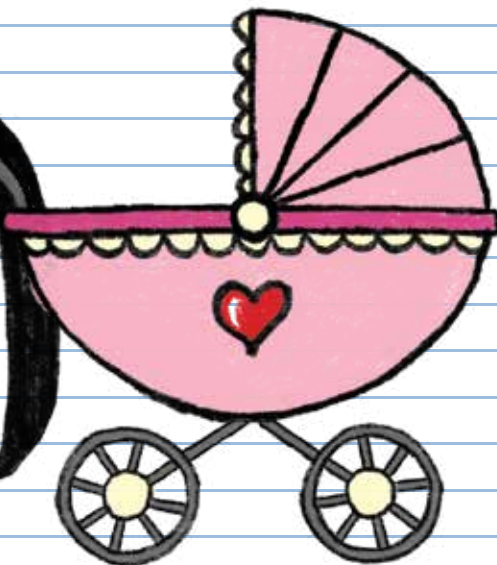
AN INTRODUCTION TO BIRTH CONTROL

"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."



These are all reasons why you may not want to get pregnant, and that's okay! 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:**

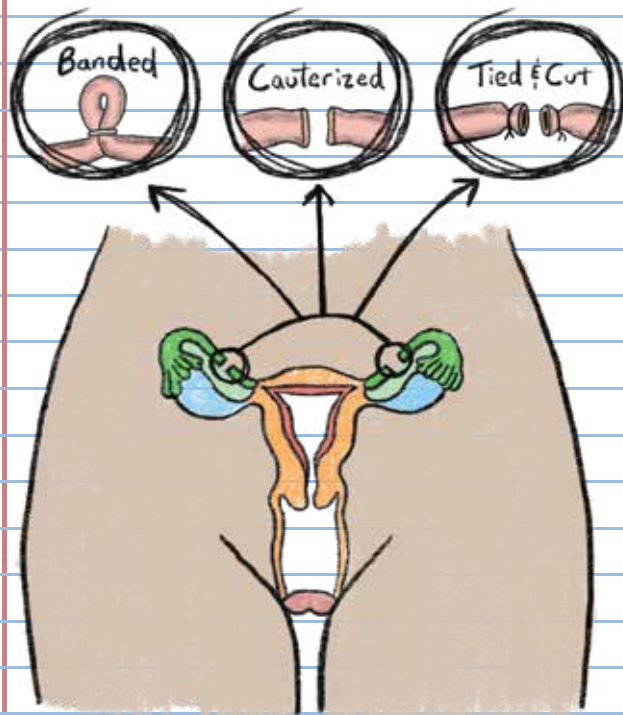
All expected pregnancies are based on the typical use of each method rather than perfect use. Perfect use is when the birth control method is used correctly all of the time. Typical use is what happens when we factor in human error when using birth control. Here are a few examples of human error: being 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 men and/or women who decide 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

Female Sterilization (Tubal Ligation or Occlusion)



How to Use:

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

This procedure stops the man's sperm from being able to reach a woman's egg 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 women):
Less than 1

Male Sterilization (Vasectomy)

Surgical procedure needed

How to Use:

One-time permanent procedure done by a Health Care Provider

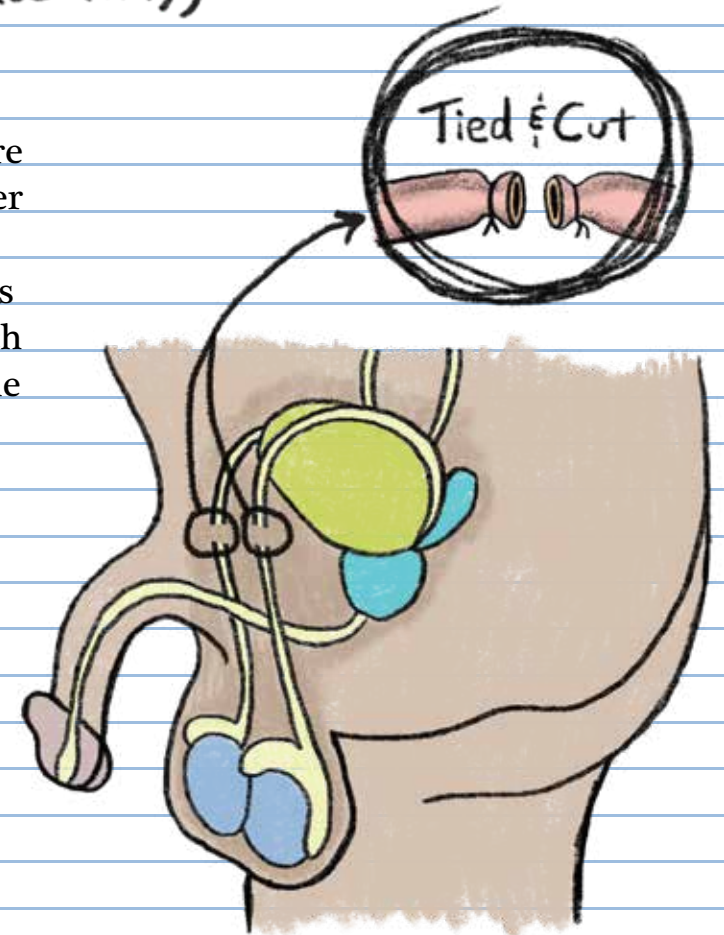
This procedure stops the man's sperm from being able to reach the woman's egg by cutting the tubes that sperm travel down.

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 women):
Less than 1

LONG-TERM BIRTH CONTROL METHODS

These birth control methods can be used by women. 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 woman needs to do with her birth control to make it work well. And once the method is taken out, the woman 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.

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:

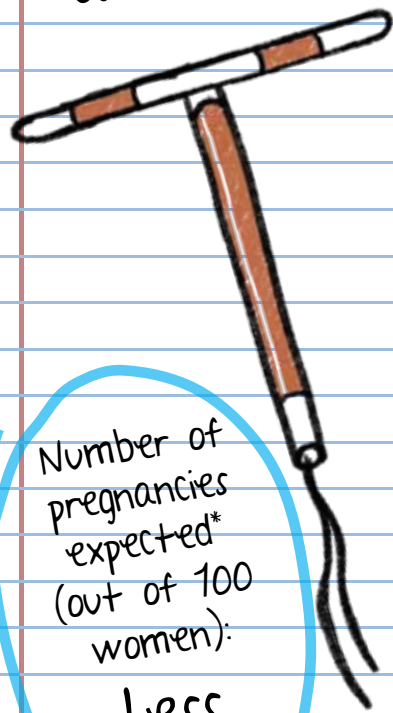
- Easy to use
- Once in, there is nothing more to do
- Few side effects
- Once this method is taken out, you can get pregnant

Cons:

- Heavier or longer periods each month
- May cause cramping

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

Less than 1



IUC/IUD (Hormonal)

How to Use:

Put in the uterus by a Health Care Provider.

Lasts up to 3-5 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.

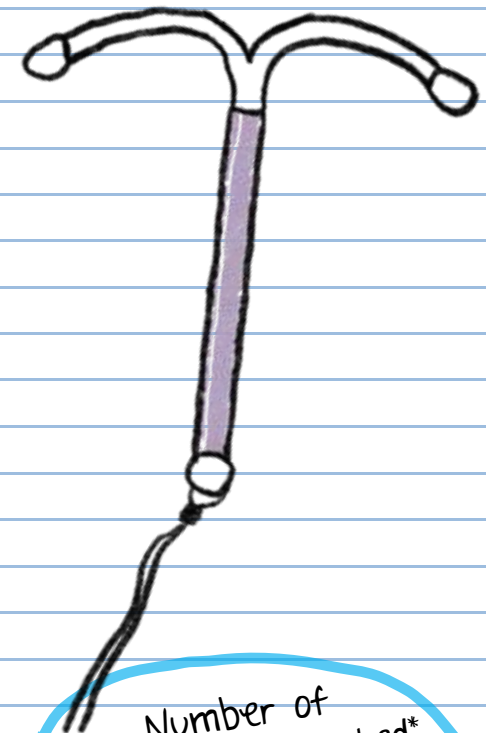
Pros:

- 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 women):

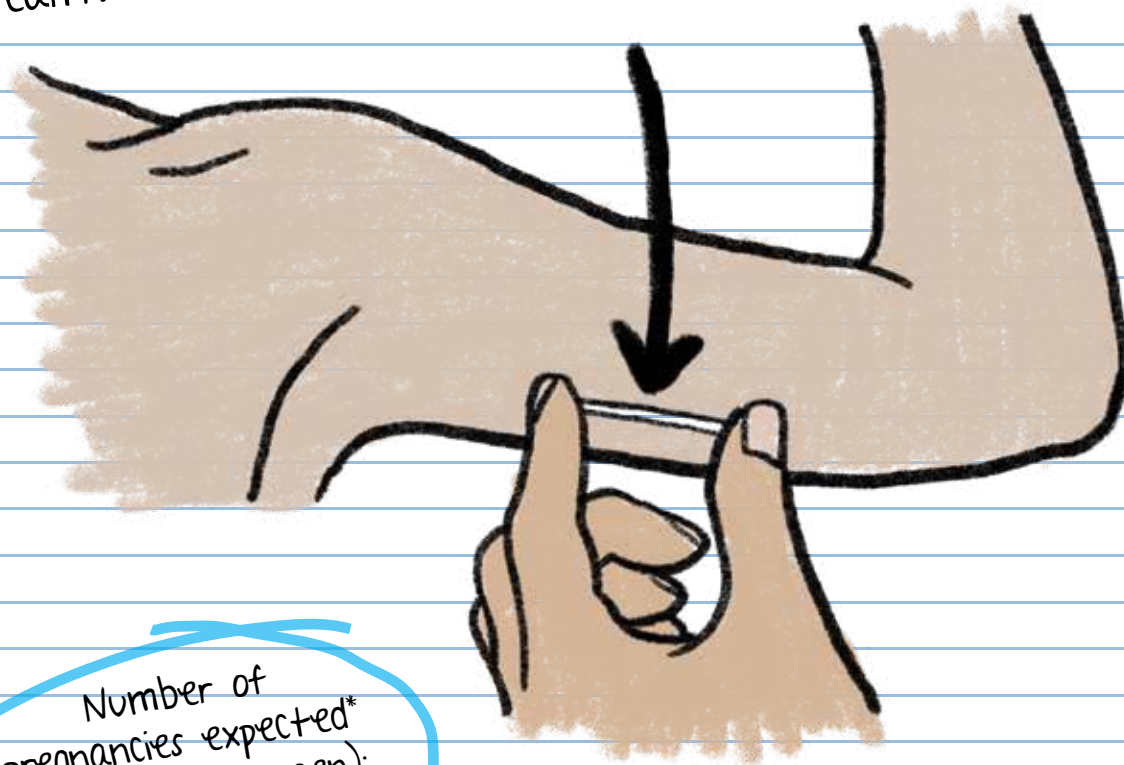
Less than 1

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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 women):
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 woman using them to work well. There are many choices of birth control in this grouping to meet many women's 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:

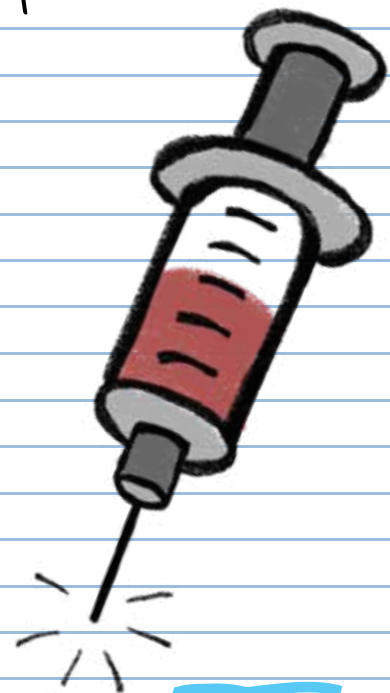
A shot is given every 3 months by a Health Care Provider. Can be used while breastfeeding. The shot works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus.

Pros:

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

Cons:

- May cause weight gain
- 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 women):
6

The Ring

Available by
prescription only

How to Use:

The woman using it inserts the ring into the vagina. It must be replaced by a new ring every month.

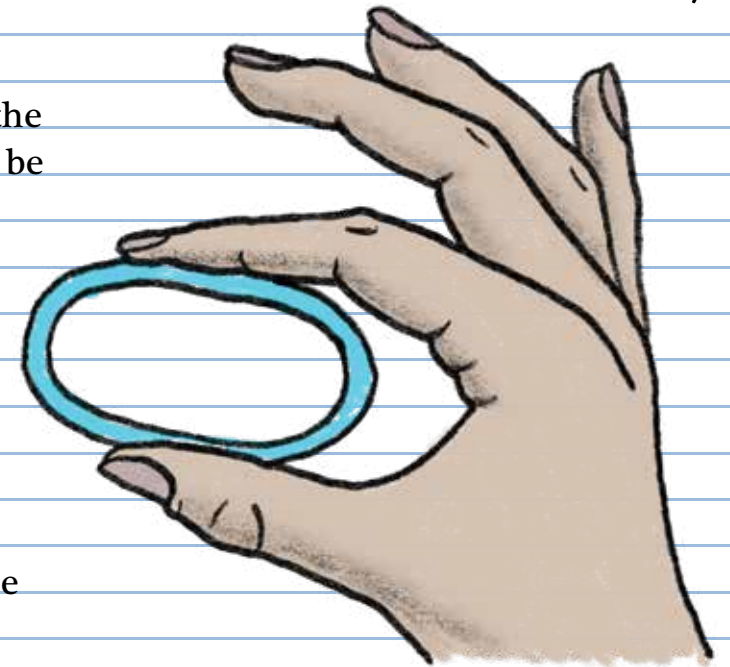
The ring works by keeping the egg from leaving the ovaries. It also makes it harder for the sperm to get into the uterus and it makes the lining of the uterus thin.

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



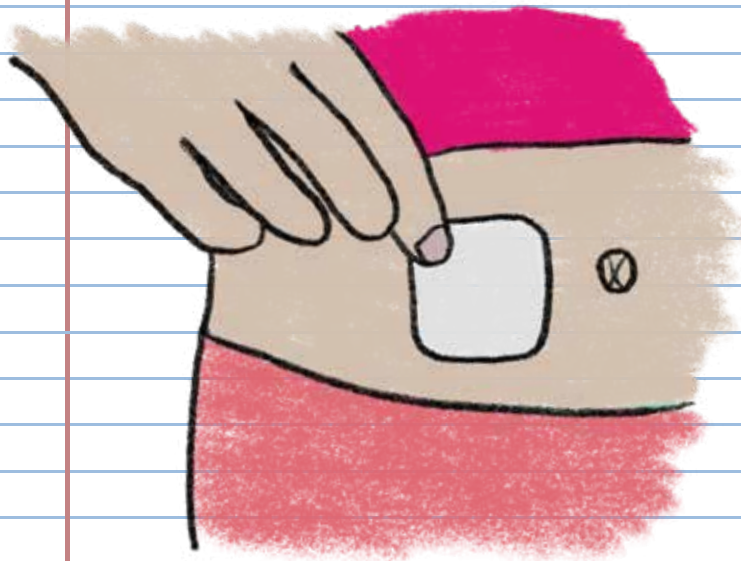
Number of
pregnancies expected*
(out of 100 women):
9

CONTINUED...

OTHER HORMONAL BIRTH CONTROL METHODS

Available by
prescription only

The Patch



How to Use:

The woman 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 women):
9

The Pill

Available by
prescription only

How to Use:

The woman 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



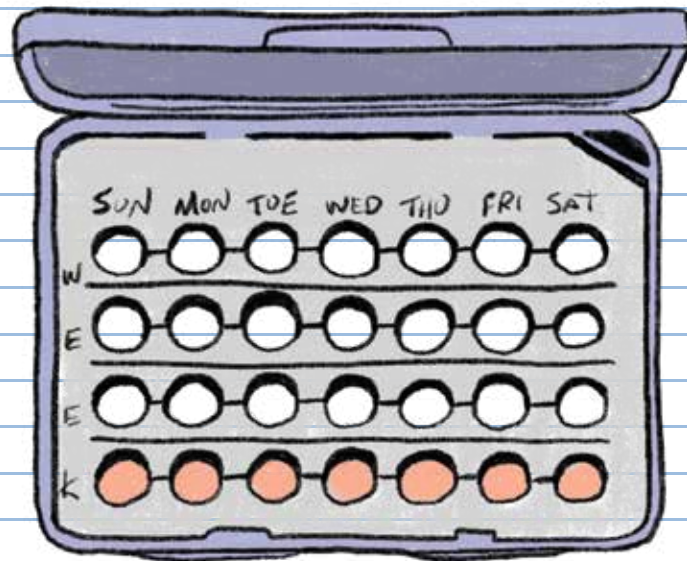
Number of
pregnancies expected*
(out of 100 women):
9

CONTINUED...

OTHER HORMONAL BIRTH CONTROL METHODS

The Mini Pill

Available by
prescription only



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

How to Use:

Woman takes one pill
every day.

Can be used while
breastfeeding.

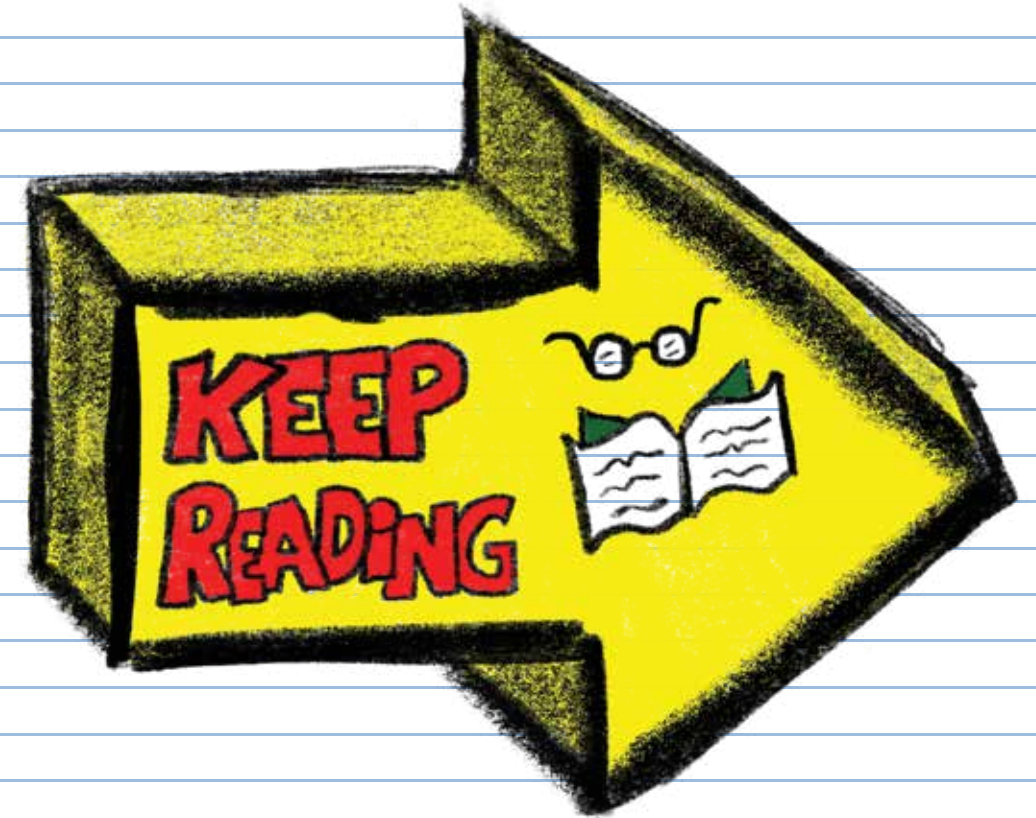
The mini pill makes it
harder for sperm to get
into the uterus. It may
also keep the egg from
leaving the ovaries.

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



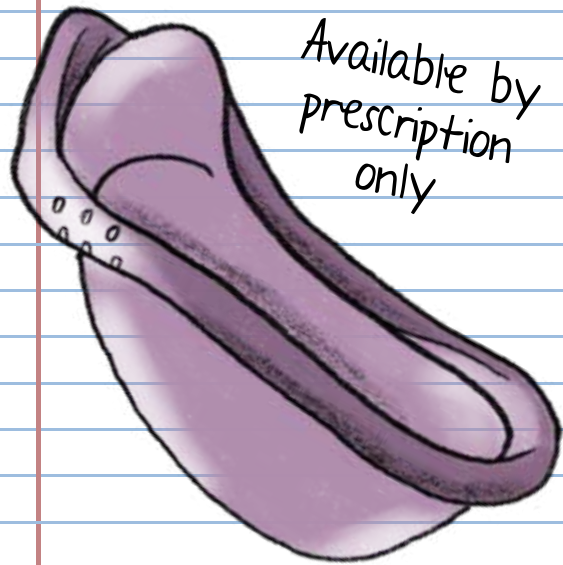
Next...

**BARRIER BIRTH CONTROL
METHODS**

BARRIER BIRTH CONTROL METHODS

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

Diaphragm



Available by prescription only

How to Use:

The woman goes to a Health Care Provider once to be fitted. Then she must insert the diaphragm into the vagina before she plans 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 woman's 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 women):

12

Male External Condom

How to Use:

Man must use a new condom each time he has sex.

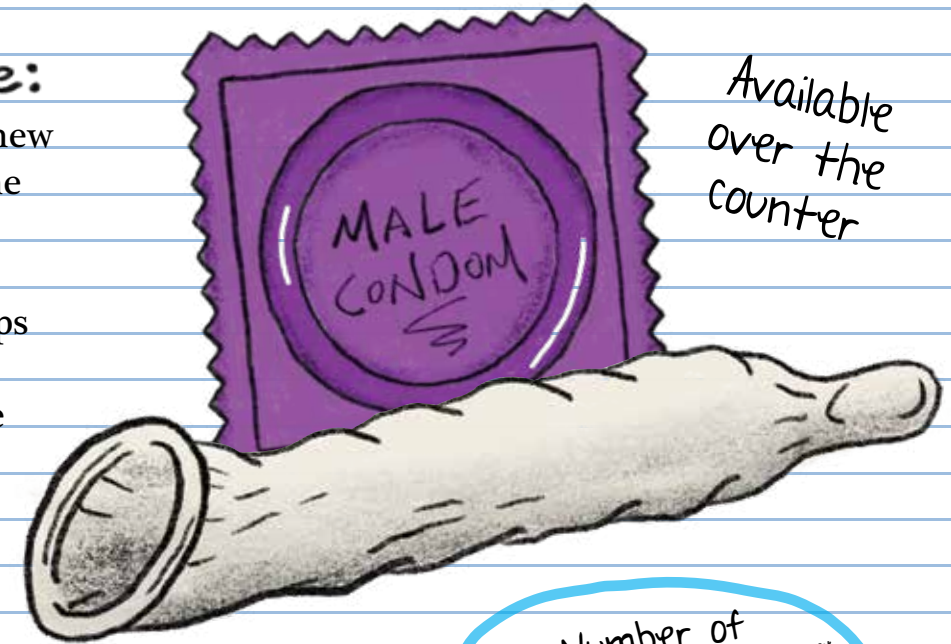
This method keeps the sperm from getting inside the woman's uterus.

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

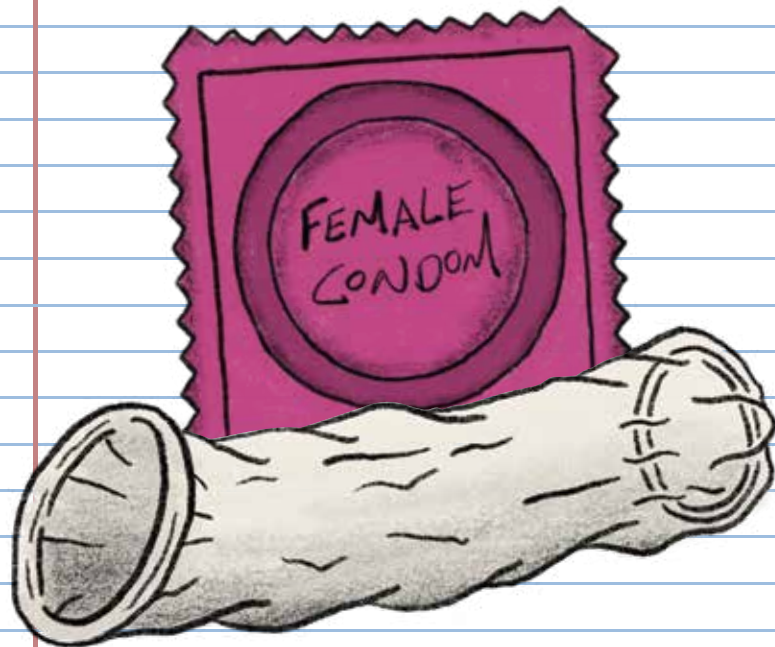
Number of pregnancies expected* (out of 100 women):

18

CONTINUED... BARRIER BIRTH CONTROL METHODS

Female Internal Condom

Available over the counter and online



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

How to Use:

The woman must use a new condom each time she has sex.

The method keeps the sperm from getting inside the woman's uterus.

Pros:

- Helps prevent some STIs like HIV
- Can buy at a drug store
- Easy to carry around
- Can be put in ahead of time
- You only use it when you need to

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 woman must insert the sponge into the vagina before she plans 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 woman's 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 women):
12-24

CONTINUED...

BARRIER BIRTH CONTROL METHODS

Spermicides



Available
over the
counter

How to Use:

The woman must insert spermicide into the vagina each time she has 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 woman's 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 women):
28

Cervical Cap

Available by
prescription only

How to Use:

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

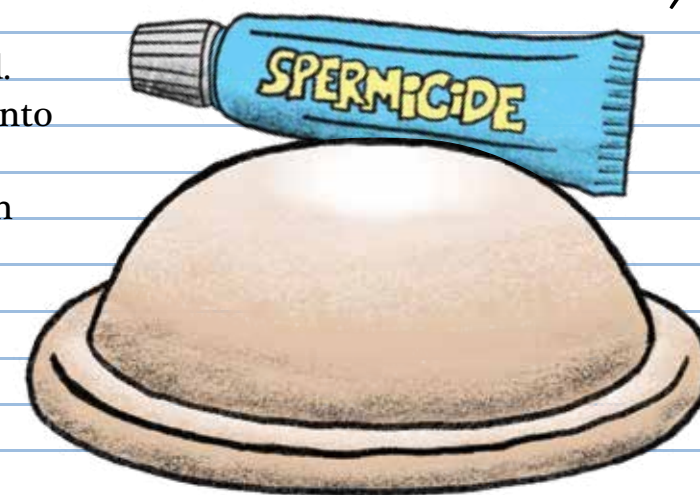
This method keeps the sperm from getting inside the woman's uterus.

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 women):
14-29

INFORMATION-BASED METHODS

These types of methods require monitoring your body to avoid pregnancy. Both men and women 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:

Woman 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 woman has menstrual bleeding.

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 women):
10

Fertility Awareness Methods

How to Use:

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

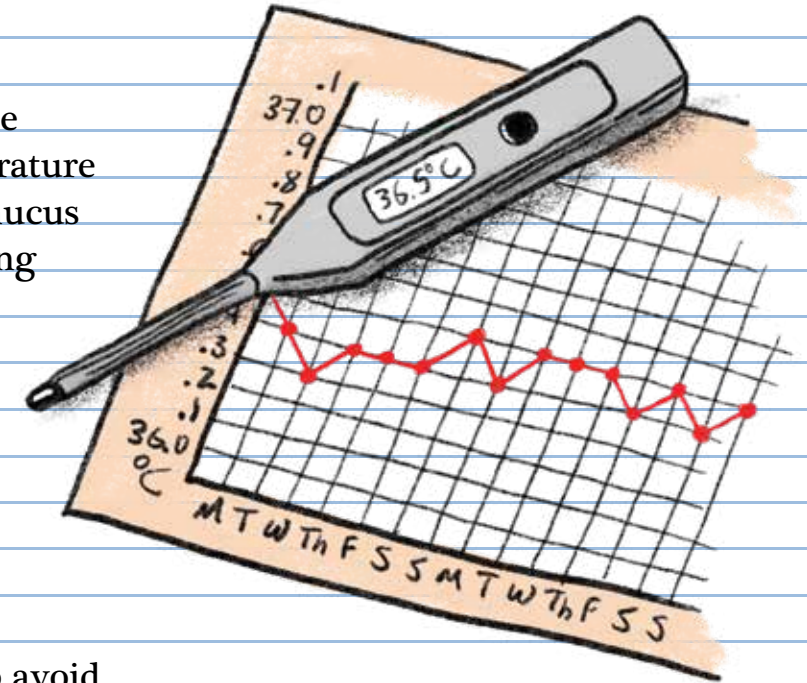
She then avoids sex or uses a barrier method during her fertile days.

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:

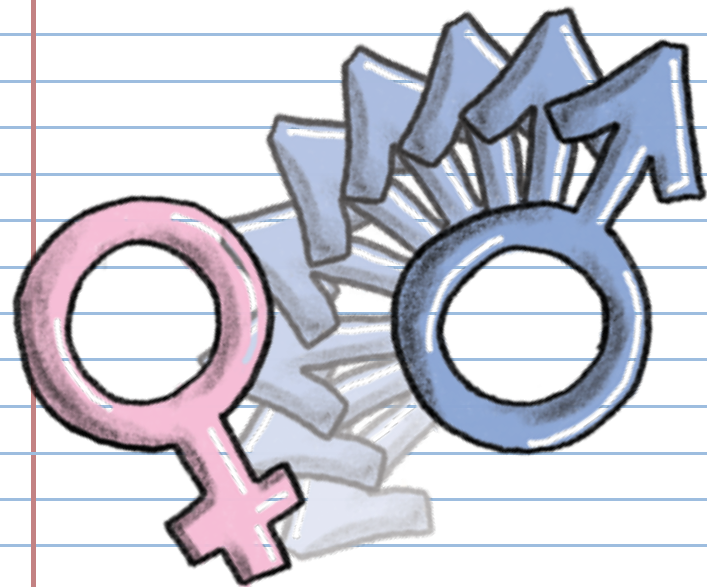
- Can take time to learn
- Must be good at record keeping
- Must be abstinent or use another birth control method on certain days
- Must have a way to take your temperature every day



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

INFORMATION-BASED METHODS

Withdrawal (Pulling Out)



Number of pregnancies expected*
(out of 100 women):
22

How to Use:

The man pulls his penis out of the woman's vagina before ejaculation (coming).

This method works by keeping sperm away from the woman's vagina.

Pros:

- Costs nothing
- Can be used when you do not have any other birth control method
- No health problems

Cons:

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

Abstinence

How to Use:

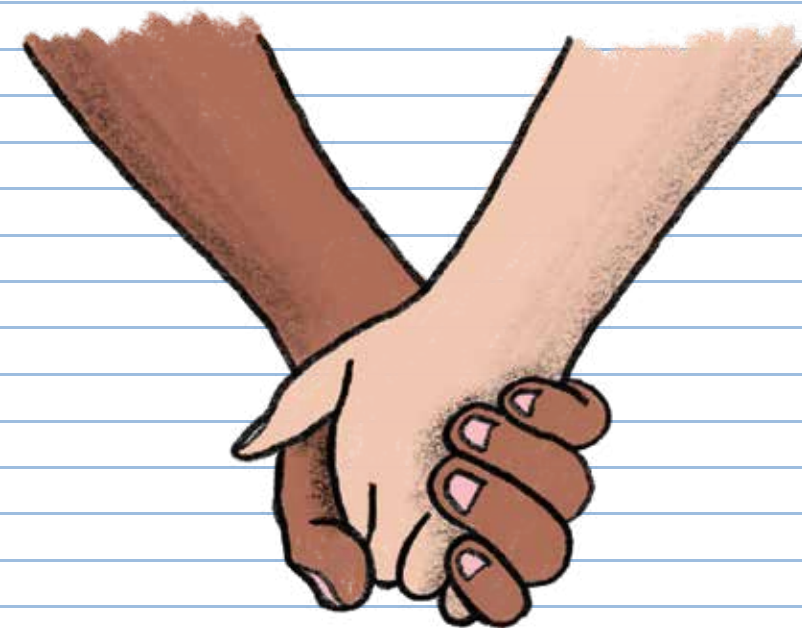
Each partner decides not to have sex.

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 women):
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

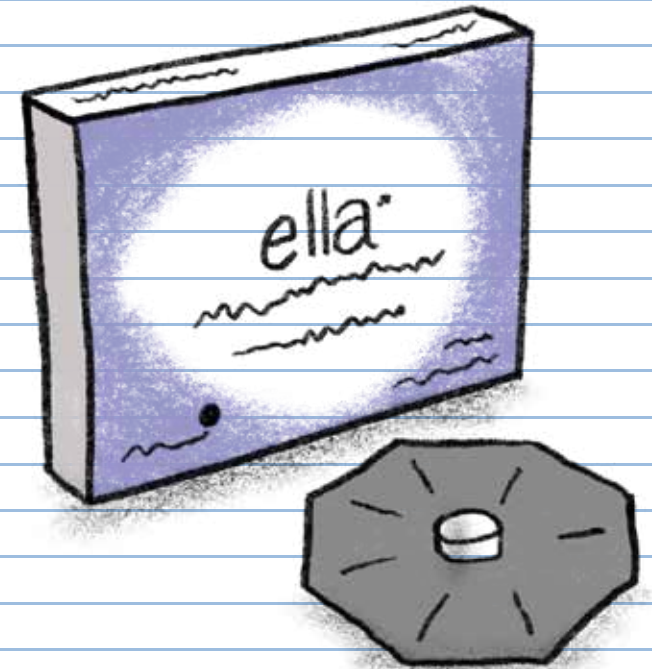
Must be put in and taken out by a Health Care Provider

Ella Emergency Contraception Pill

How to Use:

The woman 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



Available over
the counter

How to Use:

The woman takes the pill as soon as possible within three days after having unprotected sex.

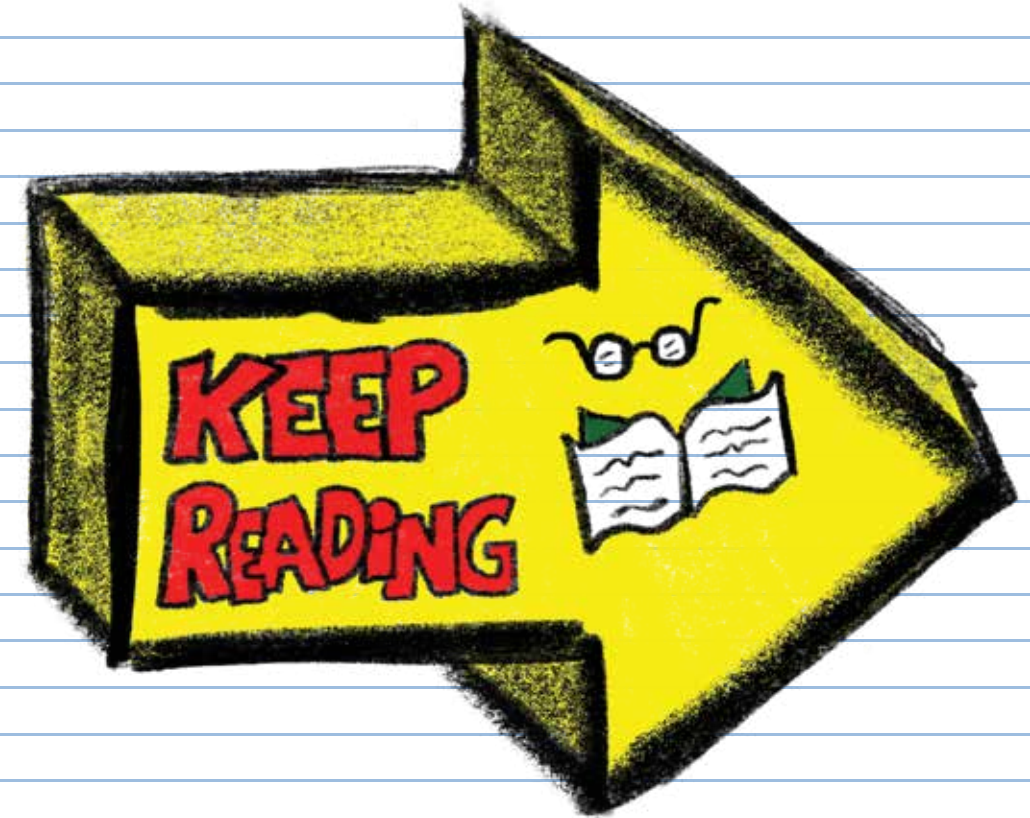
This method works by keeping the egg from leaving the ovaries. It may also stop the sperm from getting to the egg. This method will not stop a pregnancy that has already started.

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



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, make men or women unable to have children, or cause birth defects for a newborn. Some STIs can even cause death.

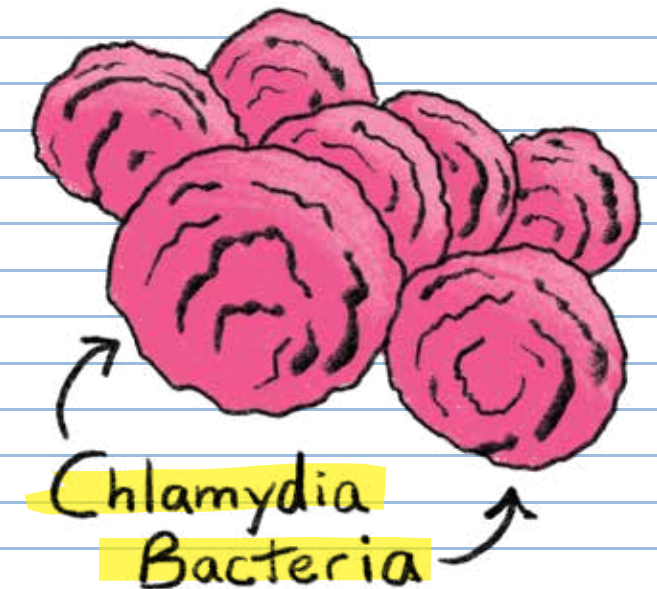
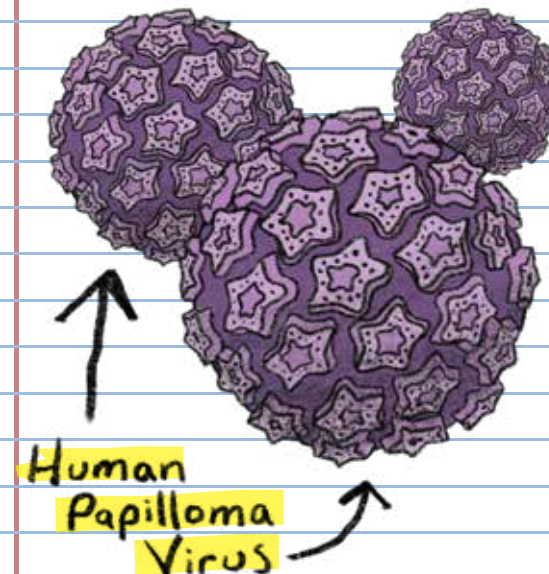
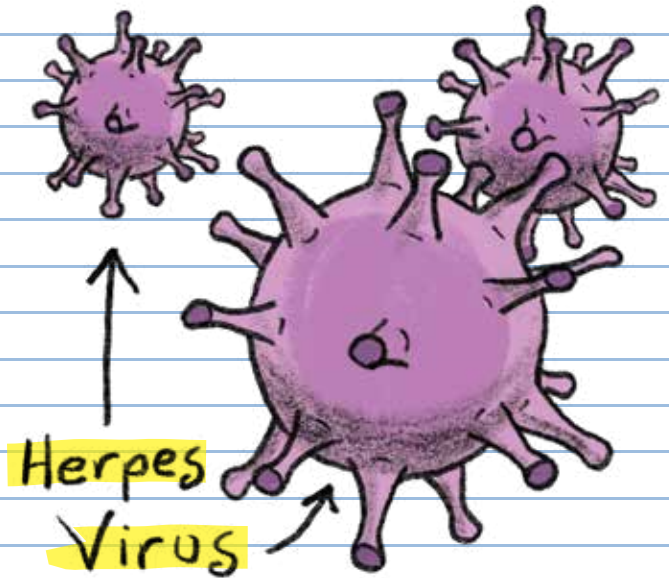
Millions of STI cases occur each year, and most of the people that get them are under the age of 30. A person can have more than one STI at a time, and it is possible to get the same STI more than once. See a Provider to get tested and treated anytime you think you may have an STI or have unprotected 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.
- For women, it can cause scarring in the uterus or tubes. The scarring can cause a risky pregnancy, make the woman not able to get pregnant, or cause Pelvic Inflammatory Disease (PID).
- If a woman is pregnant and has chlamydia 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.
- For women, it can cause scarring in the uterus or tubes. The scarring can cause a risky pregnancy, make the woman not able to get pregnant, or cause Pelvic Inflammatory Disease (PID).
- If a woman 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 woman's 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 the woman 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 woman has syphilis while pregnant her 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 woman has trichomoniasis when pregnant her baby may be born too small or too early.

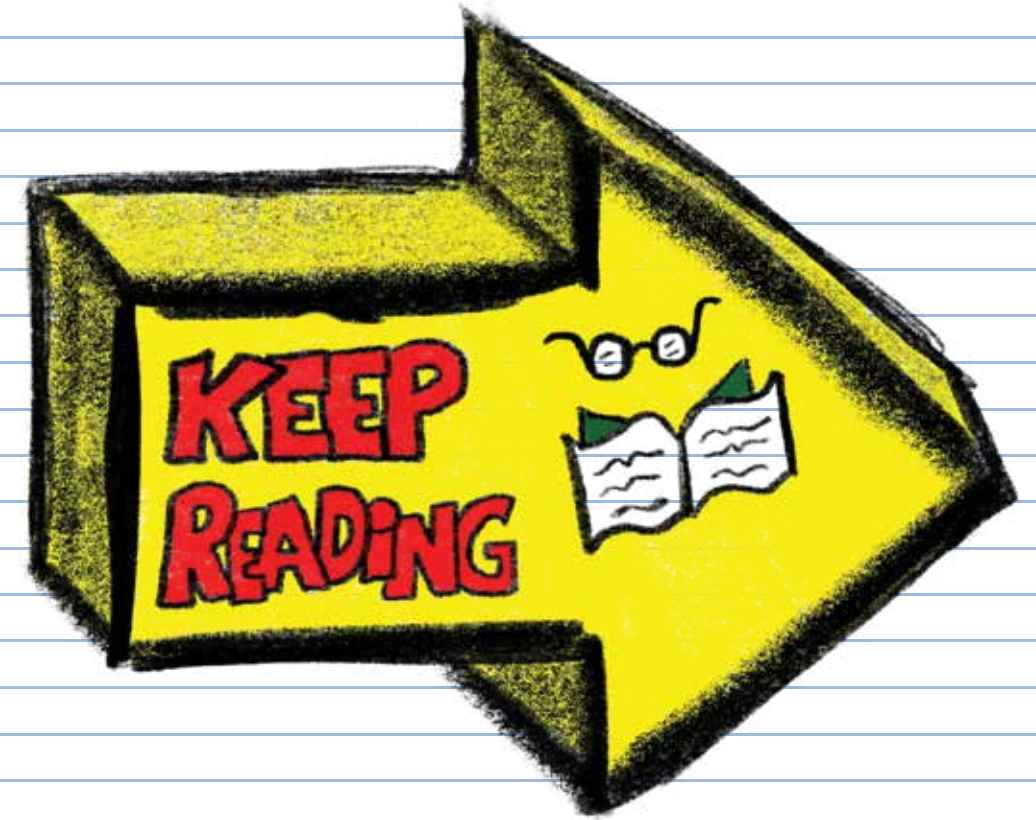
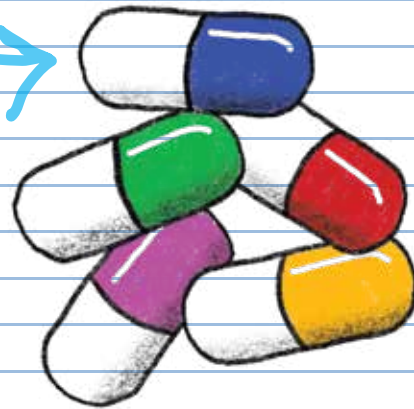
Symptoms:

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

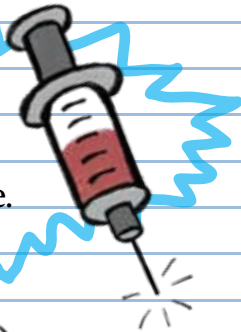
Other STIs, like the ones below, cannot be cured. Doctors can test for and treat the symptoms of these STIs to make them easier to live with.

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. 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:

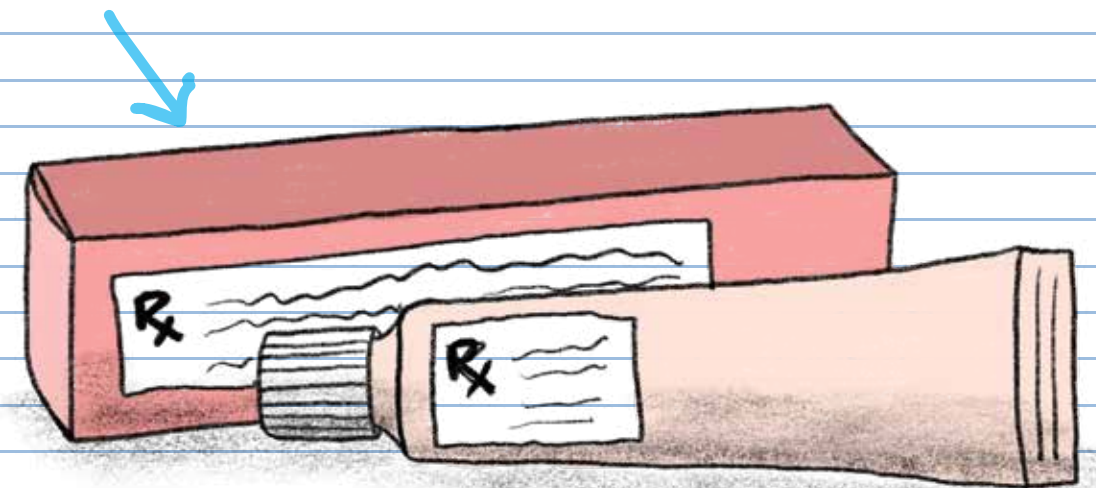
- Small bumps (warts) in or around the vagina, penis, or anus. These bumps may grow in bunches or clusters and may itch.

Treatment:

A woman would know she has high-risk HPV if it shows up on her screening test for cervical cancer. An abnormal Pap test or a “positive” HPV test would mean that she is 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 woman has genital herpes while she is pregnant, she can infect the baby during child birth. It can be fatal to the baby if it is not treated.

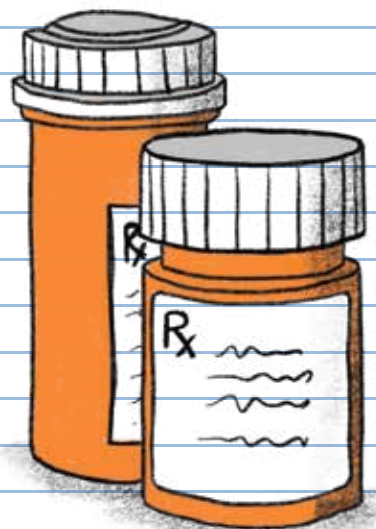
Symptoms:

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 woman is pregnant and has Zika, the virus can be passed on to her baby. She could have a miscarriage or her baby may be born with birth defects.

Symptoms:

Most of the time there are no symptoms.

If there are symptoms they can include:

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

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.

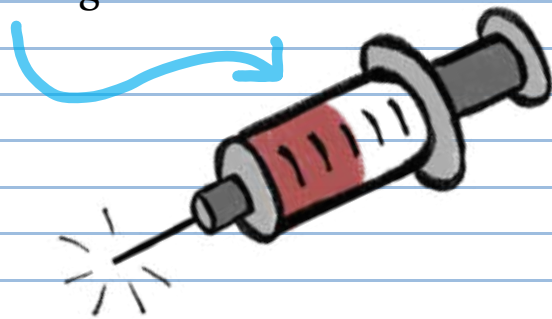
This virus can be spread a number of ways, such as:

- 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 woman is pregnant and has Hepatitis B, her 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:

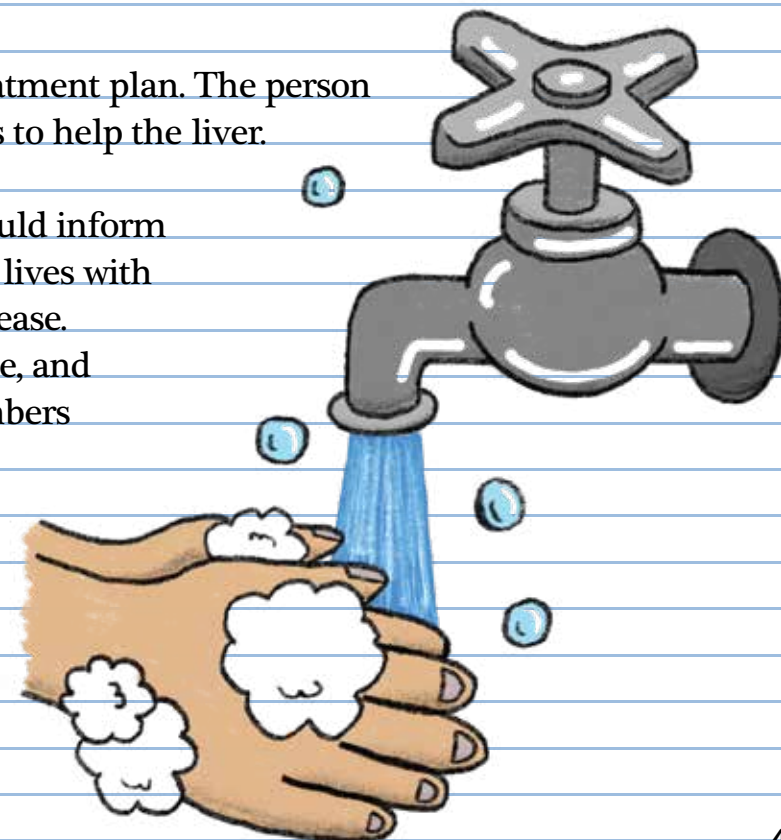
- Brown or dark urine
- Light or gray stools
- Yellow skin or eyes
- Loss of appetite
- Feeling tired
- Pain in the stomach or abdomen, muscles, or joints

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 woman is pregnant and has HIV she can pass it on to her baby during childbirth or through her breast milk. To prevent this her baby will need special care during the pregnancy. Treatment can prevent her baby from being born with HIV.

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:

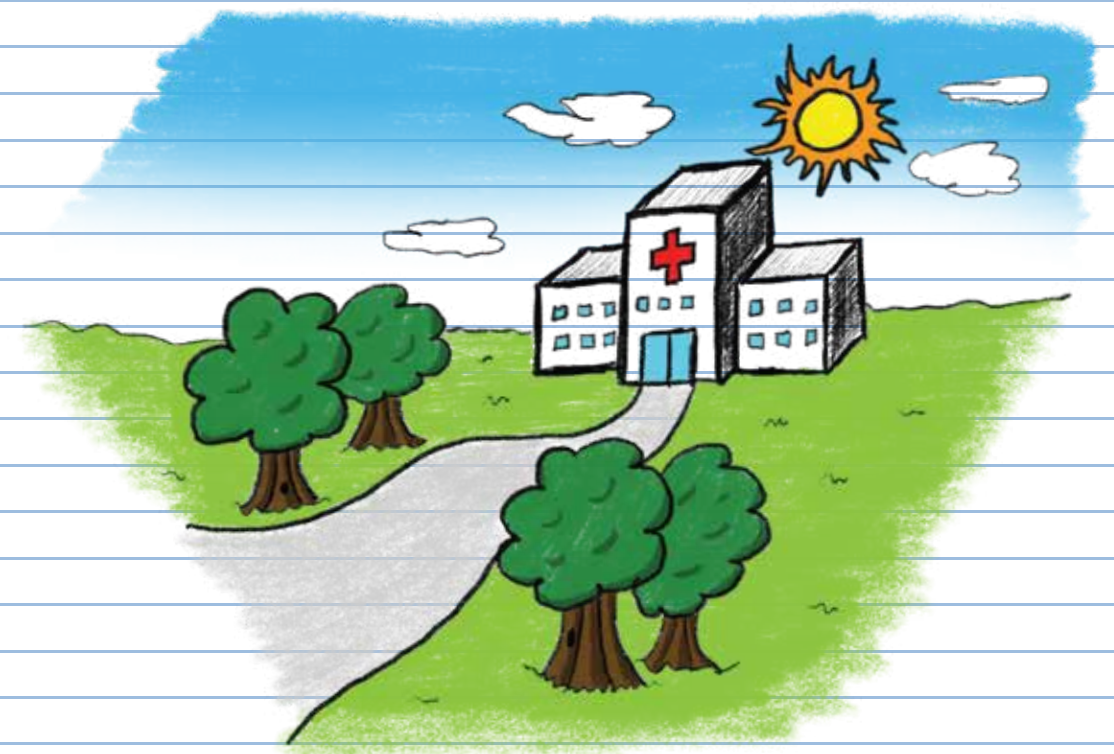
The person will need to take medicine that can slow down the growth of HIV for a long time. The Provider will make a treatment plan. All sex partners should be informed and condoms should be used each time someone with HIV has sex. If a woman is planning to get pregnant and has HIV, she should discuss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

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.



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.

<https://www.cdc.gov/std/>

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



A Public Entity

Inland Empire Health Plan

1-800-440-IEHP (4347)

1-800-718-4347 TTY

www.iehp.org

Destination >>> Health

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