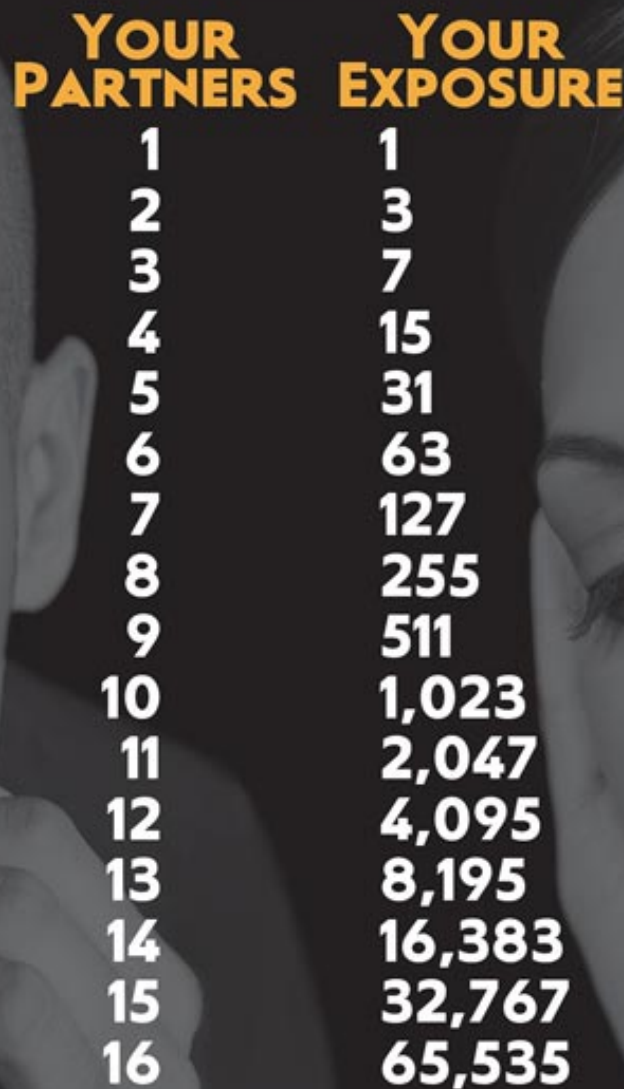


# YOUR SEXUAL EXPOSURE

Each time you have a new sexual partner, your chance of contracting a sexually transmitted disease goes up dramatically.

Look at the numbers below:



<b>YOUR PARTNERS</b>	<b>YOUR EXPOSURE</b>
1	1
2	3
3	7
4	15
5	31
6	63
7	127
8	255
9	511
10	1,023
11	2,047
12	4,095
13	8,195
14	16,383
15	32,767
16	65,535

*"When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years."*

~ C. Everett Koop, M.D., Former U.S. Surgeon General

## The Most Common STDs

STD	Symptoms	Damage	Numbers
<b>Chlamydia<sup>1</sup></b>	Men - Usually none. Some experience discharge from the penis and burning with urination. Women - Called the "silent disease". Usually no symptoms. Some experience pain and/or vaginal discharge.	Men - Infertility Women - Considered to be the most common cause of infertility. Advanced stages may cause permanent damage to uterus, fallopian tubes, and ovaries. Can cause PID (below).	1) Estimated 2.86 million new cases annually. <sup>1,11</sup> 2) Most are unaware of infection. 3) Repeat infection with chlamydia is common.
<b>Gonorrhea<sup>2</sup></b>	Men - Pus from urethra. Burning upon urination. Women - If symptoms occur at all, they include pelvic pain, painful urination and pus-like discharge.	Men - Infertility. Scarring of the urethra and urinary tract problems. Women - Infertility. Surgery in severe cases. Common cause of PID (below). Both - Left untreated, can increase a person's risk of acquiring HIV.	1) Estimated 820,000 new cases annually. <sup>2,11</sup> 2) Most are not aware they are infected in the early stages.
<b>Syphilis<sup>3</sup></b>	Men - 1st stage: swollen non-painful ulcers on external genitalia. 2nd stage: changes of skin, fever, enlarged lymph nodes. Women - 1st stage: often unnoticed. 2nd stage: same as men.	Men - Brain disorders, heart disease, blindness, dementia and death. Women - Same as men. Can cause birth defects or death in newborns if mother is infected. Both - Can increase risk of HIV infection.	1) 74,702 new cases reported annually in the U.S. in 2015. <sup>3</sup> 2) Many people have no symptoms for years until late stages.
<b>HIV/AIDS<sup>8,9</sup></b>	Men - Fever, sore throat, fatigue, swollen lymph glands. Must be tested, as symptoms mimic many other diseases. Women - Same as men.	Men - Immune system breakdown, death. Women - Same as men.	1) 39,782 new cases in 2016 in the U.S.; 1.1 million living with HIV. <sup>14</sup> 2) Worldwide 35 million have died and 36.7 million were living with HIV in 2016. <sup>15</sup>
<b>Genital Herpes<sup>4</sup></b>	Men - Lesions appear at the site of infection - periodic eruptions of painful blister and ulcers anywhere on the body. Women - Same as men.	Men - Continuous outbreaks. Eventually may lead to hospitalization. Lifetime medication required. Women - Same as men. HSV infection during pregnancy and delivery can have very serious effects on newborns.	1) 16% of U.S. infected. 2) 776,000 new cases annually. 3) 87% unaware of infection. 4) About 1 in 6 people, ages 14-49 have this disease.
<b>HPV<sup>5</sup> Human Papilloma Virus</b>	Men - Wart-like genital growths. Women - Often no visible symptoms. Some experience vulvar burning itching and pain. Abnormal pap smears.	Men - Cancer of the penis and anus. Women - Initially premalignant changes. Difficult to eradicate - May develop into cervical cancer if not treated. Vaccine to prevent future infection. <sup>16</sup>	1) 79 million people are currently infected. 2) 14 million cases/yr. 40+ types infect genitals. 3) Can cause cervical and other cancers.
<b>Trichomoniasis<sup>6</sup></b>	Men - Most men have no symptoms. May have irritation, discharge, burning with urination. Women - Frothy, yellow-green vaginal discharge with a strong odor.	Men - Bladder and prostate damage. Women - Genital inflammation can increase a woman's susceptibility to HIV infection if she is exposed to the virus. May increase the chance that an HIV-infected woman passes HIV to her sex partner.	1) Estimated 3.7 million cases in the U.S. 2) Most common curable STD in young, sexually active women.
<b>PID<sup>7</sup> Pelvic Inflammatory Disease</b>	Men - This disease affects only women. Women - See chlamydia & gonorrhea. Often symptoms are minor and mistaken for menstrual cramps. Chlamydia and gonorrhea may lead to PID.	Men - This disease affects only women. Women - Scarring from infection increases risk of ectopic pregnancy (by 6 times), risk of infertility (ranging from 8% after first episode to 40% after 3 episodes), and chronic pelvic pain (18% after 1 episode).	1) Untreated STDs can cause PID. 2) 1 in 8 women with a history of PID experience difficulties getting pregnant.

## It's Your Choice

You are the person who decides whether to expose yourself to STDs. The number of infected people is constantly increasing. And most of these people don't even know that they are carriers of disease.

An estimated 110,000,000 people in the United States currently have an STD.<sup>11</sup>

Some of these diseases can be treated with antibiotics, others cannot and will remain with you the rest of your life. And some are quite deadly. All have consequences that no one wants.

There are about 20 million new sexually transmitted infections in the United States each year.<sup>11</sup> Half of these infections occur in people under the age of 25.<sup>11</sup> Being sexually active has always carried the risk of disease, but today the risk has increased many times.

If you do become infected, you probably will not know it, at least at first. Some STDs take weeks, months or possibly even years to show symptoms. Being sexually active during this time can infect your sexual partners.

If you become infected with certain common STDs, it can increase your chance of contracting HIV/AIDS.<sup>12</sup> That is a frightening thought, considering that HIV can quickly cause damage to the immune system and can lead to AIDS.

For women who are infected with chlamydia or gonorrhea there is also a greater chance of developing Pelvic Inflammatory Disease, or PID. Undiagnosed STDs cause many women to become infertile each year.<sup>7</sup>

The epidemic of STDs has increased the danger of sexual activity dramatically. However, you also live at a time when more is known about these diseases than ever before. You can avoid the consequences, but it is a choice only you can make.

## What about condoms?...(over)

## Won't Condoms Protect Me? Here's what the Centers for Disease Control says:

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **chlamydia**.<sup>1,17</sup>

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **gonorrhea**.<sup>2,17</sup>

Genital ulcer diseases **can occur** in both male and female genital areas that are covered or protected by a latex condom, as well as in areas that are not covered. Correct and consistent use of latex condoms can **reduce** the risk of **syphilis**, as well as **genital herpes** and **chancroid**, **only** when the infected area or site of potential exposure is protected.<sup>3,4,18,19</sup>

Condoms **may lower** the risk of **HPV**, if used all the time and the right way.<sup>5,19</sup>

Condoms, when used consistently and correctly, can **reduce** the risk of transmission of **trichomoniasis**.<sup>6</sup>

Condoms were found to **reduce** the risk of **HIV** transmission during vaginal sex almost completely when used consistently and correctly (following the directions exactly and using them at every occurrence of sex, without exception).<sup>8,9,18</sup> Using condoms 100% of the time still leaves a 15% risk of HIV infection compared to not using condoms at all. HIV is the virus that without treatment causes AIDS.

**You can be infected with any STD even when using condoms 100% of the time.**

Are you looking for complete protection from STDs and Pregnancy, guaranteed 100% of the time?

**The only guaranteed way to avoid pregnancy or infection with a sexually transmitted disease is to practice sexual abstinence (abstain from any sexual contact) while single. If you marry, select a partner who is not infected with an STD and remain sexually faithful during marriage.**

**All other methods leave you at risk.**

**It is your personal choice.  
Make it a good one.**

## Sources and Resources

Table of Most Common STDs (Chlamydia, Gonorrhea, Syphilis, Genital Herpes, HPV, Trichomoniasis, and PID, a related disease) from: STD facts: Centers for Disease Control and Prevention, National Center for HIV, STD and TB Prevention, Divisions of HIV/AIDS Prevention, Sexually Transmitted Diseases, Fact Sheets found at: <http://www.cdc.gov/std/>, accessed 3-23-2018 as follows:

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  3. Syphilis: <https://www.cdc.gov/std/syphilis/default.htm>
  4. Genital Herpes: <http://www.cdc.gov/std/Herpes/default.htm>
  5. HPV: <http://www.cdc.gov/std/hpv/default.htm>
  6. Trichomoniasis: <https://www.cdc.gov/std/trichomonas/default.htm>
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  9. National Institute of Allergy and Infectious Diseases. Workshop Summary: Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention. Herndon, VA: Hyatt Dulles Airport, June 12-13, 2000 and the follow-up report: Centers for Disease Control and Prevention, Department of Health and Human Services, Fact Sheet for Public Health Personnel, Male Latex Condoms and Sexually Transmitted Diseases, found at: <http://www.cdc.gov/condomeffectiveness/latex.htm>, accessed 3-23-2018.
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- The term "condom", as used in this brochure, refers to male latex condoms, and does not refer to female condoms, male polyurethane condoms, lambskin condoms, or any other type, about which little is known.
- Also, the partial protection provided by condoms cited in the research above refers only to vaginal sex. There is little or no evidence of protection provided by condoms used for anal or oral sex.
- The table on the cover assumes each person involved has had only as many partners as you have. Each exposure represents the possibility of contacting a serious sexual disease. The table is given by  $F(n) = 2n - 1$  where  $n$  is the number of partners you have had.

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