



## STDs – How 30 Seconds of Fun Turn into Lifelong ‘Memories’!

Sexually Transmitted Diseases – STDs, also called Sexually Transmitted Infections – STIs, are a worldwide healthcare problem, which is often underrated in its importance, because of its sensitivity and association with ‘sex’. However, especially in today’s times with HIV a growing threat to all people in all countries, STDs have also gained a new ‘fame’. Due to the presence of the Human Immunodeficiency Virus, any type of STD can progress much faster and easier than ever before – and the causing agents, be it bacteria or viruses, also become more aggressive and ubiquitous, thus increasing the chance for HIV-negative people to catch at least one of those little uninvited visitors.

In addition, many sexually transmitted viruses have been identified over the last years as the source of a large number of various types of cancer that can affect both men and women equally. Therefore, it has become ever more important to make communities aware of this always present threat – unless you are seriously faithful or take proper precautions.

In a recent survey in South Africa, 67% of adolescents, age 12 to 19, did not consider oral sex ‘real sex’, and still an amazing 50% did not even regard anal sex as ‘real sex’. These young people step into life without awareness of the huge amount of life-changing and lifelong lasting threats that are awaiting them for a short moment of pleasure, or for bowing to peer pressure.

This presentation is designed to make the audience, men and women, aware of the scope of potential threats, as well as of their outcome, if not detected and treated as soon as possible, provided that there *is* treatment available. While HIV has become a fairly well-known threat, even people with HIV can severely be impacted negatively, if they contract an additional STD, as the time between transmission and infection and/or cancer is greatly shortened.

Thus, the aim of this presentation is to inform about:

1. What constitutes ‘sex’?
2. What are STDs, STIs?
3. What are the various paths of transmission?
4. Bacterial STDs – their symptoms, treatment and potential ways of prevention.
5. Viral STDs – their symptoms, consequences and available treatment forms.
6. STDs and cancer – a link with devastating outcome.
7. STDs and family – the numerous threats to your wish for children.
8. STDs and pregnancy – the impact to your child.
9. Oral sex, STDs and cancer.
10. Anal sex can result in more than STDs.
11. Prevention – more than just a slogan.
12. The ABC of prevention with a new twist.