

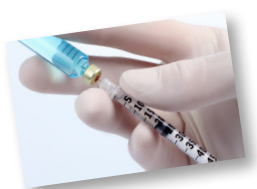
Silent Sexually Transmitted Infections



Sexually transmitted infections (STIs) can be transmitted from person to person through sexual activity and intimate contact. The Centers for Disease Control and Prevention (CDC) reports the two most common STIs in the United States are human papillomavirus (HPV) and chlamydia. Both often have no symptoms, and without treatment, can cause serious health problems, so they are often referred to as "silent".

HPV

HPV is a virus that currently has no cure. Anyone who is sexually active can get HPV, even if you have had sex with only one person. The CDC states there are more than 40 types of HPV that can infect the genital area of males and females. Symptoms of HPV include genital warts, cervical cancer and other types of genital cancers. Genital warts may appear within weeks or months after infection. Cancers often take years to develop, and might not show signs or symptoms until it is advanced and harder to treat. There are vaccines available for pre-teens and young adults to prevent some of the most common forms of HPV. Talk with your or your child's doctor for more information.



There are vaccines available to prevent some of the most common forms of HPV.

Chlamydia

Chlamydia is a bacterial infection transmitted during sexual contact, including oral and anal sex. According to the CDC, most people who have chlamydia have no symptoms. When symptoms do occur, they include abnormal discharge (mucus or pus) from

the vagina or penis, or pain when urinating. These symptoms may not appear until several weeks after you have sex with an infected partner. If left untreated, chlamydia can cause pelvic inflammatory disease (PID). PID may or may not have symptoms, and can cause permanent damage to a woman's reproductive system, leading to long-term pelvic pain, infertility or ectopic pregnancy.

Protect Yourself and Prevent Spreading STIs

If you are infected with HPV or chlamydia, but have no symptoms, you can still infect a sexual partner. That is why screenings are so important, especially for women. If you do notice symptoms of either STI, prompt treatment can reduce the long-term effects. Talk with your doctor about whether you should be tested for HPV or chlamydia. To prevent infection from any STIs, abstain from sex or wear a condom every time you have sex. If you are in a relationship, get tested for STIs together.

www.tricare-west.com



TRICARE is a registered trademark of the Department of Defense, Defense Health Agency. All rights reserved. PF0913x113 (07/23)

