

Name	Symptoms	Mode of transmission	How do I identify it?	Treatment
Warts, cock crests, genital warts (HPV)	Growths like warts on genital, anal and oral areas	Through sexual contact, by contact of a mucous membrane with an infected area of the body (hugs)	Medical examination and pap smear	Warts treated by creams and if necessary by local extraction of warts or laser
Vaginal Mycosis, Balanitis of the gland	Itching; white, thick and creamy vaginal discharge, burning feeling, inflammation of the gland	Sexual contact, sexual fondling	Medical examination, local sampling and smears	Appropriate medication, cream to apply to the mucous membranes or vaginal pastille
Syphilis	Small sore or chancre on the genitals, anus, or mouth Lymphatic swellings Eruptions Pink patches	Through sexual contact between the mucous membranes even without penetration (oral sex and mouth/ anus contact) by kissing if there is a sore on the mouth	Blood sample	Appropriate antibiotics. The 3rd stage is more difficult to treat.
HIV/AIDS	More often than no symptoms, sometimes flu-like syndrome	Sexually Through blood from mother-to-child	Blood sample	No cure, but long term treatment to slow progression of the disease, tritherapy.

CONTACTS

Plateforme Prévention sida ASBL

(AIDS prevention Platform ASBL):
www.preventionsida.org – 02/733 72 99

Ex-Aequo :

www.exaequo.be – 02/736 28 61

Modus Vivendi :

www.modusvivendi-be.org – 02/644 22 00

Service éducation pour la santé :

www.ses-asbl.be – 085/21 25 76

Espace P :

www.espacep.be – 02/219 98 74

Namur : Service de Santé affective, sexuelle et réduction des risques (Emotional and sexual health and risk-reduction service).

http://pointsrelaissida.jimdo.com – 081/77 68 20

Liège : Sidasol

www.sidasol.be – 04/366 96 10

Charleroi : Sida-IST Charleroi-Mons

www.sida-charleroi-mons.be – 071/92 54 10 Mons
065/82 27 55

Clinique IST-S clinic-CHU ST Pierre (César de Paëpe) Bruxelles 02/535 37 32

AS PARENTS, PARTNERS,
MEMBERS OF THE COMMUNITY,
RELIGIOUS LEADERS, WE ALL
PLAY A ROLE IN THE PREVENTION
OF STDS. WE ALL HAVE A
RESPONSIBILITY.



Did you know?
STDs
Sexually transmitted
diseases

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SEXUALLY TRANSMITTED DISEASES OR STDs

An STD or Sexually Transmitted Disease, is a disease which is transmitted through sexual relations with one or more person(s) already contaminated, with or without penetration. STDs are caused by bacteria, viruses, parasites, fungi.

Among the best-known STDs, are: hepatitis B and C, herpes, gonorrhoea, chlamydia, syphilis, HPV, HIV/AIDS...

Some of these infections are not only transmissible by sex; this is the case of HIV/AIDS and hepatitis which can both also be transmitted by blood.

THE SYMPTOMS OR SIGNS

The signs of STDs are often very discrete or almost non-existent.

If any of these symptoms appear within weeks or even months, following a sexual relationship, you should consult a doctor: unusual or foul-smelling vaginal discharges, itching, burning sensation while urinating, spots, lesions or sores on the genitals or on other mucous membranes (mouth, anus...), pain in the lower abdomen, bleeding or other unusual signs.

These symptoms can sometimes appear insignificant to you, but it is essential to take them seriously as an untreated STD can have serious long-term consequences (sterility, cancers...).

Most STDs can be easily treated in a few days or even a few weeks when they are detected in time.

Having an STD damages the mucous membranes and makes them more permeable to HIV. In addition, any wound on the genitals increases the risk of contamination with HIV/AIDS.

SCREENING

Different types of examinations, varying with the type of infection, may allow diagnosis of STDs:

- clinical examination of the genitals
- taking of smears or cultures
- blood samples

The screening can be carried out by a doctor or gynaecologist for women, in a family planning centre, general clinic, STD centre...

HOW TO PROTECT YOURSELF

- use a condom or cap during sexual relations,
- if you catch an STD be sure to inform your partner so that he/she can also consult a medical practitioner and take steps to protect him/herself.
- do not try to guess what is wrong with you and treat yourself, GO TO A DOCTOR!

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Gonorrhoea (Gonorrhoea, hot piss)	Discharge of pus from the penis, burning feeling while urinating, unusual vaginal discharge	Sexually	Genital samples, smears	Appropriate antibiotics
Hepatitis B	Often symptom-free, fatigue, fever	Sexually. Through blood, from mother-to-child	Blood sample	Combined hepatitis A & B vaccination
Chlamydia	Abnormal discharge, vaginal discharge	By sexual intercourse, sexual fondling	Smear for girls and urine sample (boys)	Appropriate antibiotics
Genital Herpes	Pain, burning, sores and small blisters on the penis or vulva	Sexual contact between mucous membranes even without penetration (oral sex and mouth/ anus contact) by direct contact with lesions	Local samples/ smears and in some cases by taking blood	Appropriate anti viral treatment or cream