

HERPES

IS an STI caused by a virus. Affects both women and men. *Can be reactivated by stress or a weakened immune system.*

Typical symptoms:

- redness and swelling of genitals with itching and burning
- painful lymph nodes in the groin
- small blisters in the genital area that develop into painful sores

Treatment: Painkillers (e.g., ibuprofen, paracetamol) and antiviral medication (tablets or injections) after medical examination.

GENITAL WARTS

IS a common STI caused by the human papillomavirus (HPV). Mainly affects women. Some HPV types **can cause cervical cancer** – hence the importance of vaccination (usually in childhood/adolescence before sexual activity).

Typical symptoms:

- warts on the vulva, anus, or penis, usually painless and not itchy
- Warts can be removed with creams or minimally invasive procedures. Early detection through Pap smear is important.

HEPATITIS C

Transmitted through sex or blood transfusions. Can lead to serious liver diseases like cirrhosis or liver cancer.

If detected early, it is treatable and sometimes curable. Regular testing is recommended for those at risk.

HIV/AIDS

IS an STI caused by the human immunodeficiency virus (HIV). **Not curable**, but now very treatable – fatal outcomes (AIDS = acquired immunodeficiency syndrome) can be prevented.

Further information can be found in the HIV/AIDS information flyer.

PREVENTION

STI prevention can be achieved through various measures:

- **correct and consistent** use of barrier methods (condoms, female condoms)
- **regular testing** for HIV, syphilis, and hepatitis C
- consideration of **PrEP and PEP** for HIV prevention
(PrEP = preventive HIV medication for people at risk;
PEP = emergency treatment after possible HIV exposure)

CORRECT USE OF CONDOMS

Condoms – both male (traditional) and female – should be:

- stored in a **cool, dry place**

- kept in their **original packaging**
- **not expired**

The most commonly used condom is the traditional male latex condom. When used perfectly, it offers over 99% protection against STIs and unwanted pregnancy.

Latex-free condoms ("latexfreie") are available for people with latex allergies and offer the same protection.

Important:

- SWITCH to a new condom between anal, vaginal, or oral sex (and vice versa)
- condoms are for **SINGLE USE** only – dispose of them after use.



sichtbar
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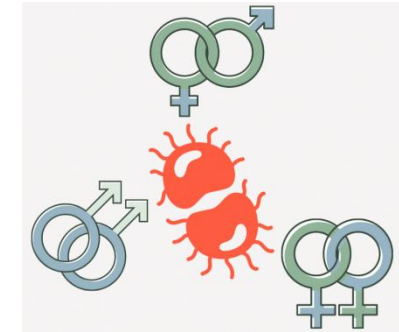
Tel.: 0561 8900601
Mobil: 0175 1451833 (WhatsApp)

Consultation hours:
Tuesday 13:00 - 16:00h
Thursday 12:00 - 14:00h

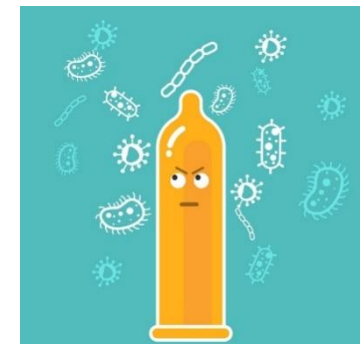
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SEXUALLY TRANSMITTED INFECTIONS (STIs)



These are infections caused by pathogens and transmitted during sexual contact (vaginal, oral, and/or anal) between two or more people. Condoms act as a protective barrier against these pathogens, so their correct use is crucial.



NORMAL VAGINAL DISCHARGE

It helps maintain a healthy bacterial balance in the vagina and has the following characteristics:

- clear
- thin and smooth
- odorless

During sexual activity, it functions as a lubricant and protects against harmful bacteria. The amount of discharge may vary throughout the menstrual cycle.

UNUSUAL VAGINAL DISCHARGE

May indicate a sexually transmitted infection (STI) and can have one or more of the following characteristics:

- yellow, greenish, and/or white
- thick, foamy, and/or clumpy
- strong or unpleasant odor
- itching or discomfort

It is important to avoid so-called “vaginal showers,” as it increases the risk of infection.

Any discharge that is not related to ejaculation may also indicate an STI.

WHEN TO SEE A DOCTOR

If you have changing sexual partners, regular medical checkups (e.g., for HIV/Syphilis) are important. You should see a doctor if you have one or more of the following symptoms:

- unusual vaginal discharge
- discharge from the penis
- swollen, red, or painful lymph nodes in the groin
- sores, ulcers, pustules, bumps, or itching in the genital area

URINARY TRACT INFECTION / CYSTITIS

Not an STI, but the risk increases through **sexual activity**, **poor hygiene**, or **improper condom use**. Usually caused by bacteria – most commonly found in the intestines, rectum, and anus.

Common symptoms:

- burning or pain when urinating
- frequent or urgent need to urinate small amounts
- blood in the urine (less common)
- fever, nausea, or back pain (if the infection spreads to the kidneys)

Treatable with doctor-prescribed antibiotics.

CANDIDIASIS (VAGINAL YEAST INFECTION)

Not an STI – more common in women. Many experience it at least once, e.g., after taking antibiotics or during stress. Caused by the fungus *Candida*.

Common symptoms:

- white, clumpy (cottage cheese-like), often odorless discharge
- lesions or whitish discharge on the penis
- itching, irritation, or pain in the genital area
- pain during urination or sex

Treatable with creams, vaginal tablets, or prescription medication after medical examination.

Some types of Candida can also cause oral or throat yeast infections.

BACTERIAL VAGINOSIS

Not an STI – caused by an imbalance in the vaginal flora (harmful vs. beneficial bacteria).

Common symptoms:

- thin, foul-smelling discharge (fishy odor), usually white or gray
- usually no itching, pain, or irritation

Treatable with antibiotics after medical consultation.

CHLAMYDIA INFECTION

IS an STI, affects women and men. In women, it can lead to infertility or pelvic inflammatory disease. Caused by bacteria.

Common symptoms – often none or only mild:

- burning during urination
- pain during sex
- unusual bleeding (e.g., after sex)
- lower abdominal or pelvic pain
- unusual vaginal discharge
- milky or watery discharge from the penis
- testicular inflammation
- pain, discharge, or bleeding in the anal area

Treatable with antibiotics after medical evaluation.

TRICHOMONIASIS

IS an STI, mostly affects women. Caused by a parasite.

70% show no or only mild symptoms. Possible signs include:

- itching and/or irritation in the vagina, sometimes with pustules or blisters
- yellowish-green, foul-smelling, sometimes foamy discharge
- pain/burning when urinating
- unusual penile discharge
- burning during ejaculation or urination

- pain during sex

Treatable with antibiotics after medical evaluation.

SYPHILIS (HARD CHANCERE)

IS an STI, affects women and men, and can be passed to a child during pregnancy. A chronic infection with 4 stages:

1. **Primary Stage:** painless, hard sores on genitals – the so-called "hard chancre".
2. **Secondary Stage:** general symptoms (fever, fatigue, headaches), swollen lymph nodes, typical body rash (usually non-itchy).
3. **Tertiary Stage:** organ damage, e.g., skin or heart, with granuloma formation.
4. **Fourth Stage (Neurosyphilis):** brain involvement – speech disorders, psychosis, seizures, paralysis, or death possible.

Treatable with antibiotics (injection or tablets) after blood test and medical assessment.

CHANCROID (SOFT CHANCERE)

IS an STI caused by bacteria – more common in men. Rare in Germany, more common in Africa, Southeast Asia, Central and South America.

Common symptoms:

- very painful, soft sores with pustules in the genital area (e.g., foreskin, frenulum, labia)
- painful, swollen lymph nodes in the groin – sometimes with abscess formation
- without treatment, lymph nodes can rupture

Treatable with antibiotics; abscesses may need surgical drainage in some cases.

GONORRHEA (THE CLAP)

IS an STI caused by bacteria, affects men and women. Can lead to infertility in women.

Typical symptoms:

- itching
- burning during urination
- fever, abdominal pain
- pelvic inflammatory disease
- purulent, foul-smelling discharge from the penis (usually in the morning)

Treatable with antibiotics (tablets or injections) after medical evaluation.