

**What are STIs?**

STI stands for sexually transmitted infection, shared between two or more people, sexually.

For an infection to be sexually shared, one person has to have it, and they pass it to someone else during unprotected sex or intimate contact.

**Why are STIs important?**

Left untreated, some sexually shared infections cause major health problems. For example infertility, joint pains, heart and brain disorders, bleeding after sex, painful sex, painful ejaculation, and much more.

**What might I notice, if I have one?**

You may not realise that you have one, as you **may not notice anything different!**

Or, you may notice one or more of the following:

- ✦ an unusual vaginal discharge, which may: smell unusual, be a different colour, appear, grey, yellow-green, blood streaked or just be watery;
- ✦ an unusual discharge from the penis, which may be clear, yellow-green;
- ✦ pain passing urine;
- ✦ pain during or after sex;
- ✦ unusual lump or bump in the skin of the genital area;
- ✦ tingling, watery blister(s);
- ✦ painful sore area;
- ✦ pain free sore area;
- ✦ painful ejaculation;
- ✦ bleeding after sex;
- ✦ blood straks in ejaculate (cum);
- ✦ vaginal and/or vulval itch;
- ✦ painful joints;
- ✦ **and... many other things!**

# STIs & Genital Conditions

Chlamydia  
Gonorrhoea  
Trichomonas  
HIV  
Scabies  
SYPHILIS  
LOV  
LICE  
Genital Warts  
Genital Herpes  
NGU  
Thrush  
BV  
HPV  
HPV  
PID  
And many more...

**What are Genital Conditions?**

Genital conditions are those which are not shared between sexual partners. They predominantly affect the genital area, may be uncomfortable, annoying, need to be diagnosed and may, or may not, need to be treated.

**The Types**

There are many sexually shared infections, which fall into three types.

- 1 Viral
- 2 Bacterial
- 3 Parasitic

**Who is at risk?**

Anyone who is, or has ever been sexually active, may be at risk of acquiring a sexually shared infection. It is unwise to assume you are not.

**Are STIs common?**

Yes, STIs are common, and statistics continue to increase locally, nationally, and globally.

Most commonly, young people are affected but older people are increasing affected, now, too.

**Where can I get more information?**

**Sexplained Books** contain easy to follow, up to date, comprehensive information about all topics related to contraception, sexual health and related topics.

They are available as print or as e-books.

**Sexplained Training** offers a wide range of accredited courses, taught by highly experienced clinical nurse specialists in contraception, sexual and relationship health, safeguarding, the law and sex, men's health and many more topics.



£19.99 each

For further information see:  
**Sexplained Books:**  
[www.KnoxPublishing.com](http://www.KnoxPublishing.com)  
and  
**Sexplained Training:**  
[www.Sexplained.com](http://www.Sexplained.com)



£12 each