

# Sexually transmitted infections: Prevention, diagnosis and treatment topic.

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## Introduction

STIs can have a wide range of symptoms or no symptoms at all, so getting tested is crucial for anyone who is sexually active. Testing is usually done through a physical exam, blood test, or a sample of urine or genital discharge. Depending on the specific STI, additional tests may be necessary. It is important to note that some STIs can take several weeks or even months to show up on a test, so getting tested regularly is important [1].

Many STIs can be cured with antibiotics, but some cannot be cured and can only be managed with medication to control symptoms. It is important to complete the full course of antibiotics as directed, even if symptoms disappear. Failure to complete the full course of antibiotics can lead to antibiotic resistance, making future infections more difficult to treat. It is also important to notify sexual partners if you are diagnosed with an STI so they can also get tested and treated if necessary [2].

### Common types of STIs and their treatments

**Chlamydia:** A bacterial infection that can be cured with antibiotics.

**Gonorrhoea:** Another bacterial infection that can be cured with antibiotics.

**Syphilis:** A bacterial infection that can be cured with antibiotics, but can cause serious complications if left untreated [3].

**HPV:** A viral infection that can cause genital warts or lead to certain types of cancer. Vaccines are available to prevent some types of HPV.

**Herpes:** A viral infection that cannot be cured but can be managed with medication to control symptoms.

**HIV:** A viral infection that can be managed with antiretroviral medication, but cannot be cured. Prevention is key and there are medications available for pre-exposure and post-exposure prophylaxis (PrEP and PEP) that can reduce the risk of transmission [4, 5].

## Conclusion

In conclusion, STIs are a serious public health concern that can have lifelong consequences if left untreated. Practicing safe sex, getting vaccinated, getting regular STI testing and notifying sexual partners if you are diagnosed with an STI are all important steps in preventing the spread of STIs. If you think you may have an STI or have been exposed to one, it is important to get tested and treated as soon as possible to reduce the risk of complications

## References

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