

STDs

(Josh McDowell research 2005 and prior)

“MORE THAN 4 PERCENT OF YOUNG AMERICANS INFECTED WITH CHLAMYDIA”

“More than one in 25 young women and men in the United States are infected with the bacterium that causes the sexually transmitted disease Chlamydia.”

“Rates of infection are alarmingly high among young black women (almost 14 percent) and young black men (more than 11 percent), a new study found.”

“The research also found a much lower overall prevalence of gonorrhea – 0.43 percent. Among black men and women, however, the rate is 2.13 percent.”

“The study appears in the May 12 issue of the *Journal of the American Medical Association*.”

“More striking were variations by race and ethnicity. Young white adults had the lowest prevalence (1.94 percent) while young black adults had almost six times that rate (12.54 percent). In young Latino adults, the prevalence was 5.89 percent. The highest prevalence was among black women (13.95 percent), followed by black men (11.12 percent). Asian-American men had the lowest prevalence (1.14 percent), followed by white men (1.38 percent) and white women (2.52 percent).”

(Amanda Gardner, “More Than 4 Percent of Young Americans Infected With Chlamydia,” Health Day News, May 11, 2004;
story.news.yahoo.com/news?tmpl=story&ncid=1413&e=1&u=/hsn/20040511/hl_hs...)

“3 OF 4 IN STUDY HIDE HIV STATUS”

“In a local study that shocked a top state health official, researchers found that about three out of four people infected with the AIDS virus hide the fact from casual-sex partners.”

“Based on interviews with 269 people at two New Orleans clinics for people with sexually transmitted diseases, researchers found that 18-to-22-year-olds were least likely to divulge their HIV status.”

“Of 91 people in the study in that age group, ‘three individuals estimated that they had more than 100 partners (each) since their diagnosis and the remaining 88 individuals reported a total of 184 partners, suggesting a significant potential for HIV transmission,’ the scientists wrote.”

“‘It doesn’t surprise me,’ Kissinger said. ‘The amount of emotional importance that they put into a casual relationship is not much.’”

(“3 of 4 in Study Hide HIV Status,” www.nola.com/printer/printer.ssf?/base/living-0/106369184556750.xml?nola)

“A GENERATION OF THE PILL”

"Every year, 12 million to 15 million Americans are infected with a sexually transmitted disease. To date, 65 million of us live with an STD that cannot be cured."

(Ann Wilson, "A Generation of the Pill". The Orange County Register, October 21, 2001, p1)

“A RESPONSE TO MORBIDITY AND MORTALITY WEEKLY REPORT: ‘UPDTAE: BARRIER PROTECTION AGAINST HIV AND OTHER SEXUALLY TRANSMITTED DISEASES’” (AUGUST 6, 1993)

"A more complete review of the scientific data shows condom failure to range between 0% and 31%."

"A review of the meta-analysis, however, showed that condoms only reduced HIV transmission by 69%. The CDC may consider 69% 'substantial', but the resultant 31% failure in prevention means many HIV infections, all resulting in premature death."(1)

"Furthermore, the CDC Report states ‘intact latex condoms provide a continuous mechanical barrier to HIV, HSV (herpes), hepatitis B virus (HBV), Chlamydia Trachomatis and Neisseria gonorrhoea.’ This statement is partially true, but misleading. Bacterial STDs cannot penetrate an intact condom, but these diseases as well as many viral diseases are often regional—the infectious agent is not just located at one place on the body—and may infect the entire genital area."

"Moreover, medial studies confirm that condoms do not offer much, if any, protection in the transmission of chlamydia (2) and human papillomavirus (3), two serious STDs with prevalence as high as 40% among sexually active teenagers. The epidemic rise in the rate of these two as well as many other STDs may well be a side effect of the encouragement of condom use."

"Further evidence of the failure of the condom to act as a mechanical barrier is found in a study by Dr. Carey at the FDA. (4) The CDC's reference to the Carey study, 'A recent laboratory study indicated that latex condoms are an effective mechanical barrier to fluid containing HIV-sized particles,' contrasts with the finding of the study. Actually 32% of normal intact condoms leaked enough HIV-sized particles to cause concern. The other 68% of the condoms only leaked a few viral sized particles. A 32% leakage rate of HIV cannot be considered an 'effective mechanical barrier.' Dr. Carey has responded that even though the condoms do leak HIV-sized particles, the concentration of the virus is so low that it is unlikely to cause infection. Exposure to any HIV particles puts an individual at risk, as it has not been determined how few particles are necessary to cause infection."

"The CDC, using 'one study' by Dr. Trussel reports an 0.8% slippage/breakage rate of condoms when used during vaginal intercourse. This extremely low rate conflicts with another study published at the same time by the same author. The second Trussel study (5) states '7.9% (of condoms) either broke during intercourse or withdrawal or slipped off during intercourse; none of these events were related to condom brand, past condom use or use of additional lubricant. Of the remaining condoms, 7.2% slipped off during withdrawal; slippage was not related to condom brand or past use of condoms, but was significantly higher when additional lubricant (such as spermicide) was used.' Contrast 0.8% to 15.1% slippage/breakage rate, and it is easy to understand the importance of using more than one study

when making policies to protect people's lives. It would be more complete to consider the findings of both studies in making this important point."

"The female condom has a pregnancy failure rate between 11% and 26%, indicating it is possibly an even less effective contraceptive than the male condom."

"Footnotes"

- (1) "Weller, Susan, "A Meta-Analysis of Condom Effectiveness in Reducing Sexually Transmitted HIV," *Social Science and Medicine*, Vol. 36, No. 12, pp. 1635-1644, 1992.
- (2) Samuels, Sandra, "Chlamydia: Epidemic Among America's Young", *Medical Aspects of Human Sexuality*, December, 1989)
- (3) Dervin, John, "Condoms Won't Prevent Transmission of Human Papillomavirus," *Family Practice News*, V22 (12), June 15, 1992
- (4) Carey, Ronald, et al. "Effectiveness of Latex Condoms As a Barrier to Human Immunodeficiency Virus-sized Particles Under Conditions of Simulated Use," *Sexually Transmitted Diseases*, Vol. 19, No. 4, July-August, 1992
- (5) Trussel, James, et al, "Condom Slippage and Breakage Rates," *Family Planning Perspectives*, Vol. 24, No 1, January/February, 1992"

(Medical Institute for Sexual Health, *Sexual Health Update*, December 1993, Volume 2, Number 1)

"ADOLESCENTS TREATED FOR STDs ARE AT HIGH RISK OF REINFECTION"

"A new study from Indiana University School of Medicine examines rates of subsequent sexually transmitted disease (STD) infection among unmarried adolescents/young adults and their sexual contacts. Study patients were between 13 and 25 years old (average age approximately 17 years) and attended urban STD and adolescent medicine clinics. The 444 patients were followed at one, three, five and seven months to determine if and when they would develop another STD—specifically, gonorrhea, chlamydia or trichomonas. Sexual contacts identified during the follow-up period were also tested and, if positive, treated."

"In patients who were initially infected:"

- "Seventy-three percent of females and 60 percent of males were reinfected within 7 months."
- "Half of the study females had become reinfected within 140 days while half of males were reinfected within 161 days."

"Among the sexual contacts of initially-infected patients:"

- "Fifty-three percent of females and 40 percent of males subsequently became infected within 7 months."
- "Half of female contacts were infected within 209 days. Among males, half were infected within 217 days."

"The only significant predictors of subsequent infection during a given follow-up interval were: 1) being female; and, 2) having at least one new sexual partner during the interval."

Orr DP, Johnston K, Brizendine E, Katz B, Fortenberry JD. Subsequent sexually transmitted infection in urban adolescents and young adults. *Arch Pediatr Adol Med.* 2001;155:947-953.

(“Adolescents Treated for STDs are at High Risk of Reinfection,”
www.medinstitute.org/AdolTreated.htm)

“AIDS IN AFRICA; THE EVE OF DESTRUCTION”

“The Effects of AIDS in Africa:”

- “South Africa has the largest number of people living with HIV/AIDS in the world—4.2 million (or 20 percent of the population, up from 13 percent just two years ago).”
- “In Botswana, nearly 36 percent of adults are infected with HIV (tripled since 1992).”
- “In Zimbabwe, life expectancy has fallen from 65 to 43 years because of HIV/AIDS.”
- “In one hospital in Zambia, deaths among health care workers increased 13-fold between 1980 and 1990, largely because of HIV.”
- “HIV-positive patients have occupied 70 percent of the beds in the Prince Regent Hospital in Bujumbura, Burundi.”

“Take Africa, for example:”

- “25 million Africans have HIV/AIDS (70 percent of the world’s cases).”
 - “12 million Africans have already died of AIDS. (one of every five deaths)”
 - “10 million African children are now orphans because both parents have died of AIDS.”
 - “In some African countries, up to 35 percent of the population is infected with HIV/AIDS.”
 - “In eight African countries, AIDS will claim the lives of a third of today’s 15-year olds.”
- “The United Nations believes there are signs that devastating AIDS numbers are stabilizing—at least in some parts of the world.”
- “New infections in Africa in 2000 totaled an estimated 3.8 million, compared with 4 million in 1999.”
 - “In Zambia, the percent of pregnant girls age 15-19 infected with HIV in the capital city of Lusaka dropped by almost half in the last six years. The percentage of unmarried women who were sexually active fell from 52 percent to 35 percent between 1990 and 1996.”

(Elizabeth Farrell, “AIDS in Africa: The Eve of Destruction.” *The Plain Truth*; March/April 2002; pp 10,14)

“AIDS STATISTICAL UPDATE”

“AIDS Statistical Update thru December 31, 1996”

“Reported AIDS cases 581,429 (67,943 in 1996)”

“13 to 19 year olds 2,754”

“20 to 29 year olds 102,904”

“Reported AIDS Deaths 362,004 (42,155 in 1996)”

"The Concern is based on the fact that HIV is spreading fastest among blacks in America. In fact, in 1996 (for the first time) the number of new AIDS cases in blacks (41% of the total) exceeded those diagnosed in whites (38%) in spite of the fact that blacks account for a far smaller portion of the national population."

(“Shameful Chapter,” Staying Current: Straight Talk About AIDS/STDs, Spring 1997, The Newsletter of AIDS Information Ministries, A program of Teen Choices, Inc., p3)

“AN OLD ENEMY IS BACK”

“Syphilis is on the rise among urban men nationwide”

“Last week New York City health officials announced a 50 percent increase in syphilis diagnoses between 2001 and 2002. San Francisco’s numbers more than doubled in the same period.”

(Claudia Kalb, “An Old Enemy is Back,” Newsweek, February 10, 2003, p60)

“AN RX FOR TEEN SEX”

"And doctors are reporting more frequent diagnoses of herpes and the human papillomavirus, or HPV, which is linked to cervical cancer and is thought to infect more than 15% of sexually active teens. The last figure is the one gnawing at some doctors. Though the particulars of HPV remain something of a medical mystery, we have learned at least one frightening thing about the disease: HPV is spread through skin-to-skin contact of genitals and their surrounding areas, so condoms do not always protect against it. Which means, as Sulak is fond of saying, there is no such thing as safe sex."

"Here are the responses from a TIME/MTV survey conducted online on Sept. 10-12 of 1,061 people ages 13 to 18:"

“69% Say worry about diseases had some influence on their decision to abstain.”

(Jodie Morse, "An Rx for Teen Sex," Time, October 7, 2002, p65)

“ARE YOU AT RISK?”

"Health experts estimate that 55 million Americans carry some type of sexually transmitted disease, many without even knowing it."

"Genital Herpes—About 31 million people are thought to be infected with genital herpes and some 500,000 new cases were reported last year."

"Know the Facts"

“MYTH: All persons with STDs have obvious symptoms.”

“FACT: Eighty percent don't even know they are infected.”

“MYTH: Only people with visible or open sores are contagious.”

“FACT: More than two-thirds of infections are spread by people with no identifiable symptoms.”

“MYTH: No vaccine exists for any STD.”

“FACT: There is one for Hepatitis B.”

“MYTH: Vaginal infections are inconvenient but not dangerous.”

“FACT: Infection can lead to infertility. In pregnant women infection can cause premature or low birth-weight babies.”

“MYTH: My child is not at risk.”

“FACT: By the time they are 19, 85 percent of teenagers have had sex and 25 percent of those have had an STD.”

“MYTH: Washing for men and douching for women prevent STDs.”

“FACT: Neither is effective. Douching may drive the bacteria deeper into the genital tract.”

“MYTH: STDs are no worse than a bad cold.”

“FACT: One STD- AIDS- kills. Two cause cancer. Four can cause infertility in women. Why take the risk?”

(Earl Ubel, “Are you at risk?” From: Parade Magazine, September 15, 1996, pp 10,30)

“BISEXUALLY ACTIVE ADOLESCENT BOYS MORE LIKELY TO ENGAGE IN RISKY BEHAVIORS”

“February issue of the ‘American Journal of Public Health, Reuters Health’ reports (Reuters Health, 2/1). Nearly 50% of the estimated 112,000 to 250,000 HIV-positive U.S. adolescents are young men who have sex with men.”

(“Bisexually Active Adolescent Boys More Likely to Engage in Risky Behaviors,”
www.kaisernetwork.org/daily_reports/print_report.cfm?DR_ID=9360&dr_cat=1, 10/30/2002)

“CDC HIV/AIDS PREVENTION GUIDELINES PRESS RELEASE”

“The Medical Institute for Sexual Health today enthusiastically applauded the Centers for Disease Control and Prevention new guidelines on HIV/AIDS prevention. The organization released this statement by Joe S. McIlhaney, M.D., president and founder:”

““Over the last 20 years, 800,000 Americans have been infected with HIV and almost half a million Americans have died of AIDS. A quarter or more of infected persons are unaware of their infections. Given the benefits of early diagnosis and treatment, and the risks of unintentionally infecting their partners or newborns, it is important for all infected persons to know their status.””

““During this same 20-year period, 9,000 children less than 13 years of age have been infected and 5,000 of these have died. Many of these acquired their infections shortly before, during, or shortly after birth (i.e., from breastfeeding). As recently as 2001, 175 infants acquired HIV infection from their mothers. Almost none of these would have been infected had their mothers been adequately screened and treated.””

(“The Medical Institute for Sexual Health Applauds New CDC Guidelines on HIV/AIDS Prevention,”
CDC HIV/AIDS Prevention Guidelines Press Release, April 23, 2003)

“CHLAMYDIA CASES ON THE RISE IN WASHINGTON”

“The known incidence of Chlamydia rose 12 percent in Washington state last year, leading health officials to recommend that sexually active women under 25 be tested for the sexually transmitted disease at least once a year.”

“Nearly three-fourths of the reported cases were found in people 15 to 24 years old, said Katherine Gudgel, coordinator of the Washington state Chlamydia screening project.”

““This is a disease of young people,’ Gudgel said.”

“The number of cases went from 14,935 in 2002 to 16,796 last year, an all-time high, according to an annual report of sexually transmitted diseases that was issued Monday. The overall incidence rate increased from 247 per 100,000 residents to 275 per 100,000, still below the last reported national rate of 296 per 100,000.”

“Among women 15 to 19 in the state, the Chlamydia infection rate was 2,273 per 100,000 residents compared with 391 per 100,000 for men the same age.”

("Chlamydia Cases on the Rise in Washington," Yahoo! News, May 11, 2004;
story.news.yahoo.com/news?tmpl=story&ncid=1413&e=4&u=/ap/20040511/ap_on_...)

"CHLAMYDIA MAY BOOST CERVICAL CANCER RISK"

"Women who become infected with Chlamydia appear to be at an increased risk of developing cervical cancer, according to European researchers."

"According to their calculations, the disparity between the two groups translates into a 17-fold higher risk of cervical cancer among women who had acquired Chlamydia, relative to those who were never diagnosed with the STD."

"The full report, 'A Population-Based Prospective Study of Chlamydia Trachomatis Infection and Cervical Carcinoma,' was published in the International Journal of Cancer (2002;101:371-374)."

("Chlamydia May Boost Cervical Cancer Risk," www.abstinence.net/library/index.php?entryid=333)

"CHLAMYDIA THE SILENT EPIDEMIC"

"Lack of symptoms, social stigma force many into shadows"

"Chlamydia is the most frequently reported infectious disease in the United States, according to the Centers for Disease Control and Prevention, but many who have it never know. Three-fourths of infected women have no symptoms."

"Though in 2001, 783,242 cases of Chlamydia were reported in the United States, an estimated three million cases occur annually, according to the CDC. The gap between the reported cases and the expected cases is due to the lack of Chlamydia screenings."

(Overfelt, Nikki, "Chlamydia the silent epidemic,"
www.kansan.com/print.asp?ID=200304220011)

"CHLAMYDIA: THE UNSEEN EPIDEMIC"

"Untreated, the sexually transmitted disease (STD) known as chlamydia can leave a woman unable to ever have children. Now, a British study is reporting that 70 percent of a test group of sexually active young women had suffered reproductive damage from chlamydia and didn't even know they had the disease."

"The evidence is increasing that for some STDs, such as chlamydia and HPV (human papilloma virus), the use of a condom is virtually insignificant as far as even reducing the risk, let alone eliminating it,' Cullen said."

(Terry Phillips, "Chlamydia: The Unseen Epidemic", Family News in Focus, October 26, 2001,
<http://www.family.org/cforum/fnif/news/A0018279.html>)

“CONDOM USE”

“Importance”

“Nearly 4 million adolescents are diagnosed with an STD. (3)

(“Condom Use,” www.childtrendsdatabank.org)

“CONDOMS DO NOT PROVIDE EFFECTIVE PROTECTION AGAINST HPV”

““HPV can be present for years with no symptoms, and HPV infection does not always produce warts or other symptoms; so you can be infected with HPV and pass it on without knowing it. Recent studies show that condoms (‘rubbers’) do not protect well against HPV infection. This is because HPV can be passed from person to person by skin-to-skin contact with any HPV-infected area of the body, such as skin of the genital or anal area not covered by the condom.””

“[‘Detailed Guide: Cervical Cancer, What Are the Risk Factors for Cervical Cancer?’ American Cancer Society website, October 20, 2003]”

““Condoms are ineffective against HPV because the virus is prevalent not only in the mucosal tissue (genitalia) but also on dry skin of the surrounding abdomen and groin, and it can migrate from those areas into the vagina and the cervix. Additional research efforts by NCI on the effectiveness of condoms in preventing HPV transmission are not warranted.””

“[Dr. Richard Klausner, Director of the National Cancer Institute, correspondence to U.S. House Commerce Committee, February 19, 1999]”

““...the Panel concluded that there was no epidemiological evidence that condom use reduced the risk of HPV infection, but study results did suggest that condom use might afford some protection in reducing the risk of HPV-associated diseases, including warts in men and cervical neoplasia in women.””

“[Workshop Summary: Scientific Evidence on Condom Effectiveness for Sexually Transmitted Disease (STD) Prevention, June 12-13, 2000]”

“DEATH”

“AIDS is the leading killer of Americans between the ages of 25 and 44.”

“Cervical cancer kills about 5,000 women in America each year. A report by the National Institute of Health confirms that more than 90% of these cases are caused by an STD called human papilloma virus (HPV).”

“5,000 people die each year from complications resulting from hepatitis B, a virus most commonly transmitted through sexual activity.”

(“Teens and Sex,” statistics provided by the Medical Institute for Sexual Health, and the Centers for Disease Control and Prevention)

“Abstinence may be difficult to practice in our sex-saturated society today, but it is possible; and incredibly, in spite of societal pressure, surveys show that 54% of high school age teens have never had sexual intercourse. Only 39% had had sexual intercourse in the last three months. (MMWR, 4/8/1994) They desperately need our persuasion to say ‘no,’ not our permission to say ‘yes.’” (p. 29)

“An estimated 12 million new sexually transmitted infections occur every year; 2/3 are among women and men under age 25.” (Guttmacher, 1993, p.33)

“At current rates, at least 1 person in 4 will contract a viral STD at some point in his or her life. As many as 50% will contract either a viral or bacterial STD.” (Hunter, 1994, p. 33)

“As many as 56 million individuals—more than 1 American in 5—may be infected with an incurable viral STD other than human immunodeficiency virus (HIV), which causes AIDS.” (Guttmacher, 1993, p. 33)

“At least 31 million people are infected with the genital herpes virus (herpes simplex virus).” (Guttmacher, 1993, p. 33)

“24-40 million people are infected with human papilloma virus (HPV).” (Eng, Butler, 1997, p. 33)

“1.5 million people are chronic carriers of the hepatitis B virus.” (Guttmacher, 1993, p. 33)

“Contraceptive Failure: Percentage of women experiencing contraceptive failure during the first 12 months of use by age and method:”

<u>Age of Woman</u>	<u>Pill</u>	<u>Condom</u>	<u>Diaphragms/Spermicides</u>	<u>Other</u>	
Under age 20	11%	14%	16%	34%	38%
Age 20-24	6%	23%	25%	36%	19%
Age 25-30	3%	12%	13%	26%	11%
Age 35-44	2%	3%	12%	10%	17%

(Guttmacher 1987, p. 38)

“My health teacher told us that if we use a condom and Nonoxynol-9 we were 100% safe!” (p. 39)

“Woman who had been sexually active at age 15 are more likely to be unhappy with their current marriage and sex life.”

(R.J. Levin, October, 1975, Redbook, p43)

“DO CONDOMS MAKE SEX SAFE ENOUGH?”

“The STD Epidemic”

“America is in the midst of an STD epidemic. Each year, more than 15 million Americans become infected with an STD. A quarter of these infections occur in teens, and two-thirds occur in people under 25 years of age.”

“The numbers have risen at alarming rates. Up through the 1960s, there were only two STDs of major concern – syphilis and gonorrhea – both which could easily be cured with penicillin. The times have changed, however, and today there are more than 25 STDs, many for which there is no cure.” (1)

“Genital Herpes”

“Based on the limited studies, it appears condoms only reduce the risk of herpes by half at best. Genital herpes infects nearly a quarter of Americans 12 and older and almost half of all African Americans. Because there is no cure, once you’re infected with genital herpes, you have it for life.”

References:

(1) Eng TR, Btler WT, eds. *The Hidden Epidemic: Confronting Sexually Transmitted Disease*, Institute of Medicine. Washington, DC: National Academy Press;1997.

(“Do Condoms Make Sex Safe Enough?” The Medical Institute brochure, 2003 www.medinstitute.org)

“DR. JEAN ANDERSON”

“Dr. Jean Anderson, writing in the August 1990 issue of Contemporary OB/GYN, gave three reasons for teenage girls’ higher susceptibility to STDs;”

- “The cervix of a teenage girl has a lining called an ectropian, a columnar epithelium, which produces mucus that nourishes STD germs; as women reach their 20’s or have a baby, the ectropian is replaced by the tougher lining of the vagina called squamous epithelium.”
- “During the first two years of menstrual periods, 50% of periods occur without ovulation; when there is no ovulation, the cervical mucus is more liquid, and therefore, a better culture medium for germs.”
- “Many physicians believe that teenagers in general have lower levels of antibodies, not of specific antibodies to STDs, but general resistance that we all acquire from exposure to various germs as we go through life.” (p. 21,22)

“EDUCATE YOURSELF”

“In actuality, only 49.9 percent of high school students (grades 9-12) have had sex. (5) That means that 50.1 percent have not. As a parent, that should be realistic cause for hope! There is no reason to assume your teens will be sexually active—especially if you are opposed to nominal sexual activity and you communicate your perspective clearly to your children.”

“For teens who are sexually active, the medical risks (not to mention the emotional risks) are troubling. According to the Centers for Disease Control and Prevention:”

- “There are 15 million new STD cases in the United States each year.” (6)
- “Approximately one-fourth of these new infections are in teenagers. (7)
- “Teenagers and young adults are more likely than other age groups to have multiple sex partners, to engage in unprotected sex, and for young women, to choose sexual partners older than themselves.” (8)
- “Infection rates of genital herpes continue to rise in all social, economic, racial and ethnic boundaries, but most dramatically in teen and young adults.” (9)
- “Young women are biologically more susceptible to chlamydia, gonorrhea and HIV.” (10)

Footnotes:

“(6) Centers for Disease Control and Prevention. “Tracking the Hidden Epidemics: Trends in STDs in the United States.” Atlanta, GA Centers for Disease Control and Prevention; 2000.”

“(7) Ibid”

“(8) Ibid”

“(9) Ibid”

“(10) Ibid”

(“Connected Parents” The Medical Institute, P.O. Box 162306, Austin, TX 78716.
www.medinstitute.org)

“EXPLOSION OF SEX INFECTIONS OVERWHELMS HEALTH SERVICE”

“Soaring rates of sexually transmitted infections are overwhelming the NHS and threatening the health of a generation of young people, according to a committee of MPs.”

“Pressure on the sexual health services has intensified in the last decade, fueled by changing sexual behavior. Cases of gonorrhea have risen 86 per cent in five years, and those of chlamydia have doubled. Syphilis is making a return and the rate of HIV infection rose to its highest level last year.”

“One specialist said, ‘The 10 per cent prevalence rate for Chlamydia is absolutely horrendous. Some of us feel on that basis the Government should be rolling out a national screening programme.’”

“One of the biggest threats is the growing incidence of HIV, with 70 per cent of heterosexual cases contracted abroad. Modern drug treatments mean patients are surviving longer at an annual cost of about £15,000. Taking account of the risk of passing on the infection, the saving to the country of avoiding a single case of HIV is put at between £500,000 and £1m.”

(“Explosion of Sex Infections Overwhelms Health Service,”
www.news.independent.co.uk/uk/health/story.jsp?story=385553)

“FIGHTING HPV”

“According to the U.S. Centers for Disease Control and Prevention, 20 million people have the human papilloma virus. Half of all sexually active American men and women will get HPV at some time in their lives. Many will not even know they have it.”

“There is no HPV test for men, in whom HPV infection produces no symptoms.”

(Aja J. Junior, “Fighting HPV,” STL Today, July 25, 2006, www.stltoday.com)

“GENITAL HERPES INFECTIONS UP 30% SINCE LATE ‘70’S”

"Herpes is more prevalent among women (25.6%) than men (17.8%).
It is most common in black (45.9%), followed by Mexican Americans (22.3%) and whites (17.6%)"

"The incidence among white teens has nearly quintupled since the previous survey in 1976-80, for .96% to 4.5%."

"The survey found herpes rates were highest among those who have used cocaine and those with multiple sexual partners throughout life."

"Herpes is not curable, although there are treatments available to ease symptoms and minimize the likelihood of transmission."

(Anita Manning, "Genital Herpes Infections Up 30% Since Late '70s", USA Today, p.1A, October 16, 1997)

“GENITAL HERPES RATES UP 5-FOLD IN WHITE TEENS SINCE 1970s”

"Despite the emphasis on safe sex to prevent AIDS, genital herpes has increased five-fold since the late 1970s among white teen-agers and doubled among whites in their 20s."

(Malcolm Ritter, “Genital Herpes Rates Up 5-fold in White Teens Since 1970s, The Grand Rapids Press, October 17,1997, pA5)

“GENITAL HERPES”

“How many people have genital herpes?”

“Genital herpes is the most common sexually transmitted viral infection in the United States, with an estimated 45 million people infected. (1) This is over one in five Americans age 12 or over. (2) More than 45 percent of black Americans age 12 or over have been infected with HSV-2. (3) In addition, one million people acquire genital herpes infection each year in the United States.” (4)

“What are some of the long-term effects of genital herpes?”

“Once a person is infected with HSV-2 (s)he is probably infected for life and can transmit the infection to others even at times when (s)he is not experiencing symptoms. Approximately 90 percent of individuals with an initial symptomatic HSV-2 infection will experience at least one recurrence of symptoms within the 12 months following the initial episode, and 38 percent have at least six recurrences in the first year. (9) Recurrence rates decrease over time, but recurrences can occur for the remainder of the person’s life.” (10)

“An additional consequence of genital herpes infection is that infected individuals are at increased risk of contracting HIV, the virus that leads to AIDS. (11) They may also be more likely to spread HIV to others.” (12)

“Finally, mothers with genital herpes can transmit the infection to their newborn infants. This risk is greatest with primary (first-time) infections. With recurrent infections, the risk is less than 1 percent. (13) Infected newborns are quite sick and often die. Genital herpes infection of the mother also increases the risk of both spontaneous abortion and premature birth.” (14)

“References:”

“(1) Fleming DT, McQuillan GM, Johnson RE, et al. Herpes simplex virus type 2 in the United States, 1976 to 1994. *N Eng J Med*. 1997;337:1105-1111.

(2) Ibid.

(3) Ibid.

(4) American Social Health Association. *Sexually Transmitted Disease in America: How Many Cases and at What Cost?* Menlo Park, CA: Kaiser Family Foundation; 1998.

(9) Benedetti J, Corey L, Ashley R. Recurrence rates in genital herpes after symptomatic first-episode infection. *Ann Intern Med*. 1994;121:847-854.

(10) Benedetti JK, Zeh J, Corey L. Clinical reactivation of genital herpes simplex virus infection decreases in frequency over time. *Ann Intern Med*. 1999;131:14-20.

(11) Eng TR, Butler WT, eds. *The Hidden Epidemic – Confronting Sexually Transmitted Disease*. Institute of Medicine. Washington, DC: National Academy Press; 1997.

(12) Schacker T, Ryncarz AJ, Goddard J, Diem K, Shaughnessy M, Corey L. Frequent recovery of HIV-1 from genital herpes simplex virus lesions in HIV-1-infected men. *JAMA*. 1998;280:61-66.

(13) Corey L, Wald A. Genital Herpes. In: Holmes KK, mardh PA, Sparling PF, et al., eds. *Sexually Transmitted Diseases*. 3rd ed. New York, New York: McGraw Hill, Co.; 1999:285-312.

(14) Ibid.”

(“Genital Herpes,” The Medical Institute brochure, 2000. www.medinstitute.org)

“GONORRHEA CONTINUES RISE IN MAJOR CITIES”

"In five of the top 20 1999 cities - Kansas City, MO.; Buffalo; Jacksonville; Detroit and Birmingham, Ala. - the gonorrhea rate rose by more than 20% in 2000, according to the CDC. Nashville, with a 34.6% increase over 1999, jumped into the top 20 list in 2000."

"In women, HPV-16 is associated with about half of all cervical cancer cases, and it's been linked to penile and anal cancer in men."

"Based on a representative sample of 83 men who have sex with men, the CDC concluded that 38% of gay or bisexual men in the USA are infected with HPV-16. That's nearly five times higher than the prevalence in heterosexual men and twice that in women."

(Rita Rubin, "Gonorrhea Continues Rise in Major Cities", USA Today, March 6, 2002, p6D)

“GONORRHEA – GET YOUR FACTS STRAIGHT”

“How you get it:”

“By having sex (vaginal, anal or oral sex) with an infected person.”

(“Gonorrhea,” The Medical Institute for Sexual Health, www.medinstitute.org)

“REPORT: HALF OF STDS FOUND IN TEENS, YOUNG ADULTS”

“Teenagers and young adults account for nearly half the cases of sexually transmitted diseases in the United States though they make up just a quarter of the sexually active population, according to the first extensive national estimate of STDs among young Americans.”

“Researchers at the federal Centers for Disease Control and Prevention estimate that 9.1 million cases of eight sexually transmitted diseases occurred in people aged 15 to 24 in the year 2000. There were 18.9 million new cases overall, said the report in Perspectives on Sexual and Reproductive Health, a journal published by the not-for-profit Alan Guttmacher Institute.”

“Three diseases – human papillomavirus, trichomoniasis and chlamydia – accounted for 88 percent of new cases in 15-to-24-year-olds, the researchers said.”

(“Report: Half of STDs found in teens, young adults,” CNN.com, February 24, 2004)

“HEPATITIS B – GET YOUR FACTS STRAIGHT”

“What is it and how do you get it?”

“Hepatitis B is a common viral blood-borne disease; about half of all hepatitis B infections are transmitted through sexual activity. People who share needles when shooting drugs are at high risk for infection. You can also get it if a previously used (unsterile) needle is used on you for a tattoo or body piercing. Unvaccinated babies can get it from their infected mothers. You don’t get it from the type of casual contact you have at school.”

“Am I safe if I always use a condom?”

“There aren’t many studies on this, but considering the way hepatitis B is transmitted, condoms would not be expected to eliminate your risk of infections, though they might reduce it some.”

(“Hepatitis B,” The Medical Institute for Sexual Health, www.medinstitute.org)

“HEPATITIS C -- GET YOUR FACTS STRAIGHT”

“What is it and how do you get it?”

“Hepatitis C is the most common chronic blood-borne infection in the U.S.; it can also be transmitted during sexual activity.”

(“Hepatitis C,” The Medical Institute for Sexual Health, www.medinstitute.org)

“HEPATITIS C: NEEDLES AND HAYSTACKS”

“According to the World Health Organization (WHO), Hepatitis C, kills around 500,000 people a year. It is less deadly than AIDS, which claims more than 3m lives annually. However, its higher prevalence (at the moment, some 42m people are infected with HIV, the virus that causes AIDS), longer incubation period, and the absence of effective drugs, mean that it is potentially a more lethal epidemic.”

(Science and Technology, “Hepatitis C: Needles and Haystacks,” *The Economist* (November 1, 2003): 75)

“HERPES SIMPLEX VIRUS TYPE 2 IN THE UNITED STATES, 1976 TO 1994”

“Genital herpes infections rose in all groups studied, but it quintupled among white teenager and doubled among whites in their 20s. Today, genital herpes infects 25.6% of all American women and 45.9% of all African Americans more than 11 years of age.”

“An accompanying editorial in the same journal states, ‘Since at least one in five people now has HSV-2 [genital herpes] infection, those who have unprotected contact with multiple sexual partners should know that unsuspected exposure to HSV is virtually guaranteed.’ That’s a strong statement. Further, although this editorial mentioned unprotected sex, the authors of the genital herpes study also commented that condom effectiveness against this STD is probably limited because genital herpes

lesions 'can occur on areas of the body not covered by condoms' Further, they point out that the virus can be transmitted even when no lesions are present."

"Herpes Simplex Virus Type 2 in the United States, 1976 – 1994." This report, conducted by the Centers for Disease Control and Prevention (CDC) and published by *The New England Journal of Medicine* (October 16, 1997) powerfully shows via the statistics on genital herpes the dramatic increase in the number of Americans dealing with STDs over the past 10-20 years."

"HERPES SIMPLEX VIRUS TYPE 2 IN THE UNITED STATES, 1976 – 1994" (3)

"Published by the New England Journal of Medicine" (October 16, 1997)

- "Genital herpes infections have increased by 30% in Americans since the late 1970s."
- "Genital herpes infects one out of every five Americans older than 11 years of age."
- "Genital ulceration caused by genital herpes may facilitate the transmission of HIV infection."
- "Genital herpes infections rose in all groups studied, but it quintupled among white teenagers and doubled among whites in their 20s. Today, genital herpes infects 25.6% of all American women and 45.9% of all African Americans more than 11 years of age."

"Since at least one in five people now has HSV-2 [genital herpes] infection, those who have unprotected contact with multiple sexual partners should know that unsuspected exposure to HSV is virtually guaranteed."

"Condom effectiveness against this STD is probably limited because genital herpes lesions 'can occur on areas of the body not covered by condoms.' Further they point out that the virus can be transmitted even when no lesions are present."

(3)"Herpes Simplex Virus Type 2 in the United States," *The New England Journal of Medicine*, October 16, 1997: 1105-1111.

"HIDDEN EPIDEMIC"

"The report ('the Hidden Epidemic: Confronting Sexually Transmitted Diseases') asserts that not only the public, but health professionals underestimate the scope, impact, and consequences of these diseases that account for 87% of all cases of the top ten reportable infectious diseases in this country."

"Fifty-six million Americans have been infected with an STD and 12 million are infected each year (3 million of them are teenagers). One in four sexually active teens is infected with an STD by age 20."

"Annually, STDs cost some \$10 billion (\$17 billion if we include HIV)."

("Hidden Epidemic," *Staying Current: Straight Talk About AIDS/STDs*, Spring 1997, *The Newsletter of AIDS Information Ministries*, A program of Teen Choices, Inc., p4)

“HIV/AIDS BECOMING YOUNG PERSON’S DISEASE”

“The ‘Making 1 Billion Count’ report cautions that there is now the biggest generation of adolescents in history – 1.2 billion of the world’s 6.3 billion population are between 10 and 19 – and many are facing deadly diseases, unwanted pregnancy and poverty.”

“HIV/AIDS has emerged as one of the greatest threats. Aside from the high infection rate, the epidemic also has orphaned 13 million children under age 15, the report said.”

(Jane Wardwell, “HIV/AIDS Becoming Young Person’s Disease,” Yahoo! News, October 8, 2003, <http://news.yahoo.com/news>)

“HIV/AIDS FABLES, FACTS AND THE FUTURE”

"Will Condoms Prevent STDs?"

"Chlamydia Infections at Rutgers University: Infection Rates were equivalent regardless of contraception method. Diaphragm and condom users had infection rates of 44% and 35% respectively, whereas those using no contraception or oral contraception had infection rates of 44% and 37% respectively.”

("HIV/AIDS Fables Facts and the Future," Videotape, 1995)

“HIV: ALL TEENAGERS MAY SOON NEED SCREENING FOR THE AIDS VIRUS”

“The Centers for Disease Control and Prevention has proposed that all teenagers beginning at age 13 be screened for HIV, the virus that causes AIDS.”

“About 25 percent of the estimated 1 million Americans currently infected with HIV don’t know it, says Kevin Fenton, director of the CDC’s National Center for HIV, STD and TB Prevention.”

“If you’re thinking at 13 is too young to be worried about HIV, think again. A 2005 CDC survey found that 47 percent of high school students have had sexual intercourse, and another study found that nearly half of all sexually transmitted diseases were contracted by young people between the ages of 15 and 24.”

(“All Teenagers May Soon Need Screening for the AIDS Virus,” *U.S. News & World Report* (September 4, 2006))

“HIV PREVENTION ACT OF 1997”

“As of June 1996, more than 343,000 Americans have died from AIDS and 548,102 are now living with the disease. Seven new HIV infections occur each hour (or 150 to 220 new cases each day), most of these being minority (57 percent black and 20 percent Hispanic) heterosexual women.”

“Despite new drug therapies which prolong the lives of people with AIDS, there is still no vaccine against HIV. The virus is spread through an exchange of body fluids, most often via sexual contact.”

“Babies are the most vulnerable victims, and about 6,000 babies are born to HIV-infected women every year.”

(RLM, “HIV Prevention Act of 1997” Washington Watch, March 14, 1997, Volume 8, Number 5, page 3)

“HIV ‘SUPERINFECTION’ EVIDENCE GROWING”

“Evidence is growing that ‘superinfection’ with more than one strain of HIV may be more common than previously thought, which could complicate efforts to make a vaccine, experts said at an international AIDS conference.”

“Scientist reported Monday three new cases of HIV-infected people who initially were doing well without drugs but became sick years later after contracting a second strain of the AIDS virus.”

“‘Superinfection is sobering,’ said Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, the chief U.S. AIDS research agency. He was not involved in the studies.”

“How common is it?”

“In another study, Dr. Harold Burger of Albany Medical College in Albany, New York, said genetic tests on a superinfected woman showed the two viruses mixed and produced a hybrid that took over from the original virus.”

“Although the development of a hybrid was not surprising – scientists estimate there are 14 mixed strains circulating – the report is the first documented case of two HIV strains, or subtypes, combining in one person to form a third strain.”

“‘The issue is can you get a vaccine that will cover all subtypes?’ said Dr. Anton Pozniak, an AIDS specialist at Chelsea and Westminster Hospital in London, who was not connected with the research.”

(“HIV ‘Superinfection’ Evidence Growing,” cnn.health.printthis.clickability.com/pt/cpt?action-cpt&expire=08%2F14%2F2003&... July 28, 2003)

“HPV-16 AMONG GAY AND BISEXUAL MEN”

“Genital human papillomavirus (HPV), of which there are multiple types, can lead to cervical, penile and anal cancer. HPV type 16 (HPV-16) is associated with 50 percent of all cervical cancer cases.”

"CDC released new research at the conference providing the first national data indicating the prevalence of HPV-16 among men who have sex with men (MSM). CDC researchers found that 38 percent of MSM in the United States are infected with HPV-16, nearly five times the prevalence in heterosexual men and twice that in women-eight percent and 19 percent, respectively."

("HPV-16 Among Gay and Bisexual Men," 2002 National STD Conference Media Release, March 5, 2002, <http://www.cdc.gov/std/media/2002ConfTrends.htm>)

"HUMAN PAPILOMA VIRUS (HPV) AND CERVICAL CANCER: AN UPDATE ON PREVENTION STRATEGIES SCRIPT"

"There is no curative treatment for genital HPV infection."

"It's estimated that at least 50 percent of sexually active women are infected with genital HPV at some point in their lives, and it's likely that comparable rates would be found in men...if there were good HPV testing methods available for men."

"Genital HPV infection is sexually transmitted infection, but it's not transmitted like many other STDs, which are passed from partner to partner through semen or other bodily fluids. Instead, it's transmitted through skin-to-skin contact."

"It can also be passed through oral-genital, manual-genital, and external genital, genital contact, although we believe these routes of transmission are much less efficient and thus, much less common than sexual intercourse."

"An estimated 1.4 million people have genital warts at any one time in the United States. That's about 1% of the sexually active population, making genital warts one of our most common STDs."

"CDC estimates that 15% of the population"

"-or about 20 million people"

"-currently have a detectable genital HPV infection, and an estimated 9.2 million sexually active adolescents and young adults 15 to 24 years of age are infected with genital HPV."

"An estimated 6.2 million new genital HPV infections occur each year."

("Human Papillomavirus (HPV) and Cervical Cancer: An Update on Prevention Strategies Script," August 2005: 1-6)

"HPV DNA TESTING"

"An international group of researchers has recently defined, in a fairly thorough manner, which of the more than 100 types of human papillomavirus (HPV) is high risk for cervical cancer (*N Engl J Med.* 2003;348:518-527). About 40 of the 100 types cause genital infections, and 18 of these 40 were

defined as being high risk. Not all types were equally common. Eight types—types 16, 18, 45, 31, 33, 52, 58, and 35—accounted for approximately 95% of the cervical cancer.”

“Fortunately, prevention of all types of HPV infection and consequent illness (warts or cancer) is possible through abstinence or sexual relations with a longterm mutually faithful monogamous uninfected partner.”

(“HPV DNA Testing,” The Medical Institute Advisory – A Quick Look at the Facts and Their Impact, March 26, 2003, www.medinstitute.org/medical/advisory/March%2026%202003.htm)

“HPV IS SILENT SERIAL KILLER OF YOUNG WOMEN”

“Although HPV is the number one killer of women between the ages of 15 and 35, most people are ignorant about the illness and its deadly potential.”

“HPV stands for Human Papilloma Virus. The disease has been directly linked to over 99 percent of cervical cancer cases. 5,000 women will die of cervical cancer this year, more than will die of HIV/AIDS.”

“Two thirds of the cases of HPV occur in people ages 15-24. At least one in three sexually active people are estimated to have contracted an STD. While bacterial STD’s like syphilis and gonorrhea can be successfully treated, viral STD’s, including HP, have no treatment.”

“Another study indicated that oral sex spreads the disease as well. With the recent popularity of oral sex among young teens, doctors are finding cases of HPV where the warts show up in teenagers’ throats.”

(“HPV is Silent Serial Killer of Young Women,” www.edailynews.info/articles/2003/08/21/news/opinion/op01.txt)

"I DON'T WANT TO LOSE THIS ONE, TOO"

"Recently Todd, an anxious 15-year-old male patient, presented to clinic with vague reproductive tract complaints. He was accompanied by his mother, who returned to the waiting room after the initial interview. His history gradually revealed a series of sexual encounters with a woman several years his senior. The sexual liaisons included other risks as well, including alcohol and substance use."

"The teen's anxiety resulted from an awareness that his behavior placed him at risk for HIV. He requested HIV testing. While discussing the testing and evaluation for other sexually transmitted infections, the boy began to cry."

"'I don't think that my Mom loves me,' he sobbed. 'Why do you say that?' I responded?" "She doesn't care where I go or who I'm with or if I come home at night. I don't have a curfew and she never asks what I'm doing."

(R. William Noble, III, MD, "I Don't Want to Lose This One, Too", Adolescent and Family Health Magazine, p98)

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“IT’S NOT REALLY SEX, RIGHT?”

- “Percentage of 15 to 19-year-old boys who have received oral sex:” 50%
- “Percentage of females who gave oral sex before they had sexual intercourse:” 57%
- “New genital-herpes cases that may be related to oral sex:” 15-20%
- “Women with gonorrhea who contracted the disease through a throat infection:” 10%

(Teen People, November)

(“It’s Not Really Sex, Right?” Youthworker, January/February 2002, p11)

“LESS COMMON HPV TYPES ASSOCIATED WITH CERVICAL CANCER RISK, STUDY SAYS”

“In addition to human papillomavirus types 16 and 18, 13 other HPV types should also be considered carcinogenic and three other HPV types should be considered ‘probably carcinogenic,’ according to a study published in today’s issue of the *New England Journal of Medicine*. Although previous studies have concluded that HPV types 16 and 18 can cause cervical cancer, the risk of cervical cancer associated with other types of HPV had not been determined. The *International Agency for Research on Cancer* Multicenter Cervical Cancer Study Group conducted 11 studies from 1985 to 1997 in nine countries, each of which had wide-ranging cervical cancer incidence rates. Participants complete risk factor surveys and underwent a pelvic exam that included two cervical scrapings for cytologic study

and detection of HPV DNA. Researchers found HPV DNA in 1,739 of the 1,918 patients with cervical cancer, compared to 259 of the 1,928 in the control group. the researchers found that almost 92% of those with HPV were infected with just one type of HPV, while 8% had more than one type; HPV type 16 was the most common. In addition, researchers found that cervical cancer is linked to 30 types of HPV, and the link with the less common types is just as strong as the link with HPV types 16 and 18.”

“Reaction”

“In an accompany NEJM perspective piece, Dr. Thomas Wright of Columbia University and Dr. Mark Schiffman of the *National Cancer Institute* write that the risk of cervical cancer linked with high-risk HPV is ‘even higher than the risk of lung cancer with smoking.’”

(“Less Common HPV Types Associated with Cervical Cancer Risk, Study Says,”
www.kaisernetwork.org/daily_reports/print_report.cfm?DR_ID=15905&dr_cat=2)

“MEDIA LEADERS COMMIT TO FIGHT AIDS IN EASTERN EUROPE AND CENTRAL ASIA”

“According to UNAIDS and the World Health Organization, as many as two- thirds of the 45 million new HIV infections projected to occur worldwide over the next decade could be averted with more effective prevention and public education efforts.”

“Countries of Eastern Europe and Central Asia have some of the highest rates of growth of new HIV infection in the world. The number of people living with HIV in the region rose from 890,000 in 2001 to 1.3 million in 2003 – almost a 50% increase in only two years. According to UNAIDS, HIV infections in the region continue to grow, primarily among young people under age 30. Misinformation leads to lack of understanding of the disease and methods of prevention as well to stigma and discrimination that block public discussion of the epidemic and the emergence of a national response to HIV/AIDS.”

(“Media Leaders Commit to Fight Aids in Eastern Europe and Central Asia,” Kaiser Family Foundation, October 27, 2004, www.kff.org/hiv/aids/phil102704nr.cfm?RenderForPrint=1)

“MEDICALLY SPEAKING – ORAL SEX AND STDs”

“Oral sex can be defined as contact of one person's mouth (active) with the genitals of another person (receptive)...”

“MEDICALLY SPEAKING – ORAL SEX AND STDs”

“Oral sex can be defined as contact of one person's mouth (active) with the genitals of another person (receptive). Although the practice of oral sex may not affect someone's virginal status in the traditional meaning of the term virgin (ie, someone who has not had penile-vaginal intercourse) oral sex is sex, and is not part of the repertoire of abstinent behavior. Oral sex is likewise neither ‘safe’ nor ‘safer’ sex. With the major exception of pregnancy,

the panoply of risks associated with the practice of oral sex roughly mirror those associated with penile-vaginal sex, though the magnitude of most risks appears to be lessened.”

“The practice of oral sex is fairly common among adult Americans. In a nationally representative survey of 18- to 59-year-olds conducted during the early 1990s, three fourths of respondents said that they had practiced oral sex at some point in their lifetime. One quarter (27%) of men and one fifth of women (19%) said that they participated in oral sex the last time that they had sex. Married men and women were somewhat less likely than their unmarried counterparts to engage in oral sex. African Americans were less likely than Hispanics and whites to practice oral sex.” (3)

“The practice of oral sex is similarly not uncommon among adolescents and young adults. A survey of 335 12- to 15-year-olds being seen in health maintenance organizations in the Washington, DC area from 1994-1997 revealed that almost one in five had practiced oral sex, and one quarter of those who had practiced oral sex had never had vaginal intercourse. (4) In a separate study of 545 slightly older students – 10th-12th graders – 84% (198/237) of the nonvirgins and 20% (60/308) of the virgins had participated in oral sex. (5) High school students in Los Angeles County who consumed alcohol or used recreational drugs were three times more likely than nonusers to engage in oral sex. (6) The National Survey of Adolescent Males targets a representative sample of 15- to 19-year-old US males. Overall, half (49%) of the 1995 participants said that they had participated in oral sex –including three fourths of the nonvirgins and one fifth of the virgins. (7)

College students are particularly likely to have engaged in oral sex. Though by no means a representative study, of more than 300 sexually active students who volunteered to fill out a questionnaire in class, 86-87% had practiced oral sex. (8) Despite the widespread practice of oral sex on college campuses, confusion exists about whether oral sex is sex. In 1994-1995, 1/3 (37%) of 1,101 southern college freshman and sophomores described oral intercourse as abstinent behavior.” (9)

“Chlamydial Infection”

“With four to five million cases of chlamydial infections reported yearly in the US, chlamydial infections are the most commonly reported conditions in the US. Although authorities estimate that almost 90 million occur worldwide annually, it wasn't until the early 1970s that practitioners were able to distinguish the genital manifestations of chlamydia from those of gonorrhea. (19) Chlamydial infection, caused by *Chlamydia trachomatis*, can extend from the urethra to the epididymis and from the cervix to the uterine lining and fallopian tubes. Despite the extent of the tissue involvement, a significant proportion of infections in both males (20-30%) and females (70%) result in no symptoms.”

“Chlamydial infections can be transmitted both sexually and from mother to infant during the birth process. Because the focus of infection in the female is the cervix and endocervix rather than the vagina, female to male transmission is less efficient than male to female transmission. Immunity following infection is minimal and reinfection is common. However some immunity may develop with repeated infections.”

“Chlamydia appears to cause one third to one half of all urethritis in men, 50-80% of mucopurulent cervicitis (ie, cervix with pus), and 10-40% of pelvic inflammatory disease. Though better data are needed, approximately 20% of women with chlamydial infections develop PID; 4% develop chronic

pelvic pain; 3%, infertility; and 2%, adverse pregnancy outcomes (such as ectopic/tubal pregnancies).” (20)

“In one of the few studies to address the issue of whether oral sex poses a risk for chlamydial infection, throat cultures were performed on 706 male and 626 female STD patients. 3.7% of the men and 3.2% of the women had throat cultures positive for Chlamydia; women who practiced oral sex were three times as likely as those who did not to be culture positive ($p = 0.01$).” (21)

“Chancroid, Granuloma Inguinale, Lymphogranuloma Venereum, Bacterial Vaginosis, And Trichomoniasis”

“There are a handful of case reports to suggest that chancroid – an ulcerative sexually transmitted disease common in developing countries – can be transmitted through oral sex. In contrast, there is little to no evidence to suggest that bacterial vaginosis, granuloma inguinale, lymphogranuloma venereum, or trichomoniasis can be transmitted through oral sex.” (2)

“Candidiasis”

“Vulvovaginal candidiasis (yeast) infections were described in Greek writings and were linked to a fungal cause in the late 1800s. (22) Most women (75%) have at least one yeast infection during their lifetime and about half of these have two or more. (22) However not every woman with yeast in her genital (or gastrointestinal) tract is symptomatic; many women, particularly during pregnancy, may have candida without any symptoms. Natural immunity is cellular; antibodies offer no protection. Not unexpectedly, women with conditions that interfere with cellular immunity –such as diabetes, chemotherapy, or HIV infection – are at increased risk for recurrent vulvovaginal yeast infections.”

“Although the vast majority of candidal infections are not sexually transmitted, candida can be present in the male genital tract, and can contribute to recurrent infection in the female partner.” (23,24)

“There is some evidence that receptive oral sex in females increases the risk of vulvovaginal candidal infections, including recurrent infections. Female university students with culture-proven yeast infections were three and a half times as likely as their counterparts to have recently had receptive oral sex. (25) In a cohort of women with repeated (ie, median 6) yeast infections, regular oral sex and recent oral sex were significantly associated with infection (odds ratio (OR) 2.4, 95% confidence interval (CI) 1.5 -4.0 and OR 3.1, CI 1.5 -6.8).” (26)

“Herpes 1 & 2”

“Herpes (Greek for ‘to creep’) infections have been recognized for more than 2,500 years. Although the infectious nature of the lesions was shown in the 1920s in both human and animal experiments, it wasn't until the 1960s that German and American researchers parsed the virus into two types, herpes simplex 1 (HSV-1) and herpes simplex 2 (HSV-2). (27) With the advent of laboratory tests, HSV-1 was shown to usually be associated with oral lesions (ie, cold sores), while HSV-2 was generally associated with genital lesions. (28) However, HSV-2 can cause oral lesions and HSV-1 can cause genital lesions. Up to 50% of genital infections that are newly acquired late in pregnancy (ie, primary) cause herpes infection in the newborn; far fewer (ie, 4-5%) recurrent infections result in neonatal infection.” (29)

“Following primary infection (which may be either symptomatic or asymptomatic), both herpes viruses travel up nearby peripheral nerves to nerve roots located in the spinal cord, where they reside in a dormant state until temporarily reactivated. Reactivation, like the initial infection, can be either symptomatic or asymptomatic (ie, lacking symptoms), and is accompanied by mucosal shedding of infectious viral particles. Most persons with newly acquired genital herpes will experience a recurrence (reactivation) during the first year following initial infection; however, recurrences during the first year are more common with HSV-2 than with HSV-1 (90% vs. 60%). (30) Transmission to a susceptible partner most commonly occurs during asymptomatic shedding.”

“Serosurveys (blood tests for evidence of past or current infection) suggest that HSV-1 is extremely common and varies by socioeconomic standing: 30-50% of middle-aged adults of high socioeconomic standing have evidence of infection with HSV-1 and 80-100% of persons with less wealth have evidence of infection. (31) The proportion of adults infected with HSV-2 has changed dramatically over the last three decades: US visits for new genital infection increased 10-fold from 1970 to 1995 – from approximately 17,000 to 160,000 per 100,000 population. (32) Evidence of infection also varies by sex and ethnicity, with females being more likely than males, and African Americans more likely than whites, to have evidence of infection. National serosurveys suggest that over 20% of the adult population in the US has evidence of HSV-2 infection.” (33)

“The practice of oral sex appears to be changing who has what type of herpes. Persons performing oral sex can transmit either HSV-1 or HSV-2 to susceptible (ie, nonimmune) partners if they are shedding virus. Conversely, persons performing oral sex may be exposed to either HSV-1 or HSV-2 if their partner is shedding and they are susceptible. New infections acquired in this manner may be either genital or oral/pharyngeal. Of STD clinic attendees in Seattle with positive HSV cultures, those who had experienced receptive oral sex during the preceding two months were 3 times more likely (OR 2.8, 95% CI 1.9-4.3) to have HSV-1 than HSV-2 infections. (34) Similar findings were observed in persons presenting with first episodes of genital herpes in Sweden. Of HSV culture-positive persons who provided a history of sex practices, a history of oral sex was provided by 25/26 (96%) with HSV-1 and 8/14 (57%) with HSV-2. (35) In some places, new HSV-1 genital infections now outnumber new HSV-2 infections. On one midwestern campus HSV-1 accounted for 29% of new genital herpes infections in 1993, but 78% in 2001. (36) Of almost 500 persons belonging to a family practice who answered a questionnaire about sexual practices, the only significant predictor of HSV-2 infection in female minority patients was a history of oral sex. (37) Throat infections with newly acquired herpes are common, (38) are usually symptomatic, and can cause serious morbidity. A more than fourfold increase in the antibody titer (1:128 to 1:4096) to HSV-2 was observed in a patient hospitalized for pharyngitis of sufficient severity to threaten his airway; the patient gave a history of oral sex with a receptive female partner.” (39)

“Human Papillomavirus”

“Of the more than 100 human papillomaviruses, approximately 35 cause human genital infections. However the clinical manifestations tend to vary by type. HPV 6 and 11 are usually associated with genital warts, and HPV 16, 18, 31, and 45 are typically associated with cancers of the genital tract (eg, cervix, anus). Genital warts were described in the first century AD and attributed to a viral etiology in the early 1900s, but it wasn’t until the last few decades of the 20th century that the relationships between papillomaviruses and the genital tract and anal cancers were confirmed.” (40)

“Microtrauma (tiny tears) during sex allows the virus to enter the skin or mucosa of the genital tract.” (41)

“Papillomavirus infections are exceedingly common and often (70%) go unrecognized. Current evidence suggests that more than half of sexually active adults are infected with one or more papillomaviruses. (42) And a significant proportion of these are infected with HPV 16. In one nationally representative study (ie, NHANES) from the early 1990s, 13% of all persons in the US had antibodies (ie, evidence of past infection) against HPV 16 in their blood – 12.5% of whites, 19.1% of African Americans, and 8.9% of Hispanics. (43) As the authors point out, since less than 60% of infected persons actually develop antibodies, this is an underestimate of the true proportion of infected persons. More recently, 21% (510/2,392) of 16- to 23-year-old females in university towns were excluded from an HPV vaccine trial because they had serologic evidence of prior HPV 16 infection.” (44)

“There is some suggestion that oral sex may be linked to adult onset respiratory papillomatosis (a condition most commonly associated with HPV 6 or 11 that manifests as hoarseness and is typically treated with a laser), asymptomatic oral papillomavirus, and oncogenic HPV strains of the cervix. Adults with recurrent respiratory papillomatosis (secondary to HPV) were significantly more likely than controls to practice oral sex. (45) Almost all (99/101) patients with genital condyloma gave a history of practicing oral sex but none complained of oral symptoms. Oral papillomavirus was suspected by visual inspection in 8 and by culposcopy in 46; HPV DNA was identified in all 8 of the visually identified lesions and in 38 of the culposcopically identified lesions. (46) Among Canadian university students presenting for routine Pap smears, women with 4 to 9 and 10 or more lifetime oral sex partners were significantly more likely than those with 0-3 lifetime oral sex partners to be infected with HPV types associated with cancer (multivariate OR 2.4, CI 1.1-5.3 and OR 4.6, CI 1.3-16.9, respectively).” (47)

“Nonchlamydial nongonococcal urethritis”

“Urethritis (urethral inflammation) is usually divided into gonococcal, chlamydial, and Chlamydia-negative nongonococcal urethritis (nonchlamydial NGU). Although white cells are usually present in the urine with urethritis, symptoms may be absent. Oral sex appears to be a risk factor for nonchlamydial NGU. In one study of men who have sex with men attending an STD clinic, 15.6% had nonchlamydial NGU. Men who practiced receptive (insertive) oral sex were twice as likely as other men to have nonchlamydial NGU (multivariate OR 2.2, CI 1.3-3.7). (48) Similar findings were observed for urethritis patients attending an STD clinic in Seville. Even after adjusting for homosexuality, men who practiced receptive (insertive) oral sex were almost 9 times (OR 8.8, CI 2.2-35.4) as likely as those who did not to have nonchlamydial (and Ureaplasma-negative) NGU.” (49)

“In the early 1980s human immunodeficiency virus (HIV) was identified as the necessary but not causal agent underlying mysterious increases in Pneumocystis carinii pneumonia and Kaposi's sarcoma in homosexual males. Two decades later, approximately 900,000 Americans have been infected with HIV and more than a half a million have died from acquired immunodeficiency syndrome (AIDS), the illness resulting from HIV infection. (50) Authorities estimate that 20 million have died worldwide since the beginning of the epidemic and that 5 million are infected annually, 800,000 of them children. (51) Three modes of transmission have been elucidated: bloodborne, sexual, and mother-to-child.”

“From the late 1980s to the mid-1990s numerous case reports, published primarily as letters to the editor, suggested that HIV could be transmitted through oral sex. Rozenbaum and colleagues reported 5 homosexual men with new HIV infections whose only sexual activity was oral sex. (52) Spitzer and Weiner reported a 60 year-old diabetic male with erectile dysfunction and new onset HIV infection. His only sexual contact besides his HIV (-) wife was a single prostitute whom he visited over a two-year period; only receptive and active oral sex was performed during these liaisons. (53) Chin and Samarasinghe reported two homosexual men with new HIV cases. Both reported receptive oral intercourse with multiple partners but no anal intercourse without condoms. Both had histories of allergic sore throats. (54) Additionally one study of hemophiliac couples was somewhat suggestive that oral sex was a possible route of transmission for HIV. In a study of 21 couples in which the hemophiliac male partner was HIVinfected, 4 female partners were found to be HIV (+). Compared to couples in which the female partner remained HIV (-), couples in which both partners were HIV (+) were more likely to have engaged in oral sex (2/4 vs.1/16 p 0.08).” (55)

“In 1996 an animal study showed that oral transmission of simian immunodeficiency virus (SIV), a virus closely related to HIV, was possible. In this study, a majority of monkeys were infected at a lower oral than rectal (nontraumatic) dose.” (56)

“Since then a number of studies have addressed HIV risk from oral sex; and a few have attempted to determine the proportion of new cases attributable to oral sex. Of 12 patients with newly acquired HIV infections who could specify sex practices in the month before illness, 4 recalled only oral sex. 3 of 4 practiced both active and receptive oral sex, and 1 only receptive oral sex. (57) In a letter to the editor, Wallace and colleagues describe crack use and oral sex as risk factors for HIV acquisition in non-IV drug-using female sex workers in New York. 21.5% of the workers who performed mostly oral sex were HIV (+) compared to 15% of those who performed mostly vaginal sex. Sex workers whose clients always used condoms when the worker performed oral sex were somewhat less likely than those whose clients used condoms inconsistently to be HIV (+) (14.7% vs. 25.4%). (58) More than 2,000 high-risk, HIV (-) homosexual and bisexual men were followed over time during the early 1990s. The per-contact risk of receptive oral sex with an HIV (+) or HIV (unknown) partner was estimated to be 0.04% (4 per 10,000). (59) Recent estimates of the proportion of new HIV cases attributable to oral sex range from less than 1% (60) to 7%.” (61)

“Syphilis”

“First termed syphilis in a 1530 poem about afflicted shepherds, the rampant and severe nature of syphilis in the late 15th century had earlier earned it the moniker the ‘Great Pox.’ Syphilis remained a scourge for centuries to follow, and was exceedingly common across all social strata until the discovery of penicillin. During the preantibiotic era of the early 20th century, 5-10% of autopsies revealed evidence of syphilis, and up to one fourth of persons of low socioeconomic standing were infected.” (10)

“Unlike many STDs that cause primarily genital tract infections, syphilis is a systemic (widespread) infection that progresses (if untreated) through typical stages – primary, secondary, latent, and tertiary. Usual symptoms of primary syphilis are a painless ulcer accompanied by lymph node enlargement; the ulcer heals without treatment. About 30% of persons exposed to a partner with a syphilitic lesion will become infected and go on to manifest symptoms of primary syphilis an average of three weeks (range

10-90 days) after exposure. Secondary syphilis causes a flu-like illness accompanied by enlarged lymph nodes and a rash that may go unnoticed. Symptoms are absent during latent syphilis. Tertiary syphilis can affect the nervous system (causing dementia), the cardiovascular system, and soft tissue or bone. Transmission from an infected mother to her infant can also occur during pregnancy and result in congenital syphilis.” (10)

“The number of reported syphilis cases decreased 100-fold from 1946 to 2000, from approximately 600,000 cases to just under 6,000. Although an almost 90% reduction was observed from 1990 to 2000, rates began going up in 2001. Women aged 20-24 and men aged 35-39 are most likely to be affected, and rates are highest in African Americans and in persons living in the southeast.” (11)

“Oral sex appears to have been an important mode of syphilis transmission in numerous recent outbreaks. Twenty-three of 27 men infected with syphilis in a recent outbreak gave a history of sex with men. Taken together, the 23 estimated that they had had more than 1,400 partners during the previous year, 90% of whom were anonymous. Though not recognized as a risky sexual practice by the infected men, oral sex was the most common sexual practice mentioned. (12) In another outbreak, 28 of 30 syphilis cases in an English town over a roughly two-year period were men who had sex with men. The men in this outbreak reported far fewer sexual partners than those in the previously mentioned outbreak – a median of 3 in 6 months. One third (11/30) of infected persons listed oral sex as their only route of acquisition. (13) In a third recent outbreak, 39 of 41 reported syphilis cases were men who had sex with men; 19 of the 41 gave a history of only oral sex.” (14)

“Gonorrhea”

“Although the ancient Chinese, Egyptians, Hebrews, Romans, and Greeks recognized the symptoms of gonorrhea (Greek, ‘flow of see’) in men, it was a few thousand years before the male and female symptoms were linked. The bacterium *Neisseria gonorrhoea* usually infects ‘noncornified’ skin such as occurs in the urethra, vagina, rectum, mouth, and eye, although not all infections result in symptoms. The overwhelming majority of gonorrhea is sexually transmitted, and mother-to-child transmission can occur during the birth process.” (15)

“More than 360,000 cases of gonorrhea were reported to health authorities in the US in 2001, or approximately 130 per 100,000 population. Nationwide, gonorrhea rates generally declined from the mid-1970s through 1997, and have increased slightly since then. Risk, however, varies considerably by age; 15- to 19-year-old women and 20- to 24-year-old men have extremely high rates (703 and 563 per 100,000 respectively for 2001).” (16)

“Like its cousin *Neisseria meningitides*, *Neisseria gonorrhoea* survives well in the oropharynx (ie, mouth and throat). Although most (90%) pharyngeal (throat) infections cause no symptoms, a sore throat with or without fever and enlarged lymph nodes can accompany infection. Pharyngeal infections resulting from oral sex are quite common, and appear to be more efficiently transmitted from infected male (receptive) to susceptible female (active) than from infected female (receptive) to susceptible male (active). Data also exist to suggest that infected active partners can transmit gonorrhea to susceptible receptive male partners. From 3-7% of heterosexual men, 10-20% of heterosexual women, and 10-25% of homosexual men infected with gonorrhea have pharyngeal infections. (17) Of 1,453 STD patients who had throat cultures for gonorrhea, 42 (2.9%) were positive; all 42 gave a history of oral sex. Eleven of the 42 were heterosexual males lacking a recent history of penile-vaginal sex, but who had performed oral sex on their female partners. Thirty-five of the 42

were asymptomatic, and 7 had symptoms. All 7 of the patients with sore throat had performed oral sex on a (receptive) male partner.” (18)

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"MORE TEENS HAVE CHLAMYDIA"

"More teens have chlamydia, a disease that is a common cause of infertility in women, than any other age group. At least 10 percent of all sexually active teens are infected with this disease. Chlamydia is a common cause of pelvic inflammatory disease (PID)."

(Source: Centers for Disease Control and Prevention. (1996, September). Sexually Transmitted Disease Surveillance 1995. Morbidity and Mortality Weekly Report, 45 (53))

“MY BOYFRIEND HAS HERPES. WHAT SHOULD I DO?”

“A quarter of U.S. adults over 18 are infected with genitals herpes, also known as herpes 2. But 90 percent of them don’t even know they are infected.”

“Studies that tested for the silent presence of the virus on genitals have shown that a person with genital herpes sheds the virus about 15 percent of the time. Half the shedding occurs just before, during or after an outbreak, but half occurs completely at random.”

“Even if the couple avoids intercourse during outbreaks, the approximate rate of transmission is 10 percent a year (if the man is affected) or 4 percent a year (if the woman is affected). In other words, in one year, 10 percent of women and 4 percent of men will get herpes if their mate has it.”

“Regular condom use can reduce these transmission rates by about 50 percent.”

(Dr. Judith Reichman, “My Boyfriend has Herpes. What Should I do?” The ‘Today’ show's medical contributor on women's health, has practiced obstetrics and gynecology for more than 20 years. You will find many answers to your questions in her latest book, "Slow Your Clock Down: The Complete Guide to a Healthy, Younger You," published by William Morrow, a division of [HarperCollins](#). October 11, 2004, <http://www.msnbc.msn.com/id/6227063>)

“NEW STUDY: HALF OF YOUNG PEOPLE WILL CONTRACT STD’S”

“Released by the Alan Guttmacher Institute (AGI), the study revealed that, by age 25, half of all American youth will have contracted an STD. The report was published in Perspectives on Sexual and Reproductive Health.”

“The data used in the study came from the U.S. Centers for Disease control and Prevention (CDC), and the numbers are staggering. Out of the approximately 18.9 million new STD infections reported to the CDC in 2000, 9.1 million were found in young people ages 15 to 24.”

“Moreover, the study said, while that age group represents only 25% of the sexually experienced population who are age 15-44 ‘young people acquire nearly one-half of all new STDs.’”

“The lifetime medical costs for treating these STDs – just among the 15 to 24 age group – was \$6.5 billion.”

(Ed Vitalgiano, “New Study: Half of Young People Will Contract STDs,” Agape Press, May 13, 2004)

“NUMBER OF PEOPLE WITH HIV DOUBLED IN PAST DECADE, U.N. FINDS”

“Johannesburg, Nov. 21 – The number of people infected with the virus that causes AIDS has doubled in the past decade to 40 million, and there is no end in sight as the pandemic continues to outpace efforts to prevent new infections and treat those already sick, according to a new U.N. report released Monday.”

(Craig Timberg, “Number of People With HIV Doubled in Past Decade, U.N. Finds,” The Washington Post, November 2005)

“PERCEIVED RISK OF CHLAMYDIA AND GONOCOCCAL INFECTION AMONG SEXUALLY EXPERIENCED YOUNG ADULTS IN THE UNITED STATES”

“*Chlamydia trachomatis* causes the most common bacterial sexually transmitted disease (STD) in the United States.¹ Five percent of U.S. women aged 18–26 and 4% of men that age have chlamydia; prevalences are elevated among black women (14%), black men (11%) and Hispanic men (7%) in this age group.² In comparison, the overall prevalence of gonococcal infection is low (0.4%), but is elevated among blacks (2%).

These results, from Wave 3 of the National Longitudinal Study of Adolescent Health (Add Health), are consistent with findings from a growing literature that has documented wide racial disparities in rates of HIV and other STDs.³”

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(By Carol A. Ford, James Jaccard, Susan G. Millstein, Philip E. Bardsley and William C. Miller, “Perceived Risk of Chlamydia and Gonococcal Infection Among Sexually Experienced Young Adults in the United States,” Guttmacher Institute, Perspectives on Sexual and Reproductive Health, Volume 36, Number 6, November/December 2004)

“QUICK FACTS”

“Human Papillomavirus (HPV) – Genital Warts”

“It is estimated that 75-80% of all sexually active adults will be infected with HPV at some point in their lives.”

“Consequences & Effects:”

“In rare instances, certain strains of HPV can develop into cervical cancer. Of the 20 million Americans currently infected with HPV, only about 12,200 – or .06% -- will develop cervical cancer.”

(“Quick Facts,” National Coalition of STD Directors, www.ncsddc.org/genital%20warts.htm)

“QUICK FACTS”

- “1 out of 4 people in the United States will contract a sexually transmitted disease (STD) by the time they reach adulthood.”
- “The Human PapillomaVirus (HPV), which causes genital warts and can lead to cervical cancer, infects nearly 20 million American men and women, and 5.5 million new cases are reported each year.”
- “An estimated 900,000 Americans may be infected by the HIV/AIDS virus, which strikes an estimated 45,000 more every year, about half of them through sexual contact.”

(“Quick Facts,” National Coalition of STD Directors, February 11, 2004, www.ncsddc.org/quickfacts.htm)

“QUICKFACTS”

“Chlamydia”

“Chlamydia is the number one bacterial sexually transmitted disease in the United States, with an estimated 3 million new cases occurring each year. Chlamydia is often referred to as the ‘silent epidemic’ because 75% of women and 50% of men with this disease have no symptoms. Transmitted through vaginal and anal sex, Chlamydia can be cured with antibiotics.”

(“Quick Facts,” National Coalition of STD Directors, www.ncsddc.org/chlamydia.htm)

“RISK OF INFECTION NOT REDUCED ENOUGH”

“More than 15 million new cases of sexually transmitted disease occur every year in the United States. One-fourth of these infections occur in teens, and two-thirds occur in individuals less than 25 years of age.”

“Thirty years ago, there only two significant STD’s – syphilis and gonorrhea – and both could be treated with penicillin. Today, there are more than 25 STDs, many of which are viral with no cure.”

“Human papillomavirus, or HPV, for example, is most common viral STD. It causes nearly all abnormal Pap smears and more than 90 percent of cervical cancer, which, in 2001, killed an estimated 4,100 women in the country.”

“Condoms, if used correctly and 100 percent of the time can provide significant risk reduction for HIV. For HPV, the answer appears to be no, condoms do not provide risk reduction.”

(“Risk of Infection Not Reduced Enough,” www.ajc.com/opinion/content/opinion/0803/22equal.html)

“EDITORIAL: SCARIER THAN WE THOUGHT FOR TEENS”

“The study, published in the Journal of the American Medical Association, tested a sample of Baltimore residents ages 18 to 35 for gonorrhea and chlamydia. The researchers found that, based on the number of positive tests for sexually transmitted diseases (STD) in the people tested, that the true rate of STD infection in Baltimore almost surely substantially exceeds the number of individuals found to be infected by testing.”

“What we know about infection rates among our young people is scary enough. There are 25 significant STDs today, as opposed to two in 1960. In the 1970s, one adolescent in 47 contracted a STD. Today, that figure is one in four. About 15 million new STD infections occur each year in America – 25 percent are in people younger than 20. A recent study of 18 to 22-year-old sexually active women showed 50 percent were infected with human papillomavirus (HPV) at some time during the three-year study period. Therefore, a sexually transmitted disease (HPV) is responsible for more than 99 percent of cervical cancers and nearly all abnormal Pap smears.”

“Along with the Baltimore study, the Journal of the American Medical Association published an editorial by J. Dennis Fortenberry of the University of Indiana Medical School. He says it’s time for routine school-based urine testing for STDs. Well, that’s an appropriate response if our only concern is to find out how many young lives have already been damaged.”

“But the clear and compelling lesson of the Baltimore study is prevention – how do we protect our young people? The answer is to tell them the truth, to tell them that ‘safe sex’ as an unmarried teen or young adult simply doesn’t exist. Our current public health approach to STDs is based on the belief that condoms will keep kids safe enough. But that’s not what the National Institutes of Health found when it convened a panel to explore the scientific evidence determining whether male latex condoms are effective in preventing STDs.”

(Joe S. McIlhaney, Jr., M.D., “Scarier Than We Thought for Teens,” www.medinstitute.org/media/Scarier.htm)

“SCIENTISTS SAY SEX THE MAIN SOURCE OF HIV IN AFRICA”

“Despite recent theories that the AIDS epidemic in some African countries arose from unsafe medical injections and blood transfusions, scientists said Wednesday that the pattern of the disease matches more closely with one primarily spread by unprotected sex.”

“The majority of Africans with HIV live in South Africa, the authors note. In the case of that country, the incidence of HIV among adults has increased from less than one percent in 1990 to almost 25 percent in 2000.”

("Scientist Say Sex the Main Source of HIV in Africa," Reuters, April 16, 2003, Source: Nature 2003;422:679, www.reuters.com/printerFriendlyPopup.jhtml?type=healthNews&storyID=2579688)

"SEX AND RICHMOND – THE NEWEST STD VILLAIN? HPV"

"This year Rita got a call from her doctor, who told her that her Pap smear was abnormal. She was diagnosed with HPV (human papillomavirus). Independent of lifestyle, race and gender, more than one million Americans test positive for HPV yearly, making the virus the fastest-spreading STD in the land. With no symptoms, Rita became one of the more than 50 percent of college students who have been exposed to the virus."

"HPV is known as the 'silent disease' because condoms don't necessarily protect you from it," said Connie Garman, clinical research coordinator for Virginia Women's Center at St. Mary's Hospital. "If the body parts are touched, even if there is no actual intercourse, the virus can be spread. Men don't normally have symptoms."

"There are 100 subtypes of HPV," Garman said. "We are looking to protect women from strands 6, 11, 16, and 18. Those are the strands that have been proven to cause cervical cancer."

("Sex and Richmond – The Newest STD Villain? HPV?" www.richmond.com/health/output.cfm?ID=2578092&vertical=Health, Thursday August 7, 2003)

"SEXSMARTS – SEXUALLY TRANSMITTED DISEASE"

"STDs are more prevalent among teens than among adults, with about one fourth of all new cases occurring among 15-19 year olds..."

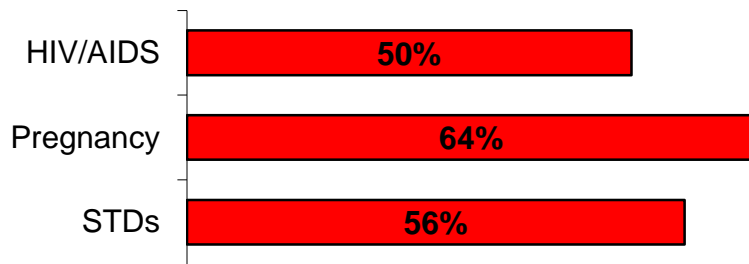
"SEXSMARTS – SEXUALLY TRANSMITTED DISEASE"

"STDs are more prevalent among teens than among adults, with about one fourth of all new cases occurring among 15-19 year olds.(1) And these statistics are hitting close to home. One out of five teens know someone with an STD. Even so, many underestimate their own risk for becoming infected with an STD (including HIV/AIDS), thinking it can't happen to them."

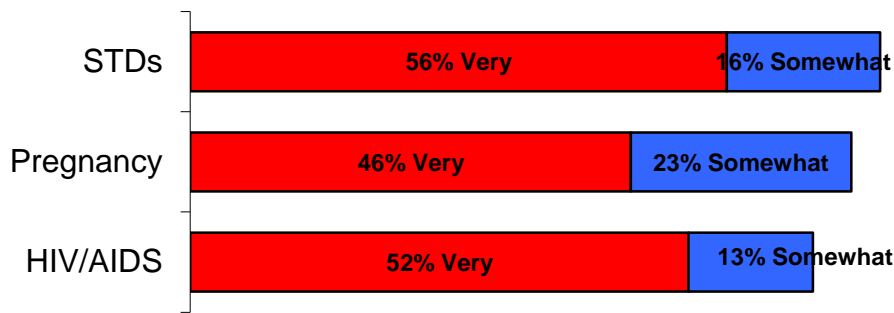
"Perceptions of Risk"

"Half of teens aged 12-17 say that STDs (including HIV/AIDS) are a big problem facing their generation today. Among sexually active 15-17 year olds, more than two thirds are personally worried about becoming infected with HIV/AIDS, and other STDs, like herpes or gonorrhea (Figure 1). Twenty percent of all teens surveyed know someone who has had an STD, and one in ten knows someone who is HIV positive. Among those teens who are sexually active, the numbers are even higher, with half saying they know someone with an STD."

Figure 1. Teen Concerns About Sexual Health
Percent of 12-17 year olds who say the following are
big problems facing people their age:



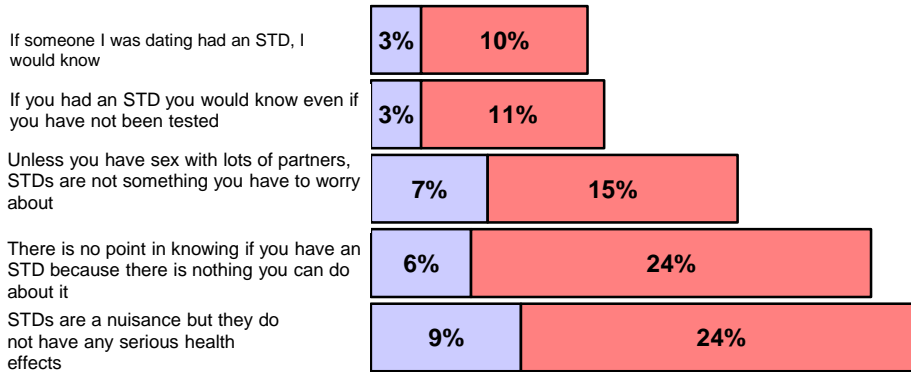
Percent of sexually active 15-17 year olds who say they are
personally concerned about getting an STD, HIV/AIDS or
becoming pregnant:



“Myths and Facts”

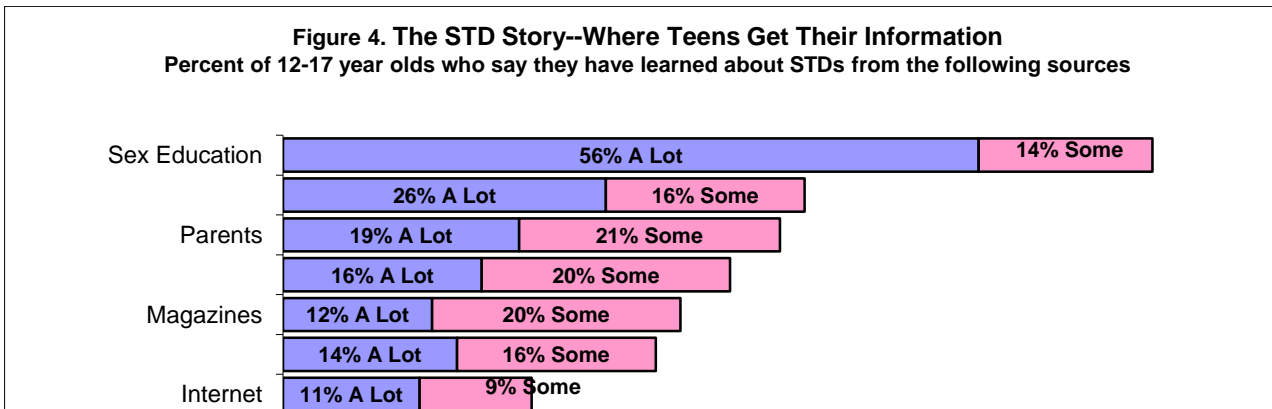
“Most people with an STD don’t know they have one because they don’t experience symptoms, and because so few people are screened. (3) Nonetheless, almost a third of teens think that they would ‘know’ if they had an STD – even if they weren’t tested. And many feel the same way about their partners—a third said they would know if someone they were dating had an STD (Figure 2). One out of five agrees that you don’t need to worry about STDs unless you have sex with ‘a lot of partners,’ and one out of four either doesn’t know or doesn’t believe you are at risk when you have oral sex (26%). Almost 1 in 5 doesn’t know or doesn’t believe that most people who have an STD don’t know it themselves. (28%).”

Figure 2. STD Myths
Percent of 12-17 year olds who agree with the following statements



“Even among those who have had sex, many don’t have the facts. More than one in ten thinks they are only vulnerable to STDs if they have had several partners (13%), one in five believes that they would know if they had an STD—even if they had never been tested (22%). Nearly the same number doesn’t know that a person can spread an STD even if they aren’t experiencing any symptoms (18%).”

Figure 4. The STD Story--Where Teens Get Their Information
Percent of 12-17 year olds who say they have learned about STDs from the following sources



“(1) Donovan, P., “Testing Positive: Sexually Transmitted Disease and the Public Health Response.” 1993, New York, NY. The Alan Guttmacher Institute”

“(3) American Social Health Association”

“(Sexually Transmitted Diseases,” SexSmarts – A Public Information Partnership, The Henry J. Kaiser Family Foundation & Seventeen, August 2001)

“SEXUAL HEALTH UPDATE – SUMMER 1999”

“Chlamydia is a sexually transmitted disease. It is passed from person to person through intimate sexual contact. It has a special affinity for teenage girls and infects them more than any other group in our society.” (1)

“Chlamydia is dangerous. It can cause adolescent girls, as well as adult women, to become infertile. If any fertile female acquires this disease from having sex with her infected partner, she runs the risk of never being able to get pregnant in the future.”

“The problems associated with chlamydia were a major factor in the decision I (Dr. Joe McIlhane, Jr.) made four years ago to leave my busy gynecology/infertility practice (of 28 years) at the peak of my career. Chlamydia is the most common cause of pelvic inflammatory disease (PID), and PID is the infection that causes one-third of women who are infertile to be so. I began to realize that most of my patients had never been told about the enormous threat this disease can be to their future fertility. Unfortunately, this sexually transmitted disease (STD) often affects women in their teenage years when they least suspect a problem that could affect the future course of their lives. Many of these women may never have their own biological child.”

“The pain I saw in the lives of so many couples motivated me to dedicate the rest of my professional career to educating people about this and other health problems associated with risky sexual behavior. As a physician, it’s my desire to help people have the best chance for a future full of health, hope and happiness. Chlamydia trachomatis is one of the biggest threats to a healthy future for many women.”

“Sexually transmitted chlamydia refers to infections caused by Chlamydia trachomatis. It is categorized as a bacteria; however, this organism has some characteristics that are similar to viruses.”

“Chlamydia has a strong affinity for young women. The cervix of the adolescent female is covered with ectropion (a normal but immature type of tissue that is vulnerable to infection). Chlamydia flourishes well in this tissue. As females mature, the ectropion is replaced by a tissue that is more resistant to infection from sexually transmitted disease.” (4)

“Studies to discern the rate of infection from chlamydia in certain populations of sexually active adolescents and young women have found rates varying from 10 to nearly 30 percent. (7) These studies and the CDC data are just the tip of the iceberg. The best estimates suggest that between 3-5 million Americans become infected with chlamydia each year.” (8)

“Up to 40 percent of women infected with chlamydia will develop pelvic inflammatory disease (PID). (11) Approximately two-thirds of all PID does not get treated, because patients have no symptoms and therefore do not know they are infected. (12) Chlamydia, therefore, may infect a woman’s reproductive organs and cause infertility without her knowing she has a problem until years later when she attempts to become pregnant.”

“Chlamydia infection can travel up the female reproductive tract and can infect, scar and damage the ovaries, fallopian tubes, other organs and the lining of the abdominal cavity. This is known as PID. At least one million women experience PID annually, and approximately 180,000 are hospitalized each year. (13) An estimated 100,000 women become infertile each year, because of damage to their fallopian tubes from this infection.” (14)

“The incidence of ectopic pregnancies has increased 400 percent in the past two decades. (16) About 18-23 percent of women who develop PID will continue to have pelvic pain after treatment for their infection. (17) The pain can last for years. It can cause intercourse to be painful and can interfere with normal activities to the extent that a hysterectomy may be necessary for a normal, pain-free life.”

“In addition to the problem chlamydia causes for women, chlamydial eye infections (trachoma) are a special concern for a child born to a woman with chlamydia, because it can be passed to the newborn during delivery. If the baby is not treated soon, the infection can result in blindness.”

“Though this problem is not commonly seen in the United States, it is quite prevalent in developing countries. In fact, chlamydia is the second leading cause of blindness worldwide.” (19)

“There is growing concern about a connection between chlamydia and heart disease. (20) When infected with a disease, an individual’s immune system will mount a defense that includes developing anti-bodies to that specific disease. These antibodies attack and attempt to destroy the invading organism. Apparently, the antibodies designed to attack chlamydia also react to the protein that makes up the heart muscle. Over time the antibodies can cause inflammatory heart disease.”

“Whether chlamydia actually is a common cause of heart disease is still being investigated. However, there is enough evidence linking heart disease and chlamydia to cause concern. One additional potential complication from chlamydia is that it increases the risk of an individual acquiring HIV and other STDs. An individual who is infected with chlamydia is more likely to become HIV-infected if they have sex with an HIV-infected partner.” (21)

“Because chlamydia is so common among adolescents, physicians at Johns Hopkins University recommended the following: ‘A high prevalence and incidence of C trachomatis infection were found among adolescent females. We, therefore, recommend screening all sexually active adolescent females for chlamydia infection every six months, regardless of symptoms, prior infections, condom use or multiple partner risks.’” (22)

“When it comes to the question of preventing STDs, our society is inundated with messages suggesting that contraception is the answer. However, birth control pills provide no protection against any STD, including chlamydia. As a matter of fact, there is some evidence that the hormones in birth control pills may cause changes in the cervix that make chlamydial infection more likely to occur.” (25)

“Dr. Penny Hitchcock, chief of the sexually transmitted diseases branch at the National Institute of Allergy and Infectious Diseases, recently reported that condoms may not be the solution for the prevention of chlamydia infection. According to Dr. Hitchcock, scientists do not understand why, but condoms do not work as well against chlamydia as they do for some other STDs. (26) In addition, condom use has little impact on reducing the risk of future infertility problems associated with chlamydial infection.” (27)

“This is why we must encourage adolescents, both men and women, to maintain or return to sexually abstinent lifestyles. Remaining sexually abstinent until entering a committed, mutually faithful, monogamous, lifelong marriage relationship is the most reliable way for a young woman to protect her present health and her future fertility.”

“Refraining from sexual activity until an individual is in a committed, mutually faithful, monogamous, lifelong relationship—otherwise known as marriage—is the only 100 percent effective way that an adolescent can avoid the consequences associated with STDs, such as chlamydia.”

“Footnotes:”

- (1) Eng, TR. & Butler, WT. (1997). "The Hidden Epidemic: Confronting Sexually Transmitted Diseases." Washington, DC: National Academy Press.
- (3) Eng, T R. & Butler, WT. (1997). "The Hidden Epidemic: Confronting Sexually Transmitted Diseases." Washington, DC: National Academy Press.
- (4) Ibid.
- (7) Grady, D. "High Chlamydia Rates Found in Teenagers." *New York Times* (1998, Oct. 13--Science section). Gaydos, CA, et al. (1998). "Chlamydia Trachomatis Infections in Female Military Recruits." *New England Journal of Medicine*, 339(11), 739-744. Stamm, WE. (1999). "Biology of Chlamydia Trachomatis." In KK Holmes, PA Mårdh, PF Sparling, SM Lemon, WE Stamm, P Piot, & JN Wasserheit (Eds.), *Sexually Transmitted Diseases* (3rd ed.), 407-422. New York: McGraw-Hill Health Professionals Division.
- (8) Eng, TR. & Butler, WT. (1997). "The Hidden Epidemic: Confronting Sexually Transmitted Diseases." Washington, DC: National Academy Press. Stamm, WE. (1999). "Biology of Chlamydia Trachomatis." In KK Holmes, PA Mårdh, PF Sparling, SM Lemon, WE Stamm, P Piot, & JN Wasserheit (Eds.), *Sexually Transmitted Diseases* (3rd ed.), 407-422. New York: McGraw-Hill Health Professionals Division. American Social Health Association. (1998, December). "Sexually Transmitted Diseases in America: How Many Cases and at What Cost? Menlo Park, CA: Kaiser Family Foundation.
- (11) National Institute of Allergy and Infectious Diseases. (1996, September). "Report Recommends Routine Screening for Chlamydial Infection." *Dateline: NIAID*, 3.
- (12) Westrom, L. & Eichenbach, D. (1999). "Pelvic Inflammatory Disease." In KK Holmes, PA Mårdh, PF Sparling, SM Lemon, WE Stamm, P Piot, & JN Wasserheit (Eds.), *Sexually Transmitted Diseases* (3rd ed.), 782-809. New York: McGraw-Hill Health Professionals Division.
- (13) Cates, W., Jr. (1998). "Reproductive Tract Infections." In RA Hatcher, J Trussell, F Stewart, W Cates Jr., GK Stewart, F Guest, & D Kowal (Eds.), *Contraceptive Technology* (17th ed.), 179-210. New York: Ardent Media.
- (14) JAMA [Journal of the American Medical Association] Women's Health. (1998, June). "Fact sheet: Chlamydial infection." Available: <http://www.ama-assn.org/special/std/support/educate/stdclam.htm>.
- (16) Centers for Disease Control. (1992). "Ectopic Pregnancies"—United States, 1988-1989. *Morbidity and Mortality Weekly Report*. 41, 591-594.
- (17) Porpora, MG, & Gomel, V. (1997). "The Role of Laparoscopy in the Management of Pelvic Pain in Women of Reproductive Age." *Fertility and Sterility*, 68(5), 765-779.
- (19) Muñoz, B, & West, S. (1997). "Trachoma: The Forgotten Cause of Blindness." *Epidemiologic Reviews*, (19) (2), 205-217.
- (20) Bachmaier, K. et al. (1999, Feb. 26). "Chlamydia Infections and Heart Disease Linked Through Antigenic Mimicry." *Science*, 283(5406), 1335-1339.
- (21) Spinillo, et al., (1994, June). "Asymptomatic Genitourinary Chlamydia Trachomatis Infection in Women Seropositive for Human Immunodeficiency Virus Infection." *Obstetrics & Gynecology*. 83(6), 1005-1009.
- (22) Burstein, GR et al. (1998). "Incident Chlamydia Trachomatis Infections Among Inner-city Adolescent Females." *Journal of the American Medical Association*, 280(6), 521-5
- (25) American College of Obstetrics and Gynecologists. (1987, March). "Chlamydial Infections." Washington, DC
- (26) Grady, D. (1998, Oct. 13). "High Chlamydia Rates Found in Teenagers." *New York Times* (Science section).

(27) Cramer, DW et al. (1987). "The Relationship of Tubal Infertility to Barrier Method and Oral Contraceptive Use." *Journal of the American Medical Association*, 257(18), 2246."

("Sexual Health Update" The Medical Institute for Sexual Health, Summer 1999, Volume 7, Number 2, pp1-4)

"SEXUAL WORLD OF UNMARRIED"

"Unmarried individuals who had sexual intercourse with a friend in the 1960s had a relatively small risk of becoming infected with a sexually transmitted disease. The expectation was that most people were married when they had first sexual intercourse. Those who were not usually did not have multiple sexual partners. Because of this, fewer people were STD infected." (p. 16)

"Visits per year to a physician's office"

	<u>1966</u>	<u>1980</u>	<u>1995</u>
Herpes	20,000	50,000	130,000
HPV	60,000	180,000	250,000

"In 1995, scientists confirmed and identified human herpes virus type 8 as a likely sexually transmitted virus and a possible cause of Kaposi's sarcoma and body cavity Lymphomas." (Chang et al., 1994) (p. 17)

"STDs Today"

"We all know the danger of HIV. Another example of a potentially dangerous STD is human herpes virus type 8. It is associated with Kaposi Sarcoma, one of the most aggressive human cancers, and may eventually be found to cause it. Some studies are finding this virus in the semen of many men." (p. 14)

"Footnotes:"

Kedes, D.H., et al., "The Prevalence of Serum Antibody to Human Herpesvirus 8 (Kaposi Sarcoma—Associated Herpesvirus) Among HIV-Seropositive and High-Risk HIV-Seronegative Women," *Journal of the American Medical Society*, 1997; 277 (6): 478-481.

"Human Papillomavirus"

- "The most common viral STD causing more than 2.5 million new infections each year."
- "Causes genital warts."
- "Causes more than 90% of all cervical cancer" (p. 42)

"In one study of female college students who received care at a university health center, genital HPV infections were five time more common than all other STDs combined." (p. 42)

“This study alone showed that 2.5 million women are infected with HPV.” (p. 43)

“Herpes”

- “21.7% of Americans aged 15-74 test positive for Herpes, type II.”
- “Herpes outbreaks can occur over a lifetime.”
- “Many people are infected with genital herpes, and yet have never had any symptoms. They can, however, pass their infection during sexual activity.” (p. 52)

“The 1997 Institute Of Medicine Report States:”

“Sexually transmitted herpes simplex virus infection is widespread in the United States and results in painful recurrent genital ulcers. The ulcers can be treated but infection persists and ulcers may recur (Quinn and Cates, 1992). Herpes simplex virus can be transmitted to sex partners even when no genital ulcer is present (Mertz et al., 1992) and can also be transmitted from mother to infant during delivery. Approximately 200,000-50,000 new cases of genital herpes occur each year in the United States, and 31 million individuals already are infected (CDC, DSTD/HIPV, 1995). In 1990, the prevalence of antibodies to herpes simplex type 2 virus among persons 15-74 years of age was estimated at 21.7 percent (Johnson et al., 1993).” (p. 52)

“Herpes and Pregnancy”

- “If a woman delivers vaginally during her first (primary) outbreak of genital herpes the baby has a 40-50% chance of being infected.”
- “If the newborn becomes infected: the baby has about a 50% chance of dying. And about a 50% chance of severe brain damage if it survives.” (p. 57)

(Slide: Sweet, R.L., Gibbs, R.S., *Infectious Diseases of the Female Genital Tract*, 2nd edition, Williams & Wilkins, 1990:145.)

“Gonorrhea”

- “For females gonorrhea may cause PID which can result in arthritis, infertility, pelvic pain and other problems for women.” (p. 38)
- “Teens have a higher percentage of 15-19 year old infected with gonorrhea than any other age group.” (p. 38)
- “Gonorrhea rates are very high for African-American adolescents and young adults.” (p. 38)
- “If a man has pus from a gonococcal infection of his urethra and has intercourse with a woman, she has up to a 40 percent chance of becoming infected with just one act.” (p. 40)

- “About 5 percent of men with gonorrhea and up to 40 percent of men with chlamydia have no symptoms and, therefore, usually won’t know they are infected. They can pass this infection to a woman during sexual intercourse.” (p. 40)

“Chlamydia”

- “Most common non-viral STD in U.S. with an estimated 4 million new infections annually.”
- “A major cause of pelvic inflammatory disease (PID), pelvic pain, ectopic pregnancy and infertility among women.”
- “No symptoms in up to 85% of infected women and up to 40% of infected men.” (p. 23)

“Teenagers are more susceptible to chlamydia infection than older people are:”

- “Compared to older adult women, female adolescents and young female adults are more susceptible to cervical infections, such as gonorrhea and chlamydial infection, because cells lining the cervix of female adolescents and young women is less resistant to infection by certain sexually transmitted organisms.”
- “Chlamydial infection rates have been consistently high among adolescents; in some studies, up to 30 to 40 percent of sexually active adolescent females studied have been infected.” (p. 23,24)

“Syphilis”

- “8th most commonly reported infectious disease in the U.S.”

“The excellent book, *Benign Diseases of the Vulva and Vagina*, (1981) gives us an excellent overview of syphilis infection. They write:”

- “Syphilis is a continuous infectious process that is initiated at the time of contact. It passes through well-known clinical stages: incubation, primary, secondary, latent and late (tertiary). Transmission of syphilis involves intimacy, and in the vast majority of cases, it is attributable to sexual contact.”
- “Many recorded examples have occurred from kissing. Spirochetes (the syphilis organism) readily invade intact, moist mucus membranes. Invasion through dry, unbroken skin is unlikely.”
- “According to estimates, approximately half of the patients with syphilis are either unaware of its presence, or consider the lesions inconsequential until the disease is past its early stages.”

(Kaufman, Raymond H., Gardner, Herman, L., *Benign Diseases of the Vulva and Vagina*, 1981, Year Book Medical Publishers, Inc., Chicago.)

“Chlamydia Trachomatis”

“The Most Common Bacterial Sexually Transmitted Disease in the United States:”

- “Sex can and should be a wonderful experience, and it is most likely to be such in the stable, committed life-long relationship of marriage. Outside of such a relationship sexually transmitted disease can occur.”
- “Chlamydia is incredibly common among sexually active singles—more than 4 million new cases each year.”
- “Teenagers are in terrible danger from chlamydia because it has a special affinity for them, infecting a far higher percentage of adolescents than adults. In some groups of sexually active teenagers 40% are infected.”
- “Chlamydia ambushes unsuspecting men and women because more than 50% of infected persons do not know they are infected and can pass the disease to their unsuspecting sexual partner.”
- “Chlamydia is the most common cause of pelvic inflammatory disease (PID), and PID is the most common reason for hospitalization of reproductive age women in the U.S. except for pregnancy.”
- “PID is the worst enemy a woman’s reproductive organs have—damage to women’s fallopian tubes is the most rapidly increasing cause of infertility in the country today.”
- “Strange as it may seem, studies clearly show that condoms almost certainly will not protect a woman’s delicate fallopian tubes, ovaries, and uterus from the sterility produced by chlamydial PID. Sexually activity produces secretions, which can easily moisten a sex partner’s genital outside the area covered by condoms. If one person is infected with chlamydia, it can easily spread to a partner because of this.”
- “If a woman wants to protect her ability to have children in the future, she cannot rely on condoms. Medical data show clearly that she must avoid sexual intercourse until she enters into a lifetime sexual relationship with one man who is uninfected and who has intercourse only with her.”
- “Research has shown that the greatest physical and emotional satisfaction from sex is found in stable, long-term relationships such as marriage, and that satisfaction seems to decrease as the number of sexual partners increase.”
- “Chlamydia is an infectious organism which is classified as a bacterium, but it actually possesses properties similar to both viruses and bacteria. It grows inside a person’s cells because it cannot make ‘energy’ for itself. For this reason, chlamydia is called an ‘energy parasite.’ The infected cells provide nutrition and protection for the organism as it grows.”
- “Males—chlamydia is usually not a dangerous infection for men. Thirty to fifty percent of men who have a chlamydial infection have no symptoms at all, but they still can transmit the bacterium to a woman with whom they might have sexual intercourse.”
- “Females—when a woman becomes infected with chlamydia, it is very likely that she will have no symptoms at all. In most studies, more than 50 percent of women with chlamydial infection will have no symptoms and absolutely no signs of infection even to their physicians on physical examination.”

- “Chlamydia is a major problem for women. Men primarily serve to spread the infection, but women suffer the consequences.”

(Medical Institute for Sexual Health, Sexual Health Update: “Chlamydia Trachomatis.” Fall 1995, Volume 3, Number 3)

“SEXUALLY TRANSMITTED DISEASES”

- “More than 12 million new cases of sexually transmitted diseases (STDs) occur in the U.S. each year. 65% of those cases occur among people 25 years of age and younger.”
- “Approximately 10 million U.S. teens are sexually active. Almost 1 in 3 get a new STD each year.”
- “25% of all new HIV infections are found in people under the age of 22.”
- “This year, approximately 3 million teens will contract an STD.”
- “In the 1960's there were only two or three common STDs; today there are more than 20.”

(“Teens and Sex, statistics provided by the Medical Institute for Sexual Health, and the Centers for Disease Control and Prevention)

“SINS OF THE FATHER”

"The scope of AIDS in sub-Saharan Africa boggles the mind. In 1998, 2.2 million people in the region died from AIDS. It's estimated that between 12 and 25 percent of all people between the ages of 15 and 49 are HIV-positive."

"Even sadder is the impact of the epidemic on what are known as 'AIDS orphans.' An estimated 13 million African children have lost both parents to AIDS. That's nearly the population of metropolitan Los Angeles! And that number is expected to double or triple by 2010."

(“Sins of the Father”, Breakpoint staff, December 10, 2001, www.breakpoint.com)

“SOCIAL ISSUES LINKED TO RISE IN STDs”

““The Centers for Disease Control and Prevention reports there are more than 65 million people living with incurable STDs in the United States, and at least one in four Americans will contract an STD at some point in their lives.””

““Most Alarming, there are nearly 1 million Americans currently infected with HIV/AIDS, and nearly 20 percent of them are unaware of their diagnosis.””

(Terry Wynn, "Social Issues Linked to Rise in STDs," MSNBC, April 2005, www.msnbc.msn.com/id/7268133)

"STATEMENT ON SURGEON GENERAL'S REPORT"

"Member of the Executive Committee and an External Reviewer Issue Statement Dissenting to The Surgeon General's Call to Action to Promote Sexual Health"

"Sexually transmitted diseases (STDs) have reached epidemic proportions. Approximately 15 million Americans acquire STDs each year. 25 percent are younger than 20."

("Statement on Surgeon General's Report," www.medinstitute.org/media/SG%20Statement.htm)

"STD, HIV ON RISE IN EUROPE"

"In a report in the British Medical Journal, researchers Angus Nicoll and Francoise Hamers found significant increases in sexually transmitted diseases and HIV diagnoses from 1995 to 2000 when national trends for Western Europe were examined. In Western Europe, HIV diagnoses rose 20 percent. Gonorrhea rates also increased in the countries where the disease is tracked – France, the Netherlands, Sweden, Switzerland, and the United Kingdom. Further, syphilis outbreaks have been reported in many of the countries."

"According to the report, sexual health has deteriorated in Western Europe. The researchers found that despite extensive sex education and condom distribution, people and governments have become complacent."

("STD, HIV on Rise in Europe," www.abstinence.net/library/index.php?entryid=374)

"STD STATISTICS"

"Chlamydia"

"Seventy percent of infections in women are without symptoms, and therefore would only be picked up on screening or notification from a male who was treated. Putting these numbers together, there are probably 2 million cases per year. The most frequently infected age group is 15-24 years old. Reported rates of infection have steadily climbed since 1984."

"Genital herpes"

"Because herpes is not a 'reportable' disease, there is no organized data collection process. Blood tests have been done showing a positive antibody test of 21 percent for persons over 12 years old, last collected in 1994. This translates into approximately 50 million people infected. The yearly infection rate is unknown but is estimated to be 3 million new infections each year for teenagers and adults to age 29. These numbers are 30 percent higher than data collected from 1977-80."

“Human Papilloma Virus”

“Because human papilloma virus (HPV) is not a ‘reportable’ disease, there is no organized data collection process. The numbers are gross estimates, and therefore, totally unreliable. There may be 5 million new infections each year. There may be 20-50 million people living with this infection in the United States. Of those who are diagnosed, most are women because it is detected in Pap smears. Some people seek attention when they notice warts. While both sexes get warts, 98 percent of those with HPV do not have visible warts.”

(Source: Centers for Disease Control (CDC) and National Center for Health Statistics)

(“STD Statistics,” www.abstinence.net/library/index.php?entryid=368)

“STDs: THE FACTS”

“The Epidemic”

“The United States is experiencing a major epidemic of sexually transmitted disease (STD). Over 60 million Americans are currently infected with an STD and 15 million new cases of sexually transmitted infection occur each year. (1) One quarter of these new STD infections occur in people between 15 and 19, and two-thirds occur in those under the age of 25.” (2)

“The Cause”

“What is driving this epidemic? A combination of factors including the initiation of sexual activity occurring at younger ages; a delay in the age of first marriage; and high divorce rates. These changing social norms have increased the number of lifetime sexual partners for many Americans. An increase number of lifetime sexual partners is a very important risk factor for STDs. (3) The problem is compounded because many individuals infected with the most common STDs – chlamydia, genital herpes and human papillomavirus – do not experience noticeable symptoms and do not know that they are contagious.”

“The Impact”

“Unfortunately, STDs are not ‘equal opportunity’ diseases. Adolescents are at greater risk than adults. The CDC gives several explanations for this increased risk including: adolescents are more likely to have multiple sexual partners; they may select partners at higher risk; and, they may be more susceptible to certain STDs because of their immature anatomy.”

“The Fallacy”

“Research to produce vaccines that prevent viral STDs is ongoing, but to date hepatitis B is the only STD with an effective and widely available vaccine. New medical advances to prevent and/or treat viral STDs appear to be years away, and in fact, may never occur.”

“The Confusion”

“Condoms continue to be widely promoted as effective in preventing all STDs and unwanted pregnancy, but the scientific evidence suggests otherwise. Condoms can and do fail. For some STDs (those spread by contact with infected skin) condoms are likely to fail if they do not completely cover all infected areas. For STDs spread by contact with body fluids, as well as for pregnancy, the most significant reasons for condom failure are incorrect/inconsistent use and breakage/slippage. And while the risk of condom breakage or slippage for a single act of sexual intercourse may be quite small (2-3% in most studies), the cumulative breakage/slippage risks when condoms are used as a long-term prevention strategy are significant.”

“Condoms are not particularly effective when used to prevent pregnancy. In fact, condoms have failure rates of approximately 14 percent during the first year of typical use. (6) And these failure rates are even higher in younger users.”

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(3) Ibid.

(6) Fu H, Darroch JE, Haas T, Ranjit N. Contraceptive failure rates: New estimates from the 1995 National Survey of Family Growth. *Fam Plan Persp*. 1999;31:56-63.”

(“STDs: The Facts,” The Medical Institute brochure 2001, www.medinstitute.org)

“STD’s: NEW STD DIAGNOSES IN UK UP 62 PERCENT”

“New STD diagnoses in the United Kingdom are up 62 percent from just 10 years ago, according to a new report made by Britain’s Health Protection Agency.”

(“STDS: New STD Diagnoses in UK up 62 Percent,” Abstinence Clearinghouse December 2005, www.abstinenceclearinghouse.org/library/index.php?entryid=2343)

“STUDY FINDS RISKIEST VIRUSES FOR CERVICAL CANCER”

“It’s long been known that some types of human papilloma virus (HPV) are more dangerous than others when it comes to triggering cervical cancer. Now a large new study has found a total of 18 strains of the sexually transmitted virus that seem to be high risk—including a handful that can boost one’s cancer risk more than 200-fold...researchers report in the February 6th issue of The New England Journal of Medicine.”

“There are around 100 HPVs, some of which cause genital warts. Some types—usually the ones that do not cause warts—have been linked to an increased risk of cancer of the cervix, vulva, vagina, anus

and penis. Up to 50% of sexually active men and women between the ages of 15 and 49 are believed to be infected with HPV at some point in their lives, although most people clear the infection on their own and never develop cancer.”

“HPV was detected in 91% of the women diagnosed with cervical cancer and in 13% of the women who were cancer free. Ultimately, the researchers determined that 15 types of HPV carried a high risk of leading to cancer, while three were classified as likely to be high risk. Compared with women who are HPV-free, those with one of four types—HPV 16,59,33 and 18—had more than 200-fold increased cancer risk.”

(“Study Finds Riskiest Viruses for Cervical Cancer,” reuters.com/printerFriendlyPopup.jhtml?type-healthNews&storyID=2201959)

“STUDY SHOWS GIRLS AT GREATER RISK OF STDs”

“David Paton, an economist at Nottingham University who has studied the effect of government policy on teen pregnancy rates, said the study released Thursday is consistent with his own conclusion that family planning methods don't result in less teenagers having sex or a decrease in the teen pregnancy rate.”

“Two things that do lead to lower rates of teen pregnancy, Paton said, are decreased poverty rates and stronger family structures.”

(Mike Wendling, London Bureau Chief, “Study Shows Girls at Greater Risk of STDs,” www.crosswalk.com/news/1165159.html)

“SYMPTOMLESS STD’S GO UNTREATED”

"Nearly two-thirds of all people with chlamydia or gonorrhea—the top two reported sexually transmitted diseases—go untreated because they have no symptoms, suggests a study out today."

"Left untreated, chlamydia and gonorrhea can facilitate the spread of HIV and cause pelvic inflammatory disease in women and infertility in both sexes. But they are easily cured with antibiotics."

"Researchers surveyed and obtained urine specimens from 579 Baltimore adults ages 18-35. Their households were selected to represent all Baltimore city residents."

"Using a relatively new DNA-based test that can detect minute quantities of bacteria in urine, the scientists found that about 5.3% of their subjects had an untreated gonorrhea infection and 3% had an untreated chlamydia infection."

"Fewer than 5% of those testing positive reported having symptoms of infection-namely, painful urination or a discharge-within the previous six months."

"The scientists, in the Journal of the American Medical Association, estimate the number of untreated cases of gonorrhea or chlamydia infection in Baltimore substantially exceeds the number of infections diagnosed and reported to the city health department."

"Many of us doubt that Baltimore is entirely unique,' says lead author Charles Turner, a professor of applied social research at the City University of New York."

"In fact, in a study reported last November, scientists using the same sensitive test as Turner's team found that 5.3% of male U.S. Army recruits had chlamydia infections, but only 14% of them reported symptoms. Only 0.6% of the recruits tested positive for gonorrhea, but 40% of them reported symptoms. (Infected men are far more likely to have gonorrhea symptoms than infected women.)"

"Perhaps the test detected dead bacteria from old untreated infections that were no longer contagious or capable of causing symptoms or complications,' Turner says. A larger study is underway to answer that question."

"Johns Hopkins University infectious-disease specialist Jonathan Zenilman, senior author of the JAMA report, says he suspects that the test picked up active infections because dead bacteria quickly clear out of the genital tract."

"The authors recommend routinely screening young adults and sexually active teens for chlamydia and gonorrhea, including those formerly thought to be at low risk."

(Rita Rubin, "Symptomless STDs Go Untreated" USA Today, February 13, 2002, p. 16B)

"SYPHILIS EPIDEMIC GETTING MUCH WORSE IN SAN FRANCISCO"

"The syphilis epidemic in San Francisco appears to be growing unabated, with the city on track to report 750 new cases by year's end, up 50 percent from 2002, the city's public health department announced Thursday."

"(Associated Press, September 25, 2003)"

("Syphilis Epidemic Getting Much Worse in San Francisco?"
www.abstinence.net/library/index.php?entryid=521)

"TEENS AND STDs: A NEW MESSAGE FOR A HEALTHY MILLENIUM"

"The prevalence of sexual experience, defined as ever having had sexual intercourse, decreased 16 percent from 1991 through 2001. In 2001, 65.6 percent of ninth graders and 39.5 percent of twelfth graders never have had sexual intercourse. (1) Furthermore, 79 percent of teens ages 12-19 surveyed in 2002 do not think it is embarrassing to admit they are virgins and 93 percent of teens want a strong message from society to abstain from sex until they are at least out of high school. Fifty-five percent of teens, ages 15-19, who had had sex wished they had waited longer." (2)

“STDs and Teens”

“Of 15 million new STDs occurring annually, one in four occurs in teenagers. Once sexually active, teens are at risk for the same problems as any other sexually active person. Teen females are more susceptible since the adolescent cervix, prior to its conversion to squamous epithelium, is more susceptible to infection.”

“Abstinence: True Primary Prevention”

“There remains a primary prevention strategy that is 100 percent effective, 100 percent of the time for all STDs and all unintended pregnancies: Abstinence from all sexual activity until marriage to a disease-free spouse. The 2002 STD Treatment Guidelines published by the CDC state the most reliable way to avoid STD transmission is to abstain from sexual intercourse (i.e., oral, vaginal or anal sex) or to be in a long-term, mutually monogamous relationship with an uninfected partner. (11) The 2001 CDC fact sheet (12) on HPV, gonorrhea, syphilis and herpes substantiate the need to correctly counsel on maintenance of sexual health via choice of a sexually abstinent lifestyle.”

“...Abstinence is the most effective strategy to prevent HPV infection. Two uninfected individuals who have no other sex partners besides each other cannot get genital HPV infection.”

“...Condoms do not provide complete protection from all STDs. Sores and lesions of other STDs on infected men and women may be present in areas not covered by the condom, resulting in transmission of infection to another person.”

“...Two people who know they are not infected and who have sex with no one but each other cannot contract syphilis.”

“...However, condoms do not provide complete protection, because a herpes lesion may not be covered by the condom and viral shedding may occur.”

“Endnotes”

- (1) “Centers for Disease Control and Prevention. Trends in Sexual Risk Behaviors Among High School Students—United States 1991-2001. MMWR Morb Mortal Wkly Rep. 9/27/02; 51(38) 856.59.
- (2) National Campaign to Prevent Teen Pregnancy, With One Voice 2002, 12-02,
- (3) www.teenpregnancy.org.
- (11) Centers for Disease Control and Prevention. Sexually transmitted diseases treatment guidelines 2002.
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(“Teens and STDs: A New Message for a Healthy Millenium”)

“TEENS AT HIGHER RISK THAN ADULTS FOR STDs”

“Sitting at my microscope today, I diagnosed yet another Human Papilloma Virus-caused dysplasia of the cervix (pre-cancer of the lower part of the uterus). This time the girl is 17 and the dysplasia is high grade—almost cancer. Since it can take several years to reach this point, she’s had it for a while, and will require surgery. You might think this scenario is unusual in teens. It’s not. My fellow pathologists and I diagnose patients this young every day. What breaks my heart is that dysplasia and cancer of the cervix are almost always caused by Human Papilloma Virus (HPV), an avoidable sexually transmitted disease (STD).”

“HPV is the most common of about 25 different STDs epidemic today. Teens think it won’t happen to them, but the truth is one in four sexually active teens gets an STD. Many have more than one at the same time. A study at Rutgers University showed that 60 percent of sexually active coeds had HPV.”

“Did you know that a teenage girl is FAR more likely to contract an STD than a woman in her 20s? It’s true. The reason is anatomical. There’s a transition zone between two different types of epithelium (skin-like coverings) on the cervix. As a girl passes through her teen years and early 20s, the epithelium changes, leaving the cervix covered with a tougher and more resistant epithelium. Prior to this change, women are particularly susceptible to STDs and their consequences, including cervical cancer.”

(Pathologist Dr. Bob Kinney is laboratory director at NorthEast Medical Center in Concord, North Carolina. For more on this issue from a Christian perspective, visit the Medical Institute for Sexual Health online at www.medinstitute.org.)

(Kinney, Robert B., M.D., “Teens at Higher Risk Than Adults for STDs”, Plugged In, September 2002)

“TEENS SEXUALLY ACTIVE”

“The Centers for Disease Control and Prevention (CDC) suggests that approximately 10,000,000 teens are sexually active in the U.S.”

“Almost 1-in-3 of sexually active teens get a new sexually transmitted disease each year.”

(The Medical Institute for Sexual Health, letter from June 1997)

“TEENS UNAWARE OF STD PREVALENCE”

“According to Long, [Michelle Long, R.N. at the Ross County Health District] if teenagers begin having sex at an early age, there’s a 90 percent chance they’ll have 12 or more partners by the time they’re married, meaning they’ve been indirectly exposed to more than 4,000 people. Now that’s scary.”

(Bunch, Brooke, “Teens unaware of STD prevalence,” Chillicothe Gazette, April 7, 2003, www.chillicothegazette.com/news/stories/20030407/localnews/75623/html)

“TESTIMONY OF DR. JOE S. MCLHANEY, JR., MD”

“Thank you, Chairman Bilirakis and Distinguished members of the Subcommittee. I am a gynecologist who practiced medicine for twenty-eight years. I had a rewarding practice of in vitro fertilization and surgery, but I left my practice to commit the remainder of my medical career to helping prevent two of the most profound medical problems of our day, out-of-wedlock pregnancy and sexually transmitted disease. I have been doing this through an organization called The Medical Institute for Sexual Health, which I founded in 1992. The mission of the Medical Institute for Sexual Health is to identify, evaluate and communicate credible scientific data in practical, understandable and dynamic formats to promote healthy sexual decisions and behavior in order to dramatically improve the welfare of individuals and society.”

“The Good News:”

“In 1996, I testified before the House Ways and Means Subcommittee on Human Resources on the proposed Welfare Reform Act. My message then was that sexually transmitted disease and non-marital pregnancy are hurting far more people in society than most members of Congress and other Americans realize. To its credit, in an effort to constructively and meaningfully deal with these pregnancy and disease problems, Congress funded abstinence education with \$50 million a year for five years through the Title V provision of the Welfare Reform Act. This funding has helped more than 700 abstinence education programs around the country to devote serious and much needed attention to these problems.”

“I come today with good news and bad news. The good news is that there is credible evidence showing that abstinence education is having an impact. More young people are living an abstinent lifestyle, and fewer teens are becoming pregnant. Today, more than half of all high school students are virgins. (1) Also, beginning in 1990, the number of teens becoming pregnant began declining. Today we have the lowest teen birth rate that we have had since the 1950s, and teen pregnancy rates are lower than they have been any time since 1976.” (2,3)

“A ray of light and hope is emerging. Trend data showing declining sexual activity among adolescents are declining teen pregnancy rates reveal a societal shift in a positive direction-it is reasonable to conclude that one contributing factor is the concomitant rise in abstinence education programs, though how large of a contributing factor is the concomitant rise in abstinence education programs, though how large of a contributing factor we do not know. Some specific programs, such as the one in Monroe County, New York, and the Best Friends program that began in inner city Washington, DC, show a very marked decline in pregnancy rates.” (4,5)

“The Bad News:”

“But the bad news is that we still have an enormous problem. Sexually transmitted infection is highly prevalent among adolescents. Three to four million STDs are contracted yearly by 15 to 19 year-olds, and another five to six million STDs are contracted annually by 20 to 24 year-olds.” (6)

“Approximately six percent of adolescent females tested at family planning clinics and nine percent of female U.S. Army recruits (12.2% of 17 year-olds) are infected with Chlamydia trachomatis. (7,8)

5.6% of 12 to 19 year-olds and 17% of 20 to 29 year-olds are infected with herpes simplex virus type 2 (the virus that causes genital herpes). (9) And whereas in the 1960s, only two STDs were of real concern, we are now aware of more than 25 (Appendix A). It is clear that, if and when young people begin sexual activity prior to marriage, they are at very high risk of acquiring an STD.”

“One reason STDs have become so prevalent among young people is that, in spite of the recent trend toward later sexual initiation, we had for years been experiencing a trend toward earlier sexual initiation, and **the trend toward** later marriage continues. (10,11) The combination of these two factors means that people are likely to be single and sexually active for a significant period of time-5 to 10 years or longer-during which they will normally accumulate a number of sexual partners. In fact, age of sexual onset is a very strong predictor of lifetime number of sexual partners. (12) And an individual’s risk of ever having contracted a sexually transmitted disease is strongly linked to his or her lifetime number of sexual partners.” (13,14,15)

“In addition, a major shift has occurred over the past three decades. The diseases primarily infecting young people are no longer syphilis and gonorrhea, which are frequently symptomatic and treatable with penicillin, but viral diseases such as human papillomavirus (HPV), herpes, and the unusual bacterium, chlamydia. The viral diseases cannot be cured-only managed. And chlamydia, a major cause of infertility in young women, is asymptomatic in up to 85% of infected women (16) but can still cause significant problems even without the presence of noticeable symptoms.”

“The sexually transmitted diseases that has become the most common is a virus called human papillomavirus (HPV). The most recent major study about young women and HPV shows that 50% of sexually active women between the ages of 18 and 22 are infected with HPV. (17,18) The National Institute of Health Workshop On The Scientific Evidence On Condom Effectiveness For STD Prevention reported that there is no evidence that condoms reduce the sexual transmission of this infection. (19) The NIH report also found no evidence for risk reduction for the transmission of herpes. A recent study has shown that condom use can produce a significant reduction (but not elimination) in the risk of herpes acquisition by women; however, the study did not find any impact for men. (20) In addition, researchers at John Hopkins University, upon completing a study of STD prevalence at an adolescent clinic, found re-infection rates of chlamydia in adolescent girls to be so high that they recommended testing every sexually active adolescent girl in the United States every six months for chlamydia infection (regardless of reported condom use).” (21)

“Even though the pregnancy rate among teens has declined, today, 78% of teen births are out-of-wedlock, compared to 15% in 1960. (22) These out-of-wedlock births contribute to poverty, crime, and negative outcomes for children including physical and emotional health problems, and educational failure. For example:”

1. “Poverty: In 1995, 66% of families with children headed by a never-married single parent were living in poverty.” (23)

2. “Child health: White infants born to unmarried mothers are 70% more likely to die in infancy. Black infants born to unmarried mothers are 40% more likely to die.” (24)

3. “Education: Living in a single-parent family approximately doubles the likelihood that a child will become a high-school dropout.” (25)

4. **“Crime:** Boys raised in single-parent homes are twice as likely to commit a crime that leads to incarceration by their early thirties.” (26)

“‘Abstinence Plus’ Education Is Not The Answer:”

“Many have suggested that so-called ‘Abstinence plus’-dual message programs discussing abstinence while also teaching all about contraception-is the appropriate answer to the twin epidemics of sexually transmitted diseases and out-of-wedlock pregnancies. Yet, for many years, it is just such programs that have been the predominant approach of sexuality education. And what did we see during these years? A genuine epidemic of sexually transmitted diseases is devastating our young people.”

“There have been many studies of dual message educational programs. Only a handful of these studies have found any significant impact of ANY behavioral or health outcome. (27) And most of these have only made ‘statistically significant’ impacts on behavioral outcomes (many times of questionable practical significance-such as ‘condom use at last intercourse’ and ‘frequency of unprotected sex’ in the past few months). Only two of the CDC’s ‘Programs That Work’ have reported statistically significant delays in the initiation of sexual activity, and only one of these has reported a truly substantial impact on this outcome. (28,29) Recently and to the acclaim of the media, a study reported a reduction in pregnancy rates among participants in a teen pregnancy prevention program. The intervention made no impact on rates of sexual activity and did not even measure STD rates. And the impact on teen pregnancy was almost entirely attributable to injectable contraception use, which provides NO risk reduction for HIV and any other STD. (30) Additionally, this intervention was so expensive, per student, that it cannot be considered a reasonable option in most settings. Finally, not a single one of the CDC’s so-called ‘Programs That Work’ has even investigated its impact on STD or pregnancy rates!” (31)

“Despite what you may sometimes hear, there is no abundance of evidence that ‘dual message’ or ‘comprehensive’ programs are effective at preventing teen pregnancies and STDs. In fact, there is precious little evidence that these programs are really successful at all. Proponents of dual message programs face the same problems today as they have for many years—an inability to document tangible success in protecting adolescent health. And to whatever extent these programs give young people the impression that ‘sex is really not a big concern, as long as you ‘protect yourself,’ such programs may even contribute to the problem.”

“Additionally, ‘safer sex’ programs do not even address the problem of out-of-wedlock pregnancy. At best, these programs may encourage young people to wait before having sex; but there is rarely if ever any mention of the importance of actually being abstinent UNTIL MARRIAGE. As I have already stated, in spite of the recent decline in teen pregnancy rates, there has been a steady increase in the proportion of teen births occurring to unmarried women (compared to just 18% in 1980). (32) Could this increase be related to the lack of an emphasis placed on abstinence until marriage, not just until some unspecified later date-an emphasis that is clearly required by the Section 510 definition of abstinence education.”

“Much has been made of the fact that many parents and sexuality education teachers believe it is necessary, as an element of public sexuality education, to teach kids very directly how to use condoms and contraceptives. Clearly, parents care about their adolescent children and desperately what to protect them from harm. Unfortunately, far too many parents are inadequately informed about the problems of contraceptive and condom use. How many parents know, for example, that condoms do

not appear to reduce the risk of infection with human papillomavirus, which is the cause of almost all cervical cancer and most abnormal pap smears? Do most parents understand that even with 100% consistent condom use, their sexually active adolescents are at risk of contracting one of the other prevalent STDs (gonorrhea, chlamydia, trichomoniasis, etc...)? Do parents understand that, for many sexually transmitted diseases, if condoms are not used 100% of the time it is little or no better than not using a condom at all, ever? (33) If American's parents knew the facts-and these are scientifically supported facts, not conjecture nor ideology-we know they would agree with us: Their children need to hear that the only reliable way to protect themselves from a sexually transmitted disease that can have lifelong, physically and emotionally painful ramifications, is to abstain from sexual activity."

"Marriage Is A Health Issue:"

"Title V clearly articulates an abstinence-until-marriage message. Marriage involves both personal and public health issues. An individual's number of sexual partners is directly linked to his or her risk of contracting a sexually transmitted disease. The one environment where people are most likely to have one sexual partner for a long period of time is marriage. The largest study ever done examining sex in America was conducted by researchers at the University of Chicago and published in the aptly named book, 'Sex in America.' (34) These researchers reported that, in contrast to what most Americans believe, when a marriage is intact, married couples almost never have sex outside of that marital relationship. Young people should be encouraged to maximize their own personal health by reserving sexual activity for marriage."

"Conclusion:"

"With STD prevalence among young people continuing at high levels, condoms clearly not eliminating the risk of any STD, and a continued increase in the proportion of births occurring to unmarried mothers, there is abundant evidence that the 'safer sex' paradigm, despite more than 20 years and a variety of education programs designed to promote condom use, has not solved the problem. Since new research is beginning to suggest that abstinence education can effectively address these problems, it is important that we continue the effort begun in 1996 and allow these programs sufficient time to continue to prove their effectiveness. Title V, including the definitions A through H, must be maintained as is. Doing so will ensure that research and evaluation can continue so that we can learn how this option is best delivered, and how abstinence education can best protect young people."

"We recognize that we do not yet have sufficient data to positively determine the degree of effectiveness of abstinence education. But results are promising. The national evaluation of abstinence programs by Mathematica will be completed in 2005. If we do not continue with the current level of funding, or if we change the focus of the program funded under Title V, we will lose an invaluable opportunity to learn how we can effectively help young people avoid sexual activity—a risk behavior at least as detrimental to their health as the use of alcohol, drugs, and tobacco. And there will be no going back. If we damage the integrity of Title V the opportunity to fully explore this public health option will be lost. This is not about politics or ideology. This is about medicine, science, and data. All of which tell us the old approaches aren't working, not when millions of adolescents are contracting sexually transmitted diseases. We owe it to our young people to fully explore and evaluate the abstinence education approach, and that means continuing the Title V program as it is currently designed and being implemented."

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"APPENDIX A – "List of Sexually Transmitted Diseases:""

1. "Gonorrhea"
2. "Chlamydia"
3. "Lymphogranuloma venereum (caused by certain strains of Chlamydia trachomatis)"
4. "Syphilis"
5. "Chancroid"
6. "Donovanosis (Granuloma inguinale)"
7. "Ureaplasma urealyticum"
8. "Human Immunodeficiency Virus (HIV) Types I and II"
9. "Shigellosis*"

10. "Salmonellosis*"
11. "Herpes Simplex Virus Types I and II"
12. "Cytomegalovirus*"
13. "Human Papillomavirus (approximately 30 sexually transmitted strains)"
14. "Molluscum contagiosum"
15. "Hepatitis A"
16. "Hepatitis B"
17. "Hepatitis C*"
18. "Hepatitis D*"
19. "Body or pubic lice"
20. "Trichomoniasis"
21. "Scabies*"
22. "Giardiasis*"
23. "Amoebiasis*"
24. "Bacterial vaginosis*"
25. "Human Herpes Virus type III"

"*Sexual transmission occurs but is not the primary mode of transmission."

(Testimony of Dr. Joe S. McIlhaney, Jr., MD, President of The Medical Institute for Sexual Health. Before the Subcommittee on Health Of the Committee on Energy and Commerce, U.S. House of Representatives. April 23, 2002)

"THE ESTIMATED DIRECT MEDICAL COST OF SEXUALLY TRANSMITTED DISEASES AMONG AMERICAN YOUTH, 2000"

"Results: The total estimated burden of the nine million new cases of these STDs that occurred among 15–24-year-olds in 2000 was \$6.5 billion (in year 2000 dollars). Viral STDs accounted for 94% of the total burden (\$6.2 billion), and nonviral STDs accounted for 6% of the total burden (\$0.4 billion). HIV and HPV were by far the most costly STDs in terms of total estimated direct medical costs, accounting for 90% of the total burden (\$5.9 billion)."

“HIV”

“Estimates of the discounted lifetime medical cost per new case of HIV were obtained from an existing study. (9) We applied the midpoint (\$199,800) of the two estimates (\$176,500 and \$223,300) from that study’s intermediate cost scenario, which included the following assumptions: Persons with HIV live for 16 years after becoming infected; each infected person is unaware of his or her infection in the first two years and begins viral load monitoring (but not treatment) in the third year; and in years 4-16 after infection, the person receives antiretroviral therapy, prophylaxis and treatment for opportunistic infections, as well as other medical care associated with progression to AIDS.”

“This estimated lifetime cost (\$199,800) is consistent with the findings of a study that indicated that the average annual cost of care was approximately \$20,900 for adults receiving care for HIV in 1998.” (10)

“HPV”

“We projected 12,800 cases of invasive cervical cancer annually, distributed as 57.5% localized to the cervix, 34.0% with pelvic involvement and 8.5% with more distant spread. (16) When the costs of patient time were excluded, estimated invasive cervical cancer costs were \$20,255 for localized disease, \$21,678 for pelvic disease and \$36,912 for distant disease. (17) We discounted the cost estimated based on the assumption that diagnosis of invasive cancer occurs, depending on stage, 21–25 years after initial HPV infection.” (18)

“Genital Herpes”

“40% of HSV-2 infections occur between ages 15 and 24.” (25)

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(25) Tao G, Kessler WJ and Rein DB, Medical care expenditures for genital herpes in the United States, *Sexually Transmitted Diseases*, 2000, 27(1):32-38; Szucs TD et al., The estimated economic burden of genital herpes in the United States: an analysis using two costing approaches, *BMC Infectious Diseases*, 2001, Vol. 1, No. 5; and Armstrong GL et al., Incidence of herpes simplex virus type 2 infection in the United States, *American Journal of Epidemiology*, 2001, 153(9):912-920.

(Harrell W. Chesson, John M. Blandford, Thomas L. Gift, Guoyu Tao and Kathleen L. Irwin, “The Estimated Direct Medical Cost of Sexually Transmitted Diseases Among American Youth, 2000,” The

“THE HIDDEN EPIDEMIC – CONFRONTING SEXUALLY TRANSMITTED DISEASES”

"Women and infants bear a disproportionate burden of STD-associated complications."

"Chlamydial infection has been consistently high among adolescents; in some studies, up to 30-40% of sexually active adolescent females studied have been infected."

"From 1973 through 1992, more than 150,000 U.S. women died of causes associated with STDs."

"Women are particularly vulnerable to STDs because they are more biologically susceptible to certain sexually transmitted infections than men and are more likely to have asymptomatic infections that commonly result in delayed diagnosis and treatment."

"Compared to older women, female adolescents and young women are also more susceptible to cervical infections, such as gonorrhea and chlamydial infection, because the cervix of female adolescents and young women is especially sensitive to infection by certain sexually transmitted organisms."

"Of all women infertile because of tubal damage, no more than half have previously been diagnosed and treated for acute pelvic inflammatory disease. The remaining half have also had pelvic inflammatory disease but had symptoms that were presumably so mild or atypical that they were never treated for the disease."

"Cervical cancer rates and cohort mortality from cervical cancer are increasing among young women, undoubtedly a reflection of increased exposure to STDs such as human papillomavirus." (HPV)

"'In one study, nearly half of female college students tested had evidence of genital human papillomavirus infection.' (Study of sexually active coeds seen in a major university student health center.)"

"STDs are not a stationary group of infections and syndromes. Eight new sexually transmitted pathogens have been identified since 1980, bringing with them new challenges to prevention and treatment. The most well known of the recently described STDs is HIV infection."

(2) Eng, Thomas R. and William T. Butler, Editors, "The Hidden Epidemic-Confronting Sexually Transmitted Disease," 1997; National Academy Press, Washington, D.C.: 39

“THE HIV/AIDS EPIDEMIC IN THE UNITED STATES”

“Snapshot of the HIV/AIDS Epidemic”

- “Almost 930,000 cases of AIDS were diagnosed in the U.S. through 2003, including 43,171 cases diagnosed in 2003 alone.² This represents a 4.6% increase over AIDS cases diagnosed in 2002.²”
- “An estimated 524,060 deaths among people with AIDS occurred through 2003, including 18,017 in 2003.²”
- “The Centers for Disease Control and Prevention (CDC) estimates that 1,039,000—1,185,000 people were living with HIV or AIDS in the U.S. in 2003.⁶”
- “In 2003, 405,926 people were estimated to be living with AIDS, the most advanced stage of HIV disease.^{2,3}”
- “All states now report HIV cases (in addition to AIDS cases), which will provide a fuller picture of the epidemic over time. Among the 33 areas with integrated HIV and AIDS surveillance since at least 1999, 32,048 HIV/AIDS cases were diagnosed in 2003 (these states represent 43% of reported AIDS cases).²”
- “HIV transmission patterns have shifted over time. Heterosexual transmission accounts for a growing proportion of newly diagnosed AIDS cases, rising from 3% in 1985 to 31% in 2003.”

“Impact on Racial and Ethnic Minority Americans”

- “Racial and ethnic minorities have been disproportionately affected by HIV/AIDS since the beginning of the epidemic, and minority Americans now represent the majority of new AIDS cases (71%) and of those estimated to be living with AIDS (64%) in 2003.²”
- “African Americans and Latinos account for a disproportionate share of new AIDS diagnoses (Figure 3)2,15 and of new HIV/AIDS diagnoses in the 33 integrated surveillance states.²”
- “Almost half (47%) of all those living with HIV/AIDS in the U.S. are African Americans.⁶”
- “African Americans have the highest AIDS case rates of any racial/ethnic group, followed by Latinos, American Indian/Alaska Natives, whites, and Asian/Pacific Islanders.² The AIDS case rate per 100,000 population for African Americans was 9.5 times that of whites in 2003.²”
- “African Americans accounted for 55% of deaths due to HIV in 2002; Latinos accounted for 13%.¹²”
- “HIV was the 3rd leading cause of death among African Americans between the ages of 25 and 34 in 2001, and the 6th leading cause of death for Latinos and whites in this age group. It ranks higher for some subpopulations – for example, HIV was the #1 cause of death for African American women ages 24-34 in 2001.¹⁷”

- “Survival after an AIDS diagnosis is lower among African-Americans than other racial/ethnic groups.²”

“Impact on Women and Young People”

- “Women account for a growing proportion of new AIDS diagnoses, rising from 8% in 1985 to 27% in 2003.^{2,8}”
- “Women of color are particularly affected. African American women account for 67% of estimated new AIDS diagnoses among women in 2003; Latinas account for 16%.^{2,18}”
- “Young adults and teens continue to be at risk. At least half of all new HIV infections are estimated to be among those under the age of 25.¹⁹ Most young people are infected through sex.²⁰”
- “Among youth, teen girls and minorities have been particularly affected. In 2002, teen girls represented about half (51%) of HIV cases reported among 13-19 year olds.²¹ Young African Americans represented 65% of AIDS cases reported among 13-19 years olds in 2002; Latino teens represented 20%.²⁰”
- “Perinatal HIV transmission has declined significantly in the U.S., largely due to antiretroviral treatment — AIDS diagnoses attributable to perinatal transmission declined by more than 90% between 1992 and 2003.^{2,22} The majority of cases that still occur are among African-Americans.²”

“The U.S. Government Response”

- “In FY 2005, U.S. federal funding for HIV/AIDS is estimated to total \$19.7 billion. Of this, 59% will go to care, 15% to research, 9% to cash and housing assistance, 4% to prevention, and 12% to combat the international epidemic.²⁵”
- “Key programs that provide health insurance coverage, care, and support to people with HIV/AIDS in the U.S. include Medicaid, Medicare, and the Ryan White CARE Act.²⁵”
- “A variety of federally and state-supported prevention services are provided by state and local health departments and community organizations. The CDC’s new Advancing HIV Prevention Initiative is aimed at reducing barriers to early diagnosis of HIV infection and increasing access to quality medical care, treatment, and ongoing prevention services.⁴”

“References”

2 CDC, HIV/AIDS Surveillance Report, Vol. 15, 2004.

4 CDC, “Advancing HIV Prevention: New Strategies for a Changing Epidemic”, MMWR, Vol. 52, No. 15, 2003.

6 Glynn, K. “Estimated HIV Prevalence in the United States at the End of 2003”, 2005 National HIV Prevention conference, June 2005.

12 NCHS, National Vital Statistics Report, Vol. 53, No. 5, 2004.

17 NCHS, National Vital Statistics Report, Vol. 52, No. 9, 2003.

20 CDC, HIV/AIDS Surveillance in Adolescents, L265 Slide Series (through 2002).

25 Kaiser Family Foundation, Fact Sheet: Federal Funding for HIV/AIDS: The FY 2006 Budget Request, 2005.”

(Jennifer Kates and Alyssa Wilson, “HIV/AIDS Epidemic in the United States,” Kaiser Family Foundation, September 2005, <http://www.kff.org/hivaids/upload/Fact-Sheet-The-HIV-AIDS-Epidemic-in-the-United-States-2005-Update.pdf>)

“THE MEDICAL INSTITUTE ADVISORY – A Quick Look at the Facts and Their Impact”

“HPV and Cervical Cancer”

“Cervical cancer is the second most common cancer in the world among women. In the United States, more women die of cervical cancer than from AIDS (4,100 vs. 3,800 in 2001). More than 100 types of human papillomavirus (HPV) have been identified and approximately 40 of these can infect the genital tract. HPV DNA (the nucleic acids that comprise the genetic ‘codes’ for all living organisms) is associated with most cervical cancers, and is felt to cause almost all cervical cancer.”

“Make an Impact”

“Oral sex has become an epidemic among teens and carries the same high risks of STD contraction as intercourse.”

(“HPV and Cervical Cancer,” The Medical Institute Advisory – A Quick Look at the Facts and Their Impact, www.medinstitute.org/medical/advisory/April%2016,%202003.htm, April 16, 2003)

“THE MEDICAL INSTITUTE FOR SEXUAL HEALTH – MARCH 2002 NEWSLETTER”

"It's easy to forget the urgency of our cause. Recent world events have certainly shifted our nation's focus to national security. Nevertheless, our nation's health is still at risk. In fact, a recent article in a British medical journal looked at the spread of HPV (human papilloma virus, which causes cervical cancer) among women during their first sexual relationship. The study found that after three years, 46 percent of the women who had only one sexual partner were infected with HPV. Nearly half! This report underscores the fact that HPV is a serious threat, even among women who only have had one sexual partner. This reaffirms what we've been saying for years: The most effective prevention strategy is to refrain from sexual activity until marriage to an uninfected partner (abstinence) and then remain sexually faithful to that partner throughout the marriage (monogamy)."

“High Incidence Of Cervical Human Papillomavirus Infection In Women During Their First Sexual Relationship”

"The prevalence of cervical human papillomavirus increases with increasing numbers of sexual partners, leaving the impression that this infection is acquired only as a result of high risk sexual behavior. Using longitudinal data from 242 women who had only had one sexual partner, we found that the risk of acquiring cervical human papillomavirus infection was 46% (95% CI 28-64) at three years after first intercourse and that the median time from first intercourse to first detection of human papillomavirus was only three months."

"The study population for this analysis comprises a subset of 242 women who were recruited within six months of first having sexual intercourse and who had had only one sexual partner."

"There is compelling evidence to suggest that a cervical human papillomavirus infection, as distinct from human papillomavirus infections at more superficial sites which may follow vertical or horizontal transmission, is only acquired as a result of penetrative vaginal intercourse." (5)

"Given that 180 of these women (74%) reported using barrier contraception, albeit intermittently, during this, their first relationship, it is difficult to see what further advice could be given to reduce the incidence of human papillomavirus infection. Perhaps cervical human papillomavirus infection should now be considered an inevitable consequence of sexual activity."

(5) Koch A, Hansen SV, Nielson NM, Palefsky J, Melbye M. "HPV Detection in Children Prior to Sexual Debut." *Int J Cancer* 1997; 73:621-624.

(Stuart Collins, Saeideh Mazloozadeh, Heather Winter, Penny Blomfield, Andrew Bailey, Lawrence S. Young, Ciaran B.J. Woodman, "High Incidence of Cervical Human Papillomavirus Infection in Women During Their First Sexual Relationship," *BJOG: an International Journal of Obstetrics and Gynecology*, January 2002, Vol. 109, pp.96-98)

"It is completely safe to say that cervical cancer is almost always a result of infection with human papillomavirus (HPV), and that the cumulative risk that a person will have ever been infected with HPV is highly related to their number of lifetime sexual partners, which is in turn related to the age at which that person began having sex."

(Dr. Joshua Mann, Director of Research, The Medical Institute of Sexual Health)

"THE TRUTH ABOUT STDs"

"There are more than 25 diseases spread primarily by sexual activity. Together these infections – called sexually transmitted diseases (STDs) – have created a significant public health challenge in the United States. While many STDs are curable, others are not. Even those that are curable often have no symptoms and go unrecognized for long periods of time. If left untreated, even curable STDs can result in long-term health problems for both men and women."

"In the United States, an estimated 15 million people become infected with one or more STDs each year. In addition, an estimated 65 million people live with an incurable STD. Still, less than half of adults 18 to 44 years of age have ever been tested for an STD other than HIV/AIDS." (1)

"Human Papillomavirus (HPV)"

- “Approximately 5.5 million new cases of HPV infection are reported every year. At least 20 million Americans are already infected.” (55)
- “Fifty to 75 percent of sexually active men and women will become infected with genital HPV at some point in their lives.” (56)
- “Approximately 14,000 women are diagnosed with cervical cancer each year; over 5,000 die from this disease each year.” (57)

“References”

- (1) “<http://www.ashastd.org/news/112102.htm>
 (55) <http://www.niaid.nih.gov/factsheets/stdhvp.htm>
 (56) <http://www.ashastd.org/hpvcerc/quickfaq.html>
 (57) Ibid.”

(“The Truth About STDs”)

“TRICHOMONAS – GET YOUR FACTS STRAIGHT”

“What is it?”

“Trichomonas is a parasite that causes genital infection. It causes more new infections each year than any other sexually transmitted disease (with the exception of human papilloma virus).”

(“Trichomonas,” The Medical Institute for Sexual Health, www.medinstitute.org)

“UK REPORTS RISE IN ANTIGIOTIC-RESISTANT GONORRHEA”

“A ‘dramatic increase’ in antibiotic-resistant gonorrhea is being reported by public health specialists in England and Wales.”

“The Health Protection Agency said preliminary results showed that 9.8 percent of strains of the bacteria that cause gonorrhea were resistant to the antibiotic ciprofloxacin in 2002 compared with 2.1 percent in 2000.”

(Woodman, Richard, “UK Reports Rise in Antibiotic-Resistant Gonorrhea,” Reuters, April 14, 2003, www.reuters.com/printerFriendlyPopup.jhtml?type-healthNews&storyID=2561935)

"WHAT ABOUT HIV?"

"An estimated 25% of new HIV infections are found in people under age 22. An estimated 50% of all new HIV infections are occurring among people under 25, with the majority being infected sexually. HIV has already taken the lives of more than 375,000 Americans. By the way of comparison, America lost approximately 400,000 people in World War II."

("What about HIV?" Centers for Disease Control and Prevention. HIV Prevention Strategic Plan Through 2005, September 2000)

“YOUTH STD CASES SOAR, REPORT FINDS”

“Sexually transmitted diseases have become so pervasive among the nation’s youth that one out of every two sexually active young people can expect to become infected by age 25, a new report says. Young women are more at risk than young men because the infections can ‘silently’ hide in the female reproductive tract, according to the study by the School of Journalism and Mass Communication at the University of North Carolina at Chapel Hill.”

“Sexually active teens ages 15 to 19 have the highest STD rates of any age group, and nearly half of the 18.9 million new STD cases in 2000 were among youths ages 15 to 24, the study says.”

(“Youth STD Cases Soar, Report Finds,” Washington Times, February 25, 2004, Abstinence Clearinghouse, www.abstinence.net/library/index.php?entryid=886)

“HOW MANY PEOPLE ARE INFECTED WITH AN STD?”

"It is estimated that there are more than 68 million current STD infections among Americans. Each year, 15.3 million new STD infections occur, including over 3 million infections in teens. The two most common STDs, herpes and human papilloma virus (HPV), account for 65 of the 68 million current infections."

("How Many People are infected with an STD?" American Social Health Association. *Sexually Transmitted Disease in America: How Many Cases and at What Cost?* Menlo Park, Calif.: Kaiser Family Foundation; 1998)
