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Review Article

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Sexually Transmitted Infections (A Mini Review)

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ABSTRACT

Sexually Transmitted Infections, STIs - also known as Sexually Transmitted Diseases (STDs). Unlike HIV, many STDs can be treated and cured relatively easily and cheaply if diagnosed early enough. STIs still thrive today because STIs are not just biological and medical problems, but also behavioral, social, and economic problems. Rural communities face unique challenges in implementing HIV/STD prevention education programs. In rural areas, specific identification of high-risk groups may be difficult.

Keywords: World Health Organization, Sexually Transmitted Infections, Sexually Transmitted Diseases.

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1. Introduction

Sexually Transmitted Infections (STIs - also known as Sexually Transmitted Diseases(STDs)) present a major public health concern in both industrialized and developing countries. Sexually transmitted diseases are a major global cause of acute illness, infertility, long term

disability and early death. However, information about infection rates is hard to come by, especially for many developing countries. STIs still thrive today because STIs are not just biological and medical problems, but also behavioral, social, and economic problems. World Health

Organization [1] estimates that 340 million new cases of Syphilis, Gonorrhoea, Chlamydia and Trichomoniasis occurred throughout the world in 1999 in men and women aged 15-49 years. The largest number of new infections occurred in the region of South & Southeast Asia. Infection rates can vary enormously between countries in the same region and between urban and rural populations. In general, however, the prevalence of STDs tends to be higher in urban residents, in unmarried individuals, and in young adults. The World Health Organization states that: "in developing countries, STDs and their complications are amongst the top five disease categories for which adults seek health care. The presence of an untreated STD can also "increase the risk of both acquisition and transmission of HIV by a factor of up to 10". Unlike HIV, many STDs can be treated and cured relatively easily and cheaply if diagnosed early enough. To fight these epidemics, authorities must act to expand access to testing and treatment facilities; to educate people about safer sex and risk reduction; and to counter the prejudice surrounding STD infections.

Chlamydia [2]

It is the most common treatable bacterial STD. It can cause serious health problems such as pelvic inflammatory disease, ectopic pregnancy and infertility if it is not treated. It is estimated that around 92 million Chlamydia infections occurred worldwide in 1999, affecting more women (50 million) than men (42 million).

Gonorrhoea [3-4]

It is a bacterial infection. It is sexually transmitted and can infect the cervix, urethra, rectum, anus and throat. Gonorrhoea is a curable STD but if left untreated can cause serious health problems such as infertility, meningitis and septicemia. An estimated 62.35 million cases of gonorrhoea occurred in 1999, affecting more women than men.

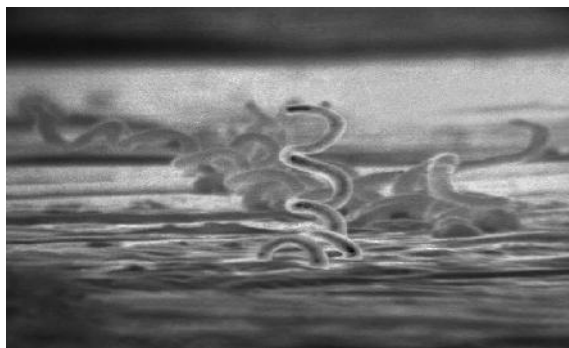


Figure 1: Electron micrograph of *Treponema palladium* (causative agent: syphilis), source from Ref.7

2. Syphilis

It is a bacterial infection that is usually sexually transmitted, but may also be passed from an infected mother to her unborn child. Syphilis is a curable STD which, if left untreated, can eventually lead to irreversible damage to the heart and nervous system. An estimated 12.22 million cases of syphilis occurred worldwide in 1999 slightly below the 1995 estimate. Rural communities face unique challenges in implementing HIV/STD International Journal of Current Trends in Pharmaceutical Research

prevention education programs. For example, in urban areas pre-existing high risk groups (e.g., homeless, drug addicted, and prostitutes) have been specifically targeted for HIV/STD prevention programs. In rural areas, specific identification of high-risk groups may be difficult. Social marketing is a method of convincing community members to practice HIV/STD prevention. The target audience must perceive that the benefits of prevention behaviors are greater than the barriers to the behavior. HIV/STD prevention behaviors include abstinence from sexual intercourse, using condoms for intercourse, and using sterile injection equipment. Unlike HIV, many STDs can be treated and cured relatively easily and cheaply if diagnosed early enough. To educate people about safer sex and risk reduction; and to counter the prejudice surrounding STD infections because Sexually transmitted diseases are a major global cause of acute illness, infertility, long term disability and early death. Now a day's work for awareness and prevention of STIs, HIV and AIDS in rural communities, through education are paramount need of hours. And it can be easily achieved by digital technology and its use in communicating social issues to mankind indifferently for the cause of rural communities. [4-6]

3. Conclusion

Unlike HIV, many STDs can be treated and cured relatively easily and cheaply if diagnosed early enough. To fight these epidemics, Govt. authorities and NGO must act actively to expand access to testing and treatment facilities; to educate people about safer sex and risk reduction; and to counter the prejudice surrounding STD infections. Now a day's work for awareness and prevention of STIs, HIV and AIDS in rural communities, through education are paramount need of hours. And it can be easily achieved by digital technology like ICT and MIS and its use in communicating social issues to mankind indifferently for the cause of rural communities then only we can achieve health for all.

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