

SEXUALLY TRANSMITTED DISEASES

Sexually transmitted diseases are diseases that primarily spread through sexual contact. Sexually transmitted diseases are caused by germs, viruses, fungi, and parasites. The most common sexually transmitted diseases in Denmark are Chlamydia, genital herpes, and genital warts.

To avoid infection you should use a condom, which is the only contraceptive that protects against sexually transmitted diseases. The pill, coils, and diaphragms, for example, protect against pregnancy but not against sexually transmitted diseases. In the cases of some diseases (e.g. genital warts, genital herpes, and syphilis), however, the condom does not offer 100 % protection. You must therefore be very careful and possibly avoid sex, or certainly direct contact, when there is an outbreak of these diseases.

It is possible to be infected without necessarily showing any symptoms. For this reason you may infect others without knowing it until you have received medical treatment.

The period of incubation, i.e. the time from becoming infected until you have any symptoms, may vary from 2 days and up to 2 years and you could infect others during this period.

You can read more about the different sexually transmitted diseases below, how they infect, their symptoms, and about treatment.

Finally, there is a list of places you may contact if you need any advice or guidance. If you are in doubt or suspect that you are infected with a sexually transmitted disease you should contact your doctor or a clinic specialized in sexually transmitted diseases. Most sexually transmitted diseases can be treated and the success rate is higher the earlier you receive treatment. Normally, however, it is not possible to diagnose the disease until 10-14 days after the time of infection.

CHLAMYDIA

Infects through sexual contact and may be transmitted from mother to infant during delivery. The symptoms for women are vaginal discharge and a stinging feeling when passing water. For men, the symptoms are a yellowish discharge from the penis and a stinging feeling when passing water. Chlamydia can and should be treated as soon as possible. Women, for example, may become infertile if the infection is not treated. The treatment is medical.

GENITAL WARTS

Genital warts are spread through sexual contact and may be transmitted from mother to infant during delivery. The symptoms are warts on the skin or mucous membranes. Women may develop warts on the lips of the vulva, in the vagina, by the urethra or the cervix. Men often develop warts on the penis, especially under the foreskin or in the urethra. Genital warts may also appear in or around the rectum in the case of both men and women. Once you have been infected with genital warts they may reappear. Treatment consists of swabbing and/or freezing the warts, or they may be removed through minor surgery. Although treatment will not necessarily lead to a full cure, the risk of infection is

reduced considerably and the risk is minimal if there is not an outbreak. In some cases vaccination is an option.

GENITAL HERPES

Genital herpes is spread through sexual contact, kissing, and may be transmitted from mother to infant during delivery. The symptoms are blisters that turn into ulcers, swelling and sore lymph glands, burning and pain where the outbreak is, and symptoms similar to those of flu. A full cure of herpes does not exist, i.e. the virus remains in your body. However, outbreaks of herpes may be treated medically and recurrent outbreaks will often become milder.

GONORRHOEA

Infects through sexual contact and may be transmitted from mother to infant during delivery. Gonorrhoea may show no or only very light symptoms, which for both men and women consist of a stinging feeling when passing water and discharges. Untreated gonorrhoea may lead to infertility in women. The treatment is medical.

SYPHILIS

Is spread through sexual contact, kissing, blood, and may be transmitted from mother to infant during delivery. The symptoms may be divided into three stages. The primary stage in which an ulcer appears, a secondary stage consisting of symptoms similar to those of flu, and a final, more serious, stage during which damage to the nervous system may occur, as well as attacks to the heart and the brain, which may lead to dementia. However, syphilis today is relatively rare but nevertheless; the consequences if left untreated are very serious indeed. Many years after infection there may be damages to the skin, the bones, the brain, and to blood vessels. Syphilis is treated medically.

HEPATITIS (infectious liver inflammation)

Is divided into three types:

Hepatitis A is not very contagious and spreads through sex using the fingers, and through blood and faeces.

Hepatitis B is very contagious and spreads through sexual intercourse, blood and from mother to infant during delivery.

Hepatitis C is not particularly contagious and spreads through blood, and from mother to infant during delivery. Persons with a recently diagnosed Hepatitis C infection rarely have clear symptoms.

The symptoms are similar to those of flu, nausea, stomach aches, and clear yellowing of the skin (jaundice).

Vaccinations against types A and B are available, but it is difficult to treat all three types and in some cases this leads to the development of chronic hepatitis.

HIV (Human Immunodeficiency Virus)

Spreads through blood, semen, vaginal secretion, from mother to infant during delivery, and through breast milk. HIV is a virus that destroys the immune system and thus the body's ability to combat other infections.

The symptoms following an acute HIV infection are swollen lymph nodes, skin rashes, and flu-like symptoms, which occur 1-4 weeks after the time of infection and continue for 1-4 weeks. However, only about 50 % experience an acute HIV infection and symptoms may therefore not occur until between 1 month and 10 years after infection. Left

untreated, the HIV virus will damage the immune system, enabling and outbreak of AIDS. AIDS (Acquired Immune Deficiency Syndrome) is a chronic and potentially fatal disease.

There is no cure for HIV/AIDS but medical treatment may prevent the HIV virus from spreading in the body and the damage to the immune system. It is still unknown how long one can continue living with HIV being treated, estimates indicating 20 years or possibly longer. If HIV/AIDS is not treated, very few survive for more than 10 years after the time of infection.

For personal advice by phone, please contact:

AIDS-LINIEN (The AIDS line)

Skindergade 27, 1159 Copenhagen K, Mondays to Fridays, 9 am to 11 pm, Saturdays and Sundays Ph. 33 91 11 19

Personal consultations by appointment

www.AIDS-linien.dk

Kommentar [p1]: Ingen tid angivet!

CENTER FOR SEX OG SUNDHED (Centre for Sex and Health)

Jernbanegade 1 2. sal, 5000 Odense

Personal consultation: Mondays 2 to 9 pm, Wednesdays 10 am to 4 pm, or by appointment. Ph. 6314 2814

Consultation by phone: Mondays to Fridays, 9 am to 10 pm, Saturdays and Sundays 4 to 10 pm. Ph. 6314 2814

Mail: info@sexogsundhed.dk

HIV-DANMARK

East: Skindergade 44, 1159 Copenhagen K, Mondays to Fridays, 9 am to 3 pm, Ph. 33 32 58 60

www.hiv-danmark.dk

Southern Jutland and Funen: Jernbanegade 16, 2nd floor, 5000 Odense C, Mondays to Fridays, 9 am to 2 pm, Ph. 70 22 58 68 or Mondays between 10 am and 2 pm, Ph. 66 12 59 00

West and North: Kannikegade 18, 8000 Århus C, Mondays to Thursdays, 9.30 am to 2.30 pm, Ph. 7022 5868

LYSTHUSET

Center for seksuel sundhed (Centre for sexual health)

Kannikegade 18, 8000 Århus C

Opening hours: Mondays to Thursdays, 9 am to 3 pm.

Kondomeriet (The condom store): Tuesdays to Thursdays, 2 to 5 pm.

Ph. 7027 5005 E-mail: lysthus@ag.aaa.dk

SEX OG SAMFUND (The Danish Family Planning Association)

Rosenørns Allé 14 st., 1134 Copenhagen V

Præventions- og rådgivningsklinikken (Sexual health clinic)

Opening hours: Mondays, Tuesdays and Thursdays, 4 to 7 pm.

Booking an appointment: Mondays, Tuesdays and Thursdays, 3 to 4 pm.

Ph. 33 13 91 13

SEX-LINIEN FOR UNGE - SEX OG SAMFUND (The sex line for young people – The Danish Family Planning Association)

All working days between 3 and 5 pm.

Ph. 70 20 22 66

CROSS-OVER

Lille Kirkestræde 3, 1072 Copenhagen K

Personal and telephone consultations in Danish, English, and Turkish,
Mondays to Fridays, 12 noon to 5 pm, Ph. 3631 0808

Hotline in Kiswahili, French, English, Turkish, and Danish, Tuesdays, 6 to
8 pm, Ph. 3631 0707

Clinics for sexually transmitted diseases

BISPEBJERG HOSPITAL

Veneriaklinikken (Clinic for venereal diseases), Bispebjerg Bakke 23,
2400 Copenhagen N

Mondays to Fridays, 12 noon to 1 pm, Ph. 3531 3188

SEX OG SAMFUND (The Danish Family Planning Association)

Rosenørns Allé 14 st., 1134 Copenhagen V.

Præventions- og rådgivningsklinikken (Sexual health clinic)

Opening hours: Mondays, Tuesdays and Thursdays, 4 to 7 pm.

Booking an appointment: Mondays, Tuesdays and Thursdays, 3 to 4 pm.

Ph. 33 13 91 13

Kommentar [p2]: Denne står
også ovenfor?