

## SEXUALLY TRANSMITTED DISEASES

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**Abstract:** Sexually transmitted diseases (STDs) are infectious diseases transmitted through sexual contact. They pose a serious threat not only to personal health, but also to the health of society. In this article, we will talk about sexually transmitted diseases, their causes, symptoms, prevention and treatment methods.

**Key words:** infectious diseases, anus, vagina, bacteria, drugs, viruses.

There are different ways to treat sexually transmitted diseases. Bacterial infections are treated with antibiotics, while viral infections are managed with antiviral medications. During treatment, it is important to consult a doctor and take all prescribed medications. Sexually transmitted diseases (STDs) are diseases that are transmitted from one person to another through sexual contact. STDs can be transmitted through any sexual activity involving the mouth, anus, vagina, or penis. According to the World Health Organization, up to 18 percent of the world's population contracts a sexually transmitted disease each year. Half of all sexually active young adults will have at least one sexually transmitted infection by age 30. Although STDs often have no symptoms, STDs can be very serious and even life-threatening and require treatment. There are over 20 types of STDs. Most sexually transmitted diseases affect both men and women; however, women are at higher risk of STD complications and related health problems. An STD can pass through a pregnant woman's placenta and cause serious health problems for the baby. STD treatment products can treat STDs caused by bacteria, yeast, or parasites. There is no cure for sexually transmitted diseases caused by the virus, but medications often help with symptoms and keep the disease under control or greatly reduce, but not completely eliminate, the risk of spread.

Chlamydia.

This condition is caused by *Chlamydia trachomatis*. It is a microorganism that affects only humans and is the most common cause of genital and eye infections. If not treated in time, it can lead to serious pregnancy-related problems, such as ectopic pregnancy, and can also be passed from mother to baby. Young people who have sex, especially women. Symptoms are usually mild and can be passed from one person to another without being noticed. There may be non-specific symptoms such as a bladder

infection, changes in vaginal discharge, or lower abdominal pain. If left untreated, pelvic pain, painful sex, or bleeding between periods there may be complications such as withdrawal.

Gonorrhea.

This is also known as "clap". It is caused by *Neisseria gonorrhoeae*. Usually, there are no symptoms. If there are any symptoms, they include:

White, yellow, beige or green discharge from the penis or vagina.

Pain or discomfort during intercourse or urination

Urinating more often than usual.

Itching around the genitals.

Sore throat, angina.

If left untreated, it can lead to infection of the urethra, prostate gland, or testicles. It can also cause pelvic inflammatory disease and infertility. The possibility of gonorrhea passing from the mother to the fetus. Therefore, it is strongly recommended that pregnant women be screened and treated for sexually transmitted infections. In men, it can cause inflammation of the prostate gland, urethra or epididymis.

The bacteria that cause the condition are highly contagious and mainly attack the mucous membrane. Bacteria can survive in the vagina, penis, mouth, rectum, or eyes. What can spread to another person can easily spread to other body parts of the same person. Accidental contact with the eye may cause infection elsewhere.

Genital Herpes.

It is caused by the herpes simplex virus (HSV). It affects the skin, cervix, genital area and other parts of the body. There are two types of this virus

HSV-1 is also known as herpes type 1

HSV-2 is also known as herpes type 2

It is also a condition that is easily spread from person to person. The most common routes of transmission for type 2 HSC are vaginal, oral, and anal. HSV type 1 can also be spread by sharing straws, utensils, and surfaces. Symptoms include:

Cervical blisters and ulcers

Vaginal discharge

Pain during urination

fever

Cold sores around the mouth

Painful red blisters on the external genitalia or thighs

Syphilis is a bacterial disease caused by the bacterium *Treponema pallidum*. This infection is mainly transmitted through sexual intercourse, and can also be transmitted from mother to child during pregnancy or childbirth. Syphilis (wound) can manifest itself at any stage, affect different organs, sometimes imitate other diseases. The lesion may become more severe when it is in addition to an existing HIV infection. In such

cases, eye damage, meningitis, and other neurological complications can occur quickly and cause serious damage. Patients with severe changes in the skin or mucosa, as well as patients with unusual neurological diseases, especially those living in areas with a high prevalence of this infection, should suspect a wound. In such areas, patients with various unexplained symptoms should be examined with a high assessment of the probability of the disease. In many developed countries, the disease may be overlooked because the clinical manifestations of the disease are diverse and late stages are rare.

Infection is characterized by the appearance of sores at the site of entry. Most of the time they are painless. These symptoms may disappear on their own without treatment. After 3-4 weeks of the incubation period (range 1-13 weeks), the primary skin disease known as "hard chancre" appears. At first, the red "papule" quickly turns into a hard chancre, which looks like a typical painless deep ulcer. When touched, it releases a clear liquid containing spirochetes. Lymph nodes located closer to the wound may be enlarged, firm, and painless.

Location of lesions:

In men: penis, anus, rectum;

In women: genitals, cervix, rectum, perineum;

Lip or oral cavity.

The wound usually heals after 3-12 weeks

If left untreated, the infection can spread throughout the body. Causes rash, fever, pain. Spirochetes enter the blood and cause extensive skin-mucous lesions, swelling of the lymph nodes, and rarely symptoms in other organs. Symptoms usually appear 6-12 weeks after the ulcer appears. In about 25% of patients, the wound remains. Fever, loss of appetite, nausea and fatigue are common. Headache (meningitis), hearing loss (otitis), balance problems (labyrinthitis), visual impairment (retinitis, uveitis), bone pain (periostitis) may occur. More than 80% of patients have skin-mucosal lesions that may resolve within days to weeks, persist for months, or recur after treatment. But it usually ends without a scar. Syphilitic dermatitis is often symmetrical and appears on the palms and soles of the feet. The sores can be round, dry, non-itchy and painful. After the sores disappear, the skin at the site of the sore may change color. Condyloma lata - hypertrophied, smooth, dark pink or gray papules. In the skin-mucosal layer, it occurs in moist areas of the skin, for example, in the perianal part, under the breast. Damages the mouth, throat, penis, vulva, or rectum.

The shape is usually round, with raised edges, and the discharge is often gray with a red border. Secondary syphilis can affect many other organs. About half of patients have enlarged lymph nodes. It is often hard, painless, nodular, with hepatosplenomegaly. In about 10% of patients, lesions are detected in the eyes (uveitis), bones (periostitis), joints, brain shell, kidneys (glomerulitis), liver (hepatitis) or spleen. 10-30% of patients develop a mild form of meningitis, but less than 1% have

meningeal symptoms such as headache, neck stiffness, cranial nerve damage, deafness, and eye inflammation. The latent stage is early ( may be < 1 year after infection) or late ( $\geq$  1 year after infection). It develops against the background of untreated syphilis. Although there are no symptoms during this period, antibodies are detected using serological tests. Syphilis can remain latent for a long time, but late relapses with infectious lesions of the skin or mucous membrane can occur in the early latent phase.

### **Conclusion:**

Sexually transmitted diseases can cause serious health problems. To prevent and treat them, it is necessary to develop healthy sexual behavior, use protective equipment and undergo regular medical examinations. Everyone should be educated about protecting their health and sexually transmitted diseases.

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