

Your
SEXUAL
Exposure



STI Pop Quiz

True or False:

Women are more likely than men to contract STIs.

True! Because of their anatomy, women are more likely to contract STIs, to not have any symptoms, and to misidentify symptoms.¹

True or False:

I would know if I had an STI.

False! Anyone may have and spread an STI, even if they haven't noticed any symptoms.²

What is an STI?

A Sexually Transmitted Infection (STI), also known as a Sexually Transmitted Disease (STD), is an infection that is predominantly spread by sexual contact. Most people with an STI do not notice symptoms but can still spread it to others or experience irreversible internal damage because of the infection. Some STIs like chlamydia and gonorrhea are typically curable when treated promptly. Many others, however, like HIV, herpes, hepatitis B, and HPV can lead to lifelong diseases requiring daily medication and frequent medical help.⁴

Common STI Symptoms⁵

- Pelvic and lower abdominal pain.
- Pus-like discharge from penis or vagina, with or without odor.
- Burning with urination.
- Skin changes including blisters, ulcers, and other bumps, in genital, anal, or mouth area.
- Infection signs like fever, sore throat, and fatigue.

Complications of STIs^{6,7,8,9,10}

- Increased risk of getting additional and more serious STIs.
- Difficulty treating even typically curable STIs because of antibiotic-resistant strains.
- Pelvic Inflammatory Disease (PID) leading to chronic pain, infertility, and ectopic pregnancy.
- Birth defects and pregnancy complications like stillbirth if a woman becomes pregnant.
- Cervical cancer and liver cancer.
- Brain, heart, and vision damage.
- AIDS (Acquired Immunodeficiency Syndrome)
- If untreated, death can occur.

True or False:

STIs are always curable.

False! Some STIs are curable, but others like HIV, HPV, and herpes aren't. In addition, common STIs like chlamydia and gonorrhea are curable, but they may be hard to spot and, when untreated, can cause Pelvic Inflammatory Disease (PID), a leading cause of infertility.³

Prevalence of STIs in the United States¹²

HPV	42.5M	HIV	984K
Genital Herpes	18.6M	Gonorrhea	209K
Trichomoniasis	2.6M	Syphilis	156K
Chlamydia	2.4M	Hepatitis B	103K

By the numbers¹¹

- 1 in 5 people in the US have an STI.
- 26,000,000 new STI cases each year.



It's Your Choice

You get to decide whether to expose yourself to STIs. While sexual activity has always carried a risk of infection, currently the risks are dramatically increased because so many Americans have STIs and may not even realize it. Being diagnosed with some STIs may only have a short-term impact, but others like HIV would change the course of your life. Waiting to start sex until you choose a lifetime partner in marriage is the only and best way to provide protection from STIs.

Won't Condoms Protect Me?

In actual use, condoms only provide 10-50% protection against some STIs, like herpes.¹³ For other STIs, the protection is closer to 90%, but getting infected or infecting someone else is always possible.¹⁴ Even a 10% chance of getting a life-changing STI may be more of a risk than you want to take, especially when some STIs are incurable.

“When you have sex with someone, you are having sex with everyone they have had sex with for the last ten years, and everyone they and their partners have had sex with for the last ten years.”

*~ C. Everett Koop,
Former U.S. Surgeon General*

Your Sexual Exposure

YOUR PARTNERS

1	1
2	3
3	7
4	15
5	31
6	63
7	127
8	255
9	511
10	1,023
11	2,047
12	4,095

YOUR PARTNERS

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