



Why is STIs important?

Sexually transmitted infections (STIs) are transmitted through sexual contact with infected persons. They can be transmitted through vaginal sex, oral sex and anal sex. These infections are not contracted through social contacts, such as sharing meals, riding on public transport, or swimming in public swimming pools.

Sexually transmitted infections can lead to serious consequences. It affects the reproductive system resulting in pain and infertility. They can spread to other parts of the body leading to a variety of complications, and even death. Pregnant mother with untreated sexually transmitted infection may pass the infection onto their offspring.

It is often easy to overlook sexually transmitted infections, especially in those with no obvious signs or symptoms because of the long and variable incubation period. Sometimes it can be entirely asymptomatic, especially in female patients.

Whenever in doubt, you should consult your doctor as soon as possible for early treatment and hence prognosis. The Social Hygiene Clinic of Department of Health offers check up, treatment and counseling. A referral is not required, and all information are kept confidential.

You should follow the medical advice and treatment to achieve the best results. Your sexual partner should also receive check up and treatment at the same time to avoid repeated cross transmission.

Pregnant women need not be frightened if they have sexually transmitted infections. Treatment in early pregnancy may be crucial in safeguarding the well being of both the women and the fetus. However the body does not acquire immunity to sexually transmitted infections even after successful treatment. As long as you have risky sexual activity, you run the risk of contracting these diseases.

Bathing or vaginal douching before or after sexual intercourse cannot prevent contracting sexually transmitted infections. The use of external agents or medicine before sexual activity is generally ineffective because you may be exposed to more than one type of sexually transmitted infections simultaneously, and that drug resistance may develop.

The most effective way of preventing sexually transmitted infections is to have safer sex and maintain a mutually monogamous relationship with an uninfected partner and avoid casual sex. If this is impossible, condom should be properly used during each sexual contact to reduce the chance of infection.



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