STDs, STIs, and Your Athletes

by

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I have no conflicts of interest.

Disclosure: there are graphic pictures in today's lecture.

STD Myths or Facts?
True or False

1. Most people with an STD experience painful symptoms.
2. Birth control pills prevent the spread of STDs.
3. Douching will cure an STD.
4. Abstinence is the best way to prevent STDs.
5. If you get an STD once, and are treated, you can't get it again.
6. A person does not need to see a doctor if she/he notices sores on his/her genitals once, but then they go away.

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Myth or Fact?

7. Condoms help prevent the spread of STDs.
8. You can't get an STD from oral sex.
9. Sexually active people aged 15-24 years are at higher risk of acquiring STDs.
10. Birth control protects against pregnancy and STDs.
11. Once you've had an STD, you can't get it again.
12. Anal sex has a higher risk of spreading STDs than many other types of sexual activity.
13. Only gay and bisexual men get STDs.

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Myth or Fact?

14. Abstinence is the only method of contraception that is 100% risk-free.
15. You can't get an STD if your partner is a virgin.
16. Only "trashy" people get STDs.
17. You cannot get an STD from only 1 sexual encounter with someone.
18. You can't have two STDs at once.
19. You can get an STD from a toilet seat.

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Myth or Fact?

20. Women with an IUD cannot get STDs because of the copper metal in the IUD.
21. Women are considered at higher risk for STDs than men.
22. Lesbians can't get STDs.
23. If my partner has an STD, I'll see it.

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Are STDs curable?

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Are STDs curable?

Some are and some are not!

Some are curable and some are only treatable.

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The FACTS!!!

- 205 STDs exist around the world.
- 50 million STD's occur each year across the world.
- 1,000,000 people per day around the world.
- 357 million new infections every year globally
  - Chlamydia (131 million)
  - Gonorrhea (78 million)
  - Syphilis (5.6 million)
  - Trichomoniasis (143 million)

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The FACTS!!!

- Eight pathogens are linked to the greatest incidence of sexually transmitted disease.
- Of these 8 infections, 4 are currently curable:
  - Syphilis
  - Gonorrhea
  - Chlamydia
  - Trichomoniasis
- The other 4 are viral infections and are incurable:
  - Herpes simplex virus (HSV or herpes)
  - Human Immunodeficiency Virus (HIV)
  - Human papillomavirus (HPV).
  - Hepatitis B

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The FACTS!!!

- Only 25 STD's are tracked by the WHO.
- Highest rates occur in 15-24 year olds.
- 15-24 year olds make up just over one quarter of the sexually active population, but account for half of the 20 million new sexually transmitted infections that occur in the United States each year.
- More Americans are infected now than ever before.
- Your odds are 1 in 4 during a lifetime.
- $16 billion in health care costs annually for STDs in the US.

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More FACTS!!!!

- STD's are among the top 10 most frequently reported diseases in the USA.
- You can have more than 1 STD.
- You can become re-infected with the same STD after treatment.
- Many can be treated, but not cured!!!!
  - Curing one doesn't necessarily cure another and treatments don't prevent another bout with the same STI.
- Many STD's do not manifest themselves with signs and symptoms.

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More FACTS!!!!!

- The most common bacterial STD is chlamydia.
  - The two highest rates of chlamydia occur in adolescents and young adult women.
- Syphilis is spreading rapidly right now in the US.
- HPV and chlamydia are at epidemic levels in college students.
- Many college students do not know that they have an STI.
- More than half of 13-24 year old women with HIV got it through heterosexual sex.

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Still more facts!!!!

- 50% of Latinos and African-Americans who go for STI and HIV testing do not return to get their results.
- The factors that put young people at risk of STI's are:
  - Feelings of invulnerability.
  - Multiple sex partners.
  - Failure to use condoms.
  - Substance use and abuse.

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How are STDs Spread?

- Vaginal sex
- Anal sex
- Oral sex
- Transmission from mother to baby during childbirth
- Skin to Skin contact
- Sharing equipment
- Exchange of bodily fluids

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20 Million Annual NEW Cases in the USA

• Syphilis	32,000
• HIV	38,000
• Hep B	60,000
• Herpes	500,000
• Gonorrhea	700,000
• Chlamydia	2.8 million
• HPV/Genital Warts	6.2 million
• Trichomonosus	7.4 million

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History

- First “condition” attributed to being spread through sex was in the mid-1450s.
  - Eventually termed syphilis and it was fatal for the person who contracted it. Their death occurred in was just a few months.
- Second “condition” was in the 1540s.
  - This was termed gonorrhea. It was not deadly, but the person was considered to have it forever.

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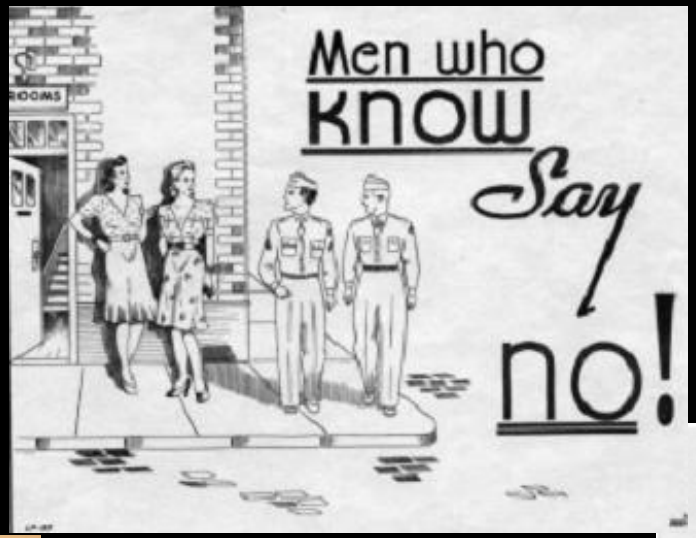
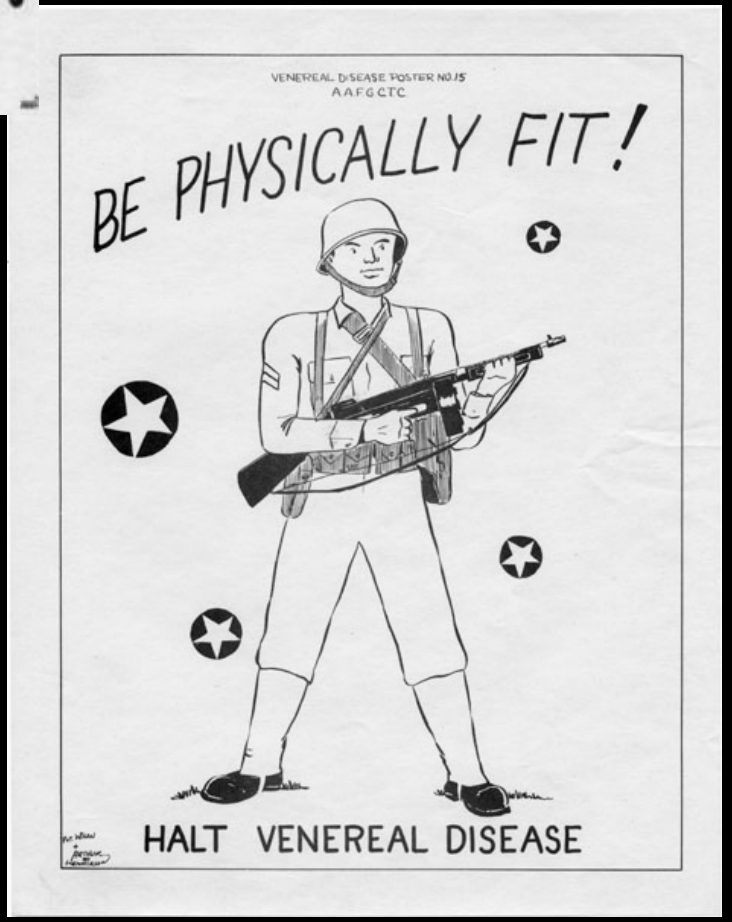
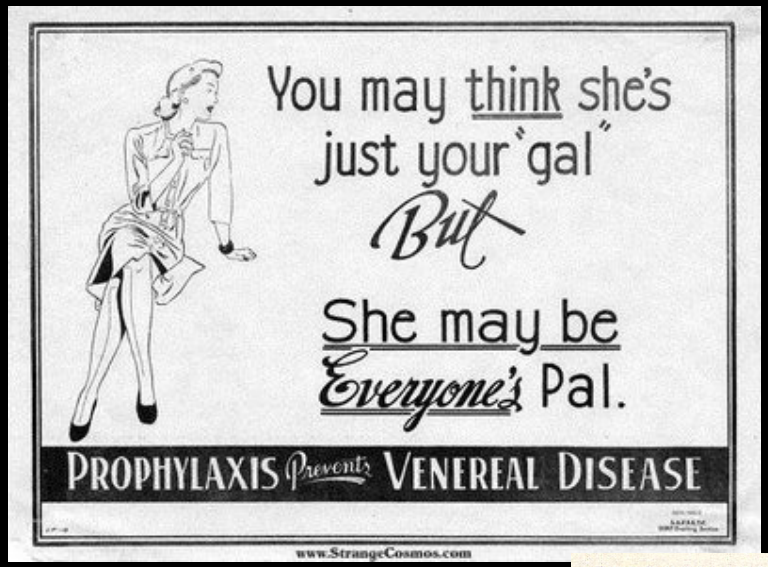

Men who
KNOW
Say
no!

LOADED?
Don't take chances with Pickups!
VICTORY
VD IS NOT V
Loose Women may also be
LOADED with Disease


VENEREAL DISEASE POSTER NO. 15
A.A.F.G.T.C.
BE PHYSICALLY FIT!
HALT VENEREAL DISEASE


You may think she's just your "gal"
But
She may be Everyone's Pal.
PROPHYLAXIS Prevents VENEREAL DISEASE
www.StrangeCosmos.com

WHEREVER YOU GO...
N
W
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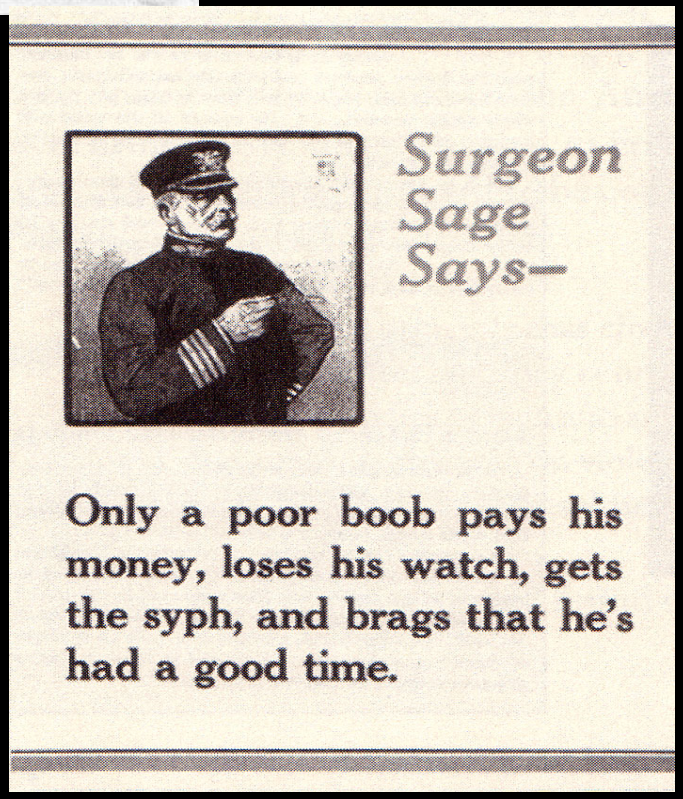
VENEREAL DISEASE IS THERE


Surgeon Sage Says—
Only a poor boob pays his money, loses his watch, gets the syph, and brags that he's had a good time.

NHS
I've got Gonorrhoea
SHE WON'T BE WEARING THIS.
SO MAKE SURE YOU USE A CONDOM.
CONDOM
essential wear
NHS
I've Got Chlamydia
I've Got
HE WON'T BE WEARING THIS.
SO MAKE SURE YOU USE A CONDOM.
CONDOM
essential wear
PA

What is the Difference Between an STD and an STI?

- Venereal disease (VD) was original term.
- Sexually transmitted disease replaced VD in 1988 in the US.
- The term ”disease” is seen as representing a medical problem that has obvious signs and symptoms.
- Not all STDs have signs and symptoms in an infected person.
- For those sexually transmitted bacteria or viruses that are without signs and symptoms, they are now referred to as sexually transmitted infections (STIs)…because they create an infection that does not always results in a disease.
- The World Health Organization (WHO) officially adopt the term in 1999.
- STD and STI are used interchangeably by most people.

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STDs, STIs, oh my…

- For centuries there was shame and stigma associated with people who had acquired an sexually transmitted infection.
- But now in the 21st century it is a right of passage for young people to acquire an STI.
- The “hook-up” culture of the last 10+ years is the reason.

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STIs and Athletes

- Starting in the early-2000s, male professional athletes began being sued for “giving” females STIs.

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The highest profile athlete with any STD was Magic Johnson

- He admitted to being HIV+
- November 7th, 1991

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STIs and Athletes

In 2015, a University of Michigan football player was publicly shamed by a group of women who were supporting the woman who he infected. This made the national news.

In April of 2018, a Purdue men's basketball player was sued for transmitting STDs. This made the national news.

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STIs and Athletes

Suing the person who gave you an STD is an exploding legal pursuit.
It started with HIV 20 years ago
Has now become the trend with all other STDs.

It is just a matter of time before ATCs have a student-athlete who is sued and it makes national news.

It is just a matter of time before ATCs have a student-athlete who sues another for giving them an STD.

Male student-athlete with 6 different STDs simultaneously

STI’s: They won’t happen to me!!!

STI's:
They won't happen to me???

STI’s:
They happened to me!

Feeling Frisky and Risky?

Why Present Information on STIs?

- Epidemic of STI's
- Long-term health consequences
  - Infertility (males & females)
  - Pelvic Inflammatory Disease (PID)
  - arthritis
  - cancer
  - neonatal infection
  - epididymitis
- Increased risk of contracting HIV
- Prevention of STI's

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STDs/STIs fall into 3 categories

- Bacterial
- Viral
- Parasitic

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Bacterial

Chlamydia
Gonorrhea
Lymphogranuloma Venereum (LGV)
Mycroplasma Genitalium (MG/MPG)
Nongonococcal Urethritis (NGU)
Pelvic Inflammatory Disease (PID)
Syphilis
Vaginitis*

can also be viral or parasitic

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Viral

Genital warts/Human Papilloma Virus
Hepatitis
Herpes Simplex Virus I (HSV1)
Herpes Simplex Virus II (HSV2)
HIV
Cytomegalovirus (CMV)
Molluscum Contagiusum
Mononucleosis
Vaginitis

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Parasitic

Intestinal Parasites
Pubic Lice
Scabies
Trichomoniasis
Vaginitis

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Most Common Bacterial STI's

- Bacterial Vaginosis
- Chancroid
- Chlamydia
- Gonorrhea
- Syphilis

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Bacterial Vaginosis

Bacterial Vaginosis

Signs and symptoms:

Females: Fishy or musty smelling discharge.

Males: asymptomatic.

Treatment:
Prescription drugs: oral, intravaginal, and topical

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Seattle STD/HIV Prevention Training Center
Source: University of Washington

Nongonococcal Urethritis (NGU)

- An inflammation or infection of the urethra (the tube that carries the urine from the bladder)
- It is passed from person to person during intimate physical contact.
- **Signs and Symptoms:**

  Female:

  Pain, itching or burning around the vagina

  Any discharge may be a sign of NGU. (because the disease is internal, women sometimes do not show any obvious symptoms.)

  Male:

  Discharge from the penis (this may be thin and watery or thick and white)

  Burning and itching around the opening of the penis

  Sometimes the signs appear only in the morning, then go away and come back.

  About 10% of men show no symptoms
- **Treatment:**

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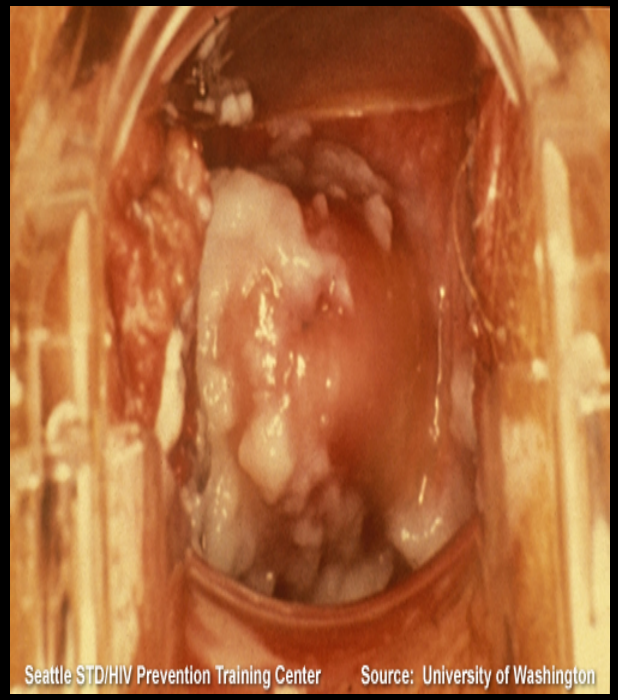
Nongonococcal Urethritis



Chancroid

Chancroid

Signs and Symptoms:
Small blisters that rupture and form painful, soft, crater-like ulcers that emit a foul-smelling discharge.

Treatment:
Single doses of either ceftriazone or azithromycin or a 7-day dosage of erthyomycin.

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Chlamydia

Chlamydia

Signs and Symptoms:

Females: PID, interrupted menstrual cycle, pelvic pain and bloating, elevated temperature, nausea, vomiting, headache, infertility, ectopic pregnancy. Chlamydia can cause lifelong damage to young women's reproductive systems, and result in infertility.

Males: penile discharge and burning during urination, sensation of heaviness in the testicle(s), inflamed scrotum, painful swelling at the bottom of the testicle (epididymitis), which can cause infertility.

- **Infertility is major issue: 10-15%**

Treatment: prescriptions of doxycycline, azithromycin, oflaxacin, levoflaxacin.

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Male chlamydia

Female Chlamydia

Gonorrhea: the “clap”

Gonorrhea: the “clap”

Signs and Symptoms:

Males: cloudy discharge from the penis and burning sensations during urination. If untreated, a inflammation of the scrotal skin and swelling at the base of the testicles (epididymitis). Epididymitis can cause sterility in males.

Females: some green or yellowish discharge is produced by commonly remains asymptomatic or undetected. Later PID may develop. Untreated PID can cause sterility in a female.

Treatment: dual therapy of a single dose of ceftriaxone, cefixime, ciprofloxacine, ofloflaxine, levofloxacin for 7 days. A single dose of azithromycin.

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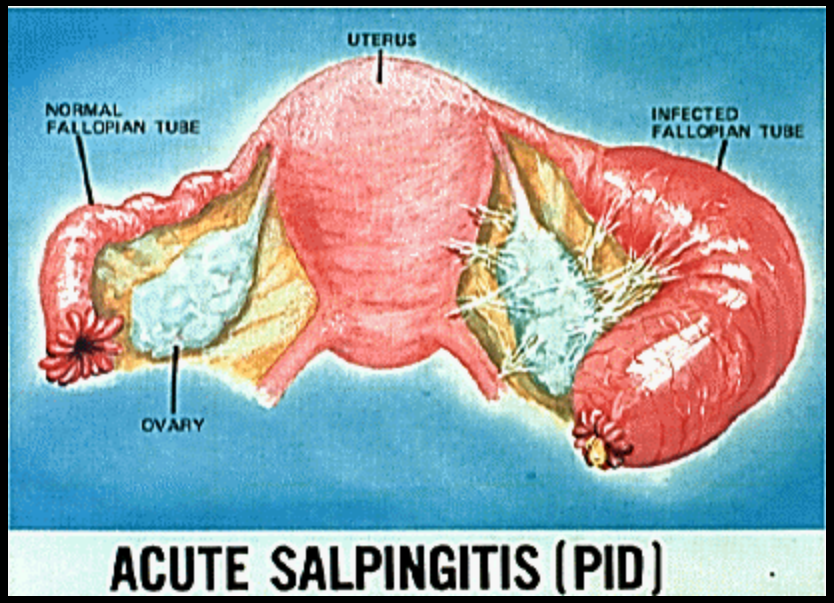
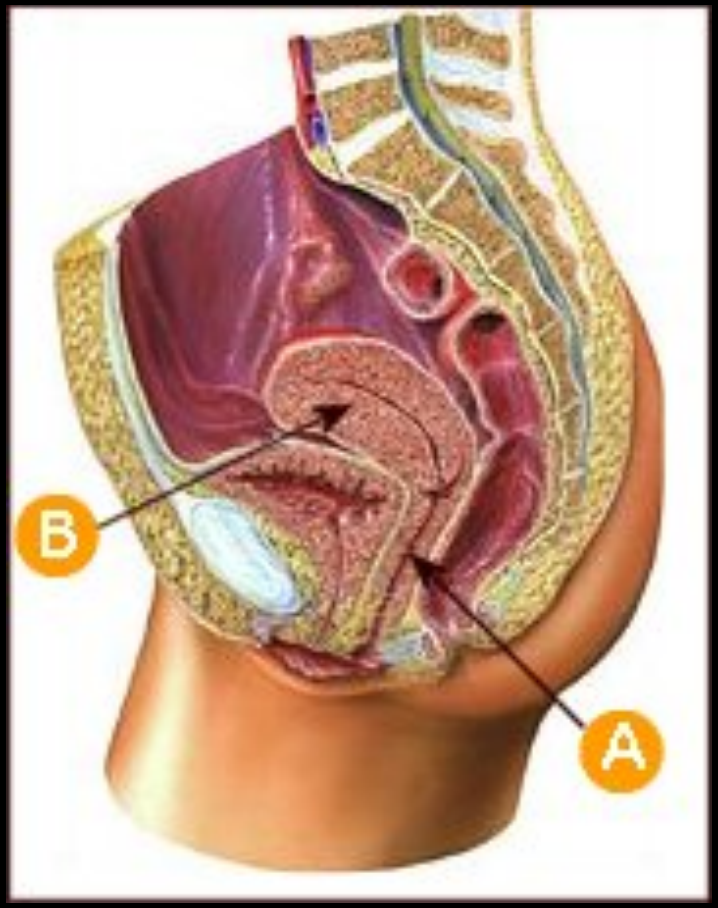
Pelvic Inflammatory Disease



PID



Pelvic Inflammatory Disease (PID)

Signs and Symptoms:

•A serious infection that affects a woman's reproductive organs.

•Often caused by untreated STDs, like chlamydia and gonorrhea.

•May experience mild or no symptoms.

•Pain in the lower abdomen
•Fever
•An unusual discharge with a bad odor from the vagina
•Pain and/or bleeding when having sex
•Burning sensation when you urinate
•Bleeding between periods

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Pelvic Inflammatory Disease (PID)

PID can be cured if caught early.

However, treatment won't undo any damage that has already happened to the reproductive system.

Some complications of PID are:

- Formation of scar tissue both outside and inside the fallopian tubes that can lead to tubal blockage
- Ectopic pregnancy (pregnancy outside the womb)
- Infertility (inability to get pregnant)
- Long-term pelvic/abdominal pain

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Syphilis

Syphilis

Syphilis is a multi-stage disorder: Primary, Secondary, Tertiary

Signs and Symptoms:

Primary stage: a painless chancre that appears at the site where the spirochetes entered the body.

- Several days-few months after infection
- Genitals, mouth, rectum, other areas
- Sometimes there is no chancre
- Ulcer heals; many may think there is no problem

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Syphilis

Secondary/Latent stage: the chancre disappears and a generalized skin rash develops.

- 3-6 weeks following infection
- Hands, soles of feet; other areas
- Fever and flu-like symptoms may also be apparent
- Rash typically heals after several weeks

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Syphilis

Tertiary/Latent stage: heart failure, blindness, mental disturbance, death.

- Infection hides in body, often central nervous system
- Infected person can remain in this stage for years
- There may be no symptoms for a long time
- Disease begins to attack organs
- Latent further divided into early, late, or unknown stages based on when infection occurred

- **Late/Tertiary Stage**
  - Severe symptoms develop: paralysis/numbness; blindness; heart disease; dementia

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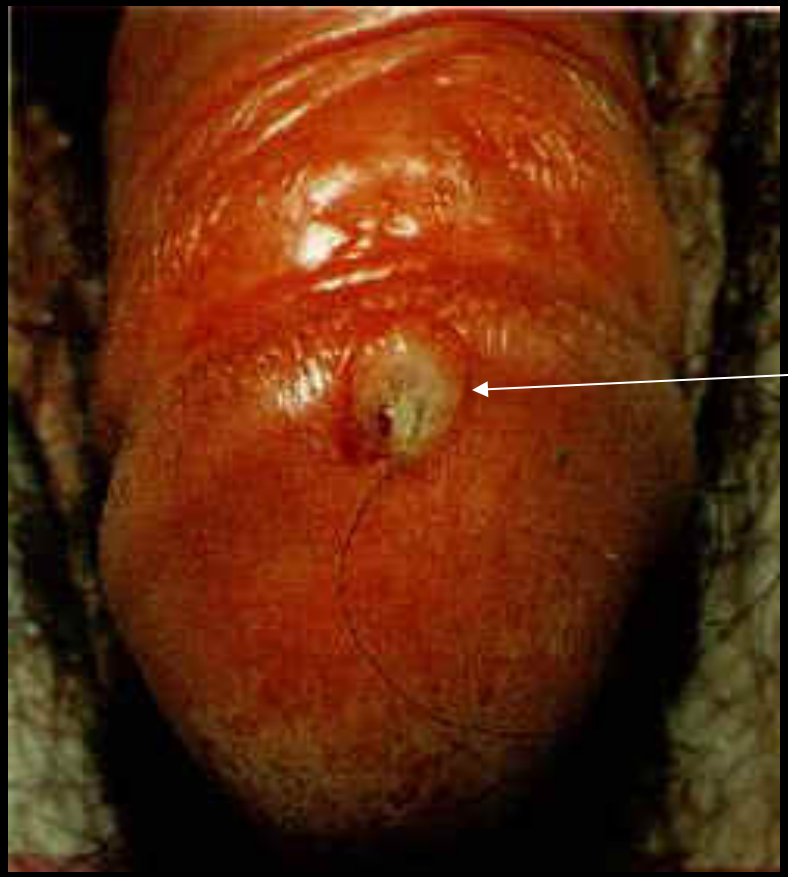
Syphilis (female)

Syphilis (male)



<u>Chancre</u> (ˈshaŋ-kər) – the syphilis sore

The rate among young black men has increased dramatically over the past five years (134 percent)…MSM

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Syphilis Chancre

Syphilis on the feet

Palmar-Plantar rash

Syphilis on the hands

Palmar-Plantar rash

More syphilis

And more syphilis

Syphilis again

Stomach

Ankle

Syphilis on the back

Neurosyphilis Syphilis

Usually occurs during late syphilis but can occur at anytime during the infection

Signs and Symptoms:

Difficulty coordinating muscle movements

Paralysis (not able to move certain parts of your body)

Numbness

Blindness

Dementia (mental disorder)

Damage to internal organs

Can result in death

More likely to occur early in the disease process if HIV infection is also present.

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Candidiasis

Candidiasis: a yeast infection

Signs and Symptoms:
White, cheesy discharge. Irritation of vaginal and vulval tissues

Treatment: vaginal suppositories, oral, or topical cream of clitrimazole, micronazole, or fluconazole.

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yeast infection
www.healthac.org

yeast infection
www.healthac.org

yeast infection
www.healthac.org

Viral

Most Common Viral STIs

- Human Papillomavirus Virus (HPV)/Genital warts
- Herpes (HSV1 and 2)
- Human Immunodeficiency Virus (HIV)

NO CURE

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HPV
...WHAT'S THAT?

Genital Warts
Human Papilloma Virus (HPV)

HPV

- Virus therefore, incurable
  - A group of many viruses
  - 200+ strains
  - 40+ HPV forms can be sexually transmitted.
- Transmission via vaginal, oral, anal sex.
- These strains of HPV are known to cause cervical cancer (6, 11, 16 and 18).
- HPV may also increase risk of vulvar, anal, penile, and oral cancers.

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Genital Warts

Signs and Symptoms: hard and yellow-gray clusters on dry skin or soft, pinkish-red and cauliflower like clusters on moist areas.

Treatment: freezing, application of topical agents, cauterization, surgical removal, vaporization by carbon dioxide laser.

Vaccines for prevention

- Gardasil (available for males & females ages 9-26 years.
  - 3 injections over a 6 month timeline
  - Protects against HPV types
- Cervarix (approved for females ages 10-25)
  - 3 injections
  - Protects against HPV types 16, 18

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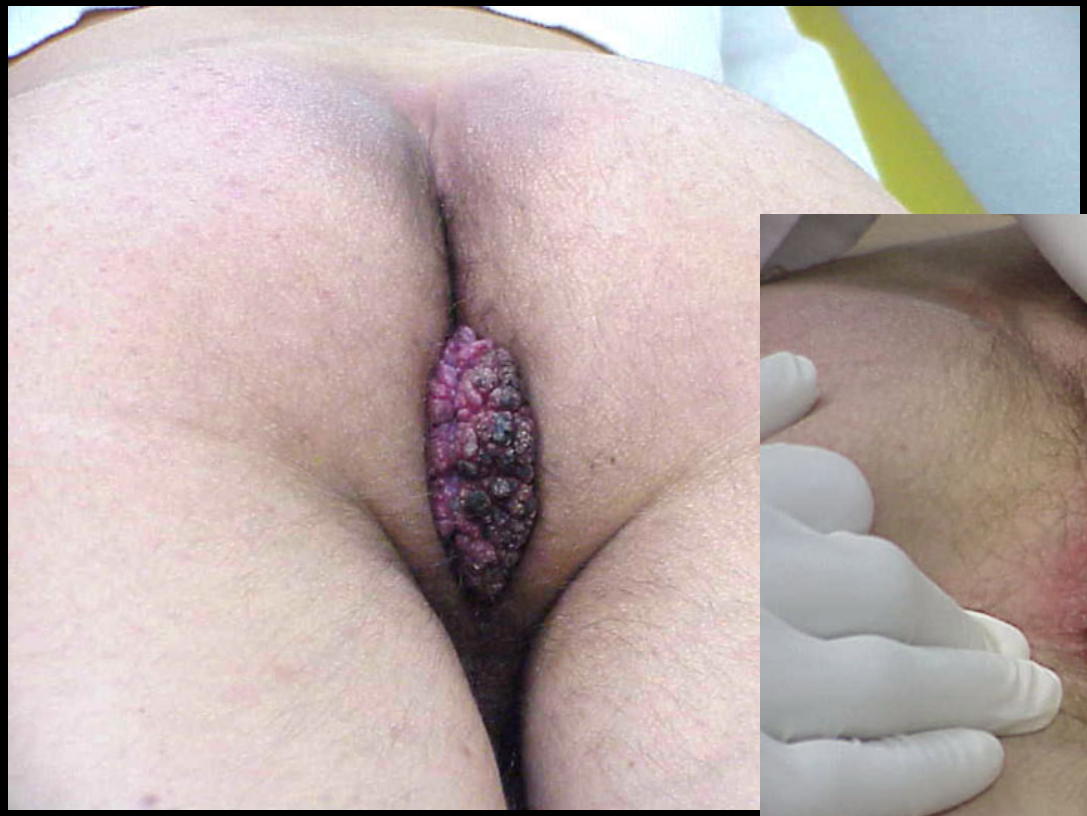
HPV

Genital Warts

Perianal Wart



HPV Penile Warts

HPV Warts on the Thigh

HPV

Seattle STD/HIV Prevention Training Center
Source: University of Washington

HPV

More Genital Warts

Herpes Simplex Virus

HEALTH
INFORMATION
SERIES

What Is Herpes?

AMERICAN-COLLEGE
HEALTH-ASSOCIATION

Herpes Simplex Virus I: Oral

HSV I

HSV 1

Signs and Symptoms

Red bumps or papules that appear in mouth and lips area.

Papules then become painful blisters and rupture and form wet open sores

Treatment:

No cure, a variety of anti-virals can help suppress the symptoms.

acyclovir zovirax

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Herpes Simplex Virus II: Genital

HSV II

HSV 2

Herpes Simplex Virus II: Genital

Signs and Symptoms:

Red bumps or papules that appear in genital region.

Papules then become painful blisters and rupture and form wet open sores

Treatment:

No cure, a variety of anti-virals can help suppress the symptoms.

acyclovir zovirax

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Seattle STD/HIV Prevention Training Center
Source: Connie Celum, Walter Stamm

Genital Herpes

Seattle STD/HIV Prevention Training Center
Source: Connie Celum, Walter Stamm

Genital Herpes

Herpes that has spread

Genital Herpes Simplex

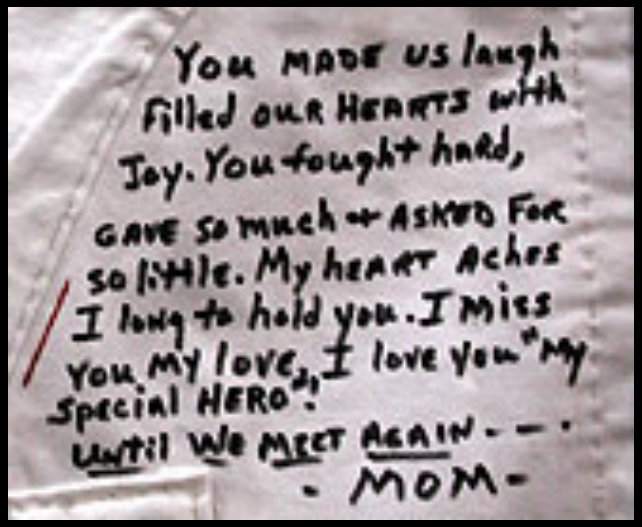
Herpes that has spread

Herpes

Seattle STD/HIV Prevention Training Center
Source: Connie Celum, Walter Stamm

HIV!!!!!!!!!!

The AIDS Memorial Quilt
The Names Project


You MADE US laugh
filled our HEARTS with
Joy. You fought hard,
GAVE SO much & ASKED FOR
so little. My heart Aches
I long to hold you. I Miss
you MY love, I love you "MY
special HERO".
UNTIL We MEET AGAIN - - -
- MOM -

Caring
and
hands

ANY WAY THE WIND BLOWS
JOHN BARTON EVANO
1959 — 1991
THE LORD IS MY SHEPHERD
JEFFERY EARL SCHMIDT
5-1-49
8-6-91
LYLE
DOBSON
IDITAROD: A TRAIL OF HOPE
1925 DIPTHERIA
1990 AIDS

What do these college kids have in common?

HIV and AIDS!!!

HIV and AIDS Do Not Discriminate

1 in 4 new HIV infections occurs in youth ages 13 to 24 years.

About 12,000 youth or about 1,000 per month, are infected with HIV.

About 60% of all youth, with HIV do not know they are infected, are not getting treated, and can unknowingly pass the virus on to others.

About 50,000 people are infected with HIV each year, and 1 in 4 is 13 to 24 years old.

Youth make up 7% of the more than 1 million people in the US living with HIV.

The greatest number of infections occurred among gay and bisexual youth.

Nearly half of all new infections among youth occur in African American males.

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PrEP

Pre-exposure prophylaxis (or PrEP) is when people at very high risk for HIV take HIV medicines daily to lower their chances of getting infected.

PrEP can stop HIV from taking hold and spreading throughout your body.

It is highly effective for preventing HIV if used as prescribed, but it is much less effective when not taken consistently.

Daily PrEP reduces the risk of getting HIV from sex by more than 90%. Among people who inject drugs, it reduces the risk by more than 70%.

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PEP

Post-exposure prophylaxis (PEP) means taking antiretroviral medicines (ART) after being potentially exposed to HIV to prevent becoming infected.

PEP should be used only in emergency situations and must be started within 72 hours after a recent possible exposure to HIV.

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What is the HIV status of your athletes??

Parasitic

Parasitic

- Intestinal Parasites
- Scabies
- Pubic Lice
- Trichomoniasis
- Vaginitis

TREATABLE

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Scabies

Scabies

Caused by the itch mite. It burrows just under the skin and lays eggs. The scabies mite can live for 2-4 days away from the human body; it can be transmitted without sexual contact.

Signs and Symptoms:
Small bumps and a red rash that itches intensely, especially at night.

Treatment:
5% permethrin lotion or cream.

100 cases of scabies on a college campus in the midwest last November.

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Scabies

Scabies between the fingers

Scabies

Seattle STD/HIV Prevention Training Center
Source: Negusse Ocbamichael

Scabies

Seattle STD/HIV Prevention Training Center
Source: University of Washington

Pubic Lice/Crabs

Pubic Lice/Crabs

The lice attach their eggs to the pubic hair and feed on human blood

Signs and Symptoms: persistent itching, bugs may be visible.

Spread by sexual contact. Not the same as head lice. Pubic lice do not live on the head and head lice do not live in the pubic area.

Treatment: 1% permethrin cream for the body, and 1% lindane shampoo for hair.

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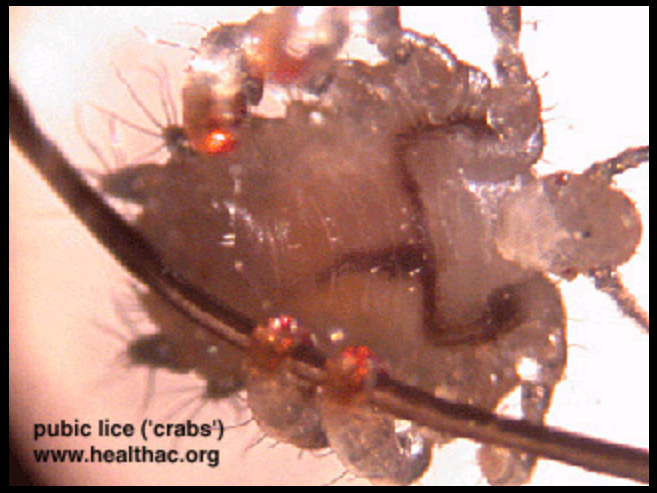
Pubic Lice

Crabs/Pubic Lice



Crab bites

Trichomoniasis

Trichomoniasis

Caused by a parasite that is usually sexually transmitted, but it can survive 24 hours on wet towels and bathing suits

Signs and Symptoms: white or yellowish discharge with an unpleasant odor. Vulva is sore and irritated in women.

Treatment: flagyl for both men and women.

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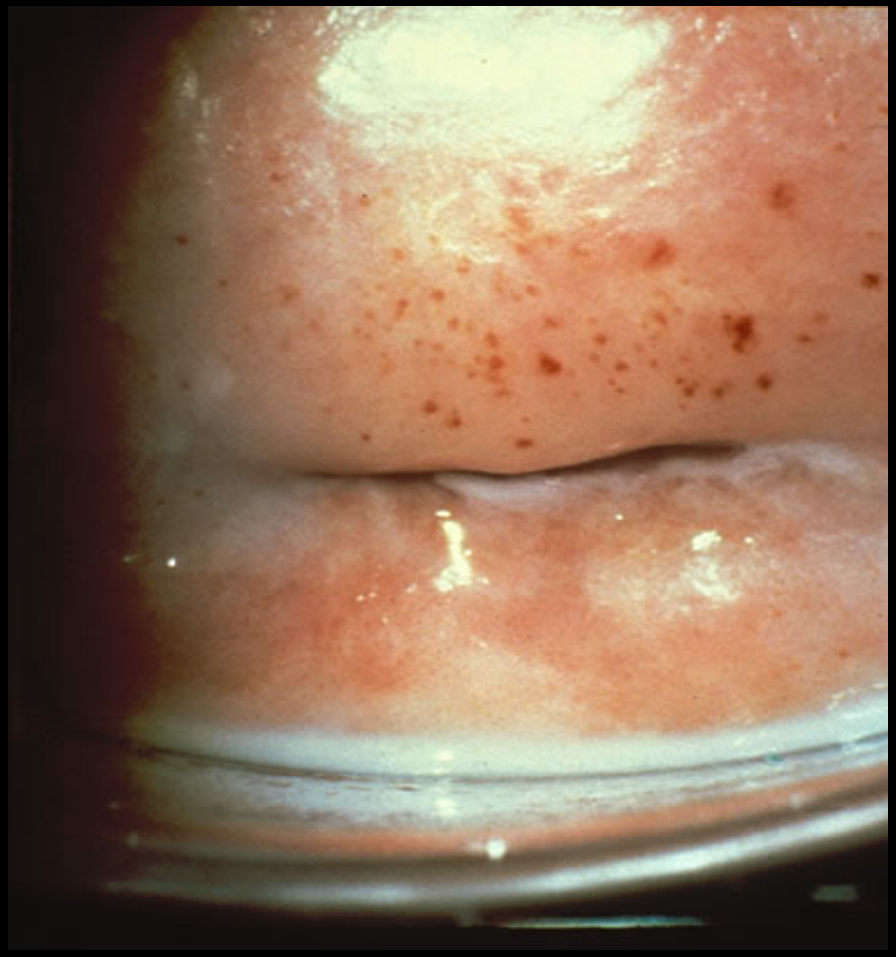
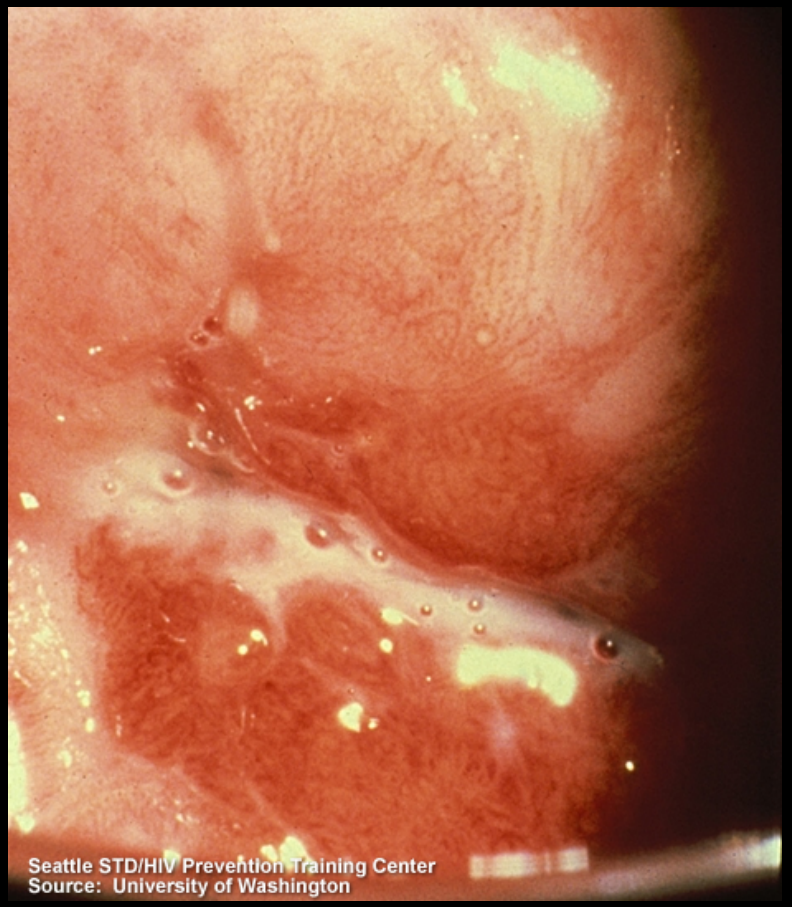
Strawberry Cervix





How are STDs tested for?

Sexually Transmitted Infection	Test Used
Chlamydia	Swab of discharge, urine test, exam
Gonorrhea	Swab of discharge, urine test, exam
Herpes	Swab from cells, blood test
HIV	Blood test, swab from mouth
HPV	Physical exam for warts, pap exam for women tests for cervical abnormalities (no such test for men)
Syphilis	Blood test, sample from sore

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Is an hour of sexual contact, and 30 seconds of orgasm, worth living with an STD/STI for the rest of your life?

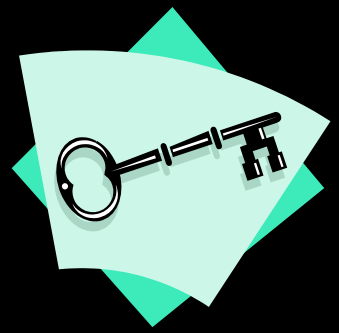
Someone in each of these pictures has an STI!!!!!

What STD/STI do the following people have?

How well do you know the 63 people you had sex with last night?

Is 30 seconds of orgasm worth dying for?

Prevention is the Key



- Abstinence, or not having oral, vaginal or anal sex, is the best way to protect oneself.
- It is possible to get an STI even without having intercourse through skin-to-skin contact.
- Use latex condoms correctly for any type of sex (vaginal, oral or anal) from start to finish.
  - male condom
  - female condom
- Use a dental dam for oral sex.

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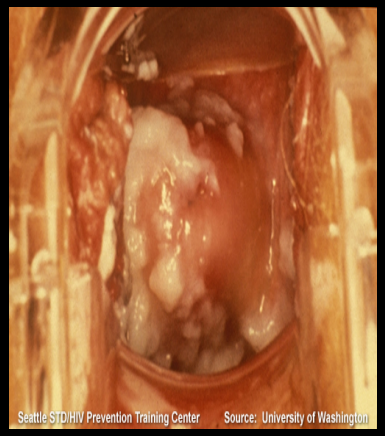
April is Safe Sex Month
and
STD Awareness Month

No Colored Ribbons for STDs

Can you label these STD's/STI's?



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Melbourne Sexual Health Centre - www.mshc.org.au

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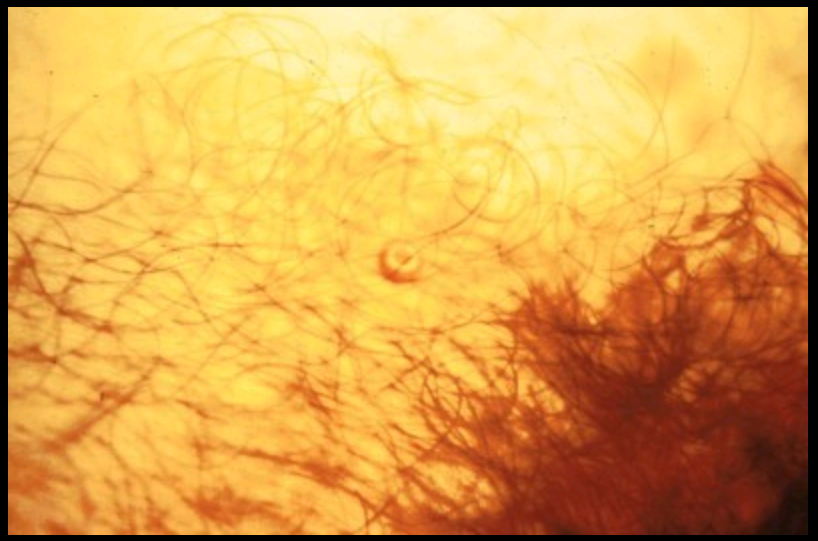

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molluscum
www.healthac.org

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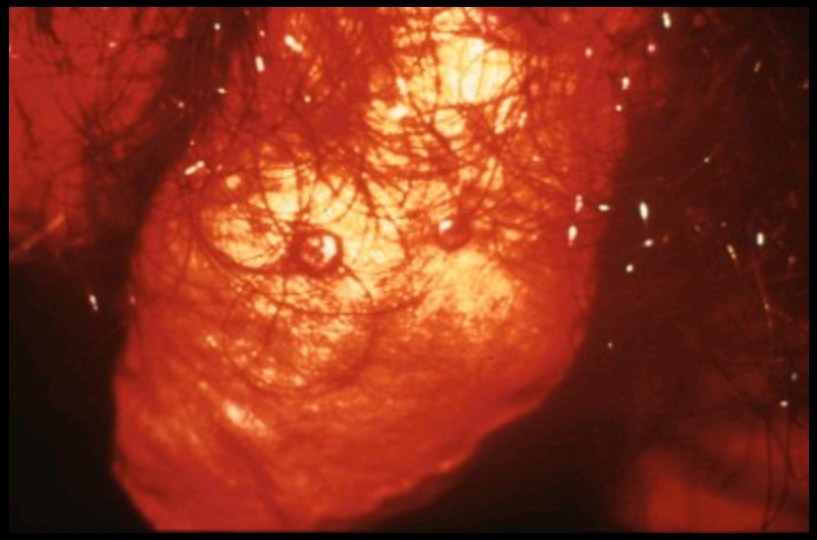

Melbourne Sexual Health Centre - www.mshc.org.au

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Source Unknown - www.mshc.org.au

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warts
www.healthac.org

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Seattle STD/HIV Prevention Training Center
Source: University of Washington

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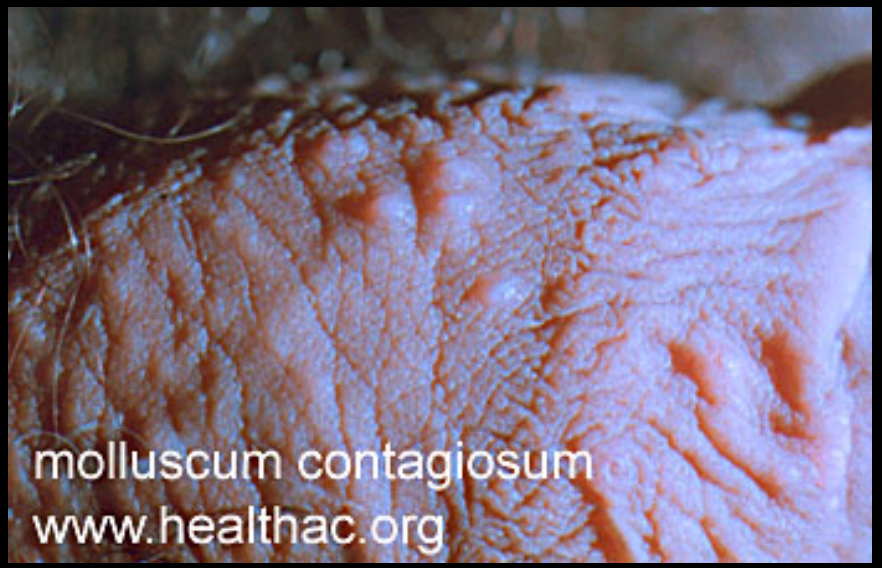

Seattle STD/HIV Prevention Training Center
Source: University of Washington

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Seattle STD/HIV Prevention Training Center
Source: Connie Celum, Walter Stamm

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Seattle STD/HIV Prevention Training Center
Source: Connie Celum, Walter Stamm

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Seattle STD/HIV Prevention Training Center
Source: Connie Celum, Walter Stamm

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Prevention!!!

Safer Sex Game Plan

- Know your sexual intentions and limits
- Communicate limits with your partner
- Make responsible ***choices*** if using alcohol
- Avoid using drugs & alcohol
- Protect yourself by choosing abstinence or another contraception

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- How many partners is too many for you to be their next conquest? What is your limit?
- What is your sex tree?
- How do you start the STD/HIV conversation with someone you are interested in?
- Can you tell by simply looking at someone if they have an STD or HIV?
- What has happened to abstinence?
- What has happened to celibacy?
- What has happened to virginity?

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- How can you tell if someone has an STD? Many don't have signs/symptoms and others only have them after the transmission period is over.
- How do you trust someone when they tell you that they are "clean"?
- How or will you tell your parents that you have HIV? What will their reaction be?
- How or will you tell your parents that you have an STD? What will their reaction be?
- How will you tell a partner that you have _____ STD?
- STD's are not listed on a death certificate as a person's cause of death.
- HIV is rarely listed because of the public shame….even 38 years after the first cases!

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Male Condoms

More than 98% effective when used
correctly and consistently

Different kinds:

- Latex
- Polyurethane (“Non-Latex”)
- Lambskin

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Do's and Don'ts of Male Condom Use

Do's

- DO keep condoms in a cool, dry place
- DO put the condom on an erect (hard) penis before any genital contact
- DO hold the condom in place at the base of the penis before withdrawing (pulling out) after sex
- DO throw the condom away after it's been used
- DO use water-based lubrication (vaginal sex) or silicone-based (anal sex)

Don'ts

- DON'T use expired condoms.
- DON'T unroll the condom before putting it on the penis
- DON'T leave condoms in hot places (wallet, car, etc.)
- DON'T use oil-based products (baby or cooking oils, hand lotion, Vaseline, etc.) as lubricants with latex condoms
- DON'T use your fingernails or teeth while opening the condom wrapper.
- DON'T reuse a condom
- DON'T use more than one condom at a time

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More Protection

Female Condoms

- Worn inside the vagina or anus
- Thicker, more tear-resistant
- Always latex-free
- Wider opening covers more pelvic area

Dental Dams

- Used for oral sex
- Could make your own dental dam

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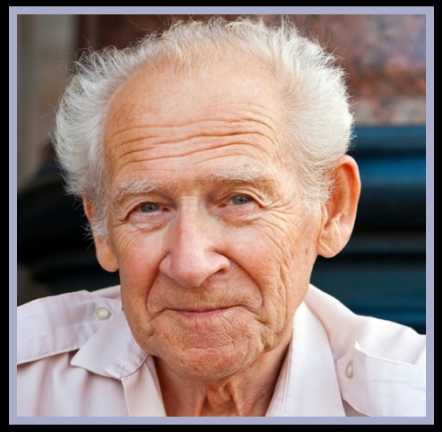

All sexually active people are at risk for STDs

Athletic Training

- Pre-participation Physical Exam
  - Ask STD questions on the intake form
  - Athletes could be coming to college already having had STDs.
  - Athletes could be coming to college already infected with an STD.
  - Athletes could be coming to college already using PrEP for HIV or having used PEP.
- Get comfortable with obtaining a thorough sexual history.
- Test all student-athletes for STDs/STIs during the PPE.
- Minimum of annual screening for STDs is recommended, with more frequent screening if high risk behaviors are reported.
- Partner notification and risk reduction counseling for both patient and partner is an important part of treatment and follow-up.

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What Happens if I Don't Get Treated?

- If you have an STI and don't get treatment you can have long-term effects such as:
  - Infertility (Unable to have babies)
  - Cancer
  - Long-term pain
  - Can pass disease from mother to baby
  - Death

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How to Have the Difficult Conversation with an Athlete….

This is going to be the most difficult conversation you've ever had with an athlete!

Private conversation.

Private room without distractions.

Sit facing the athlete.

It will be both part education and part counseling session.

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How to Have the Difficult Conversation with an Athlete….

I recommend talking with your student health center before you have to have this conversation with your athlete. Student health centers have these conversations every day.

Have kleenex readily available.

Be prepared for the athlete to experience a wide variety of reactions and emotions.

STD conversations are not just a one and done talk….they will be multiple conversations.

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Questions?

Thank You!

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