

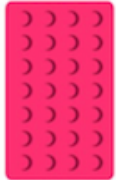



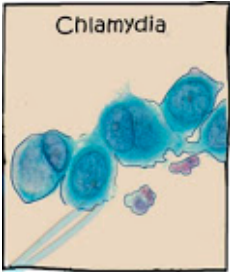
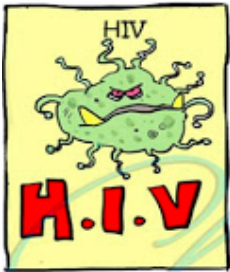
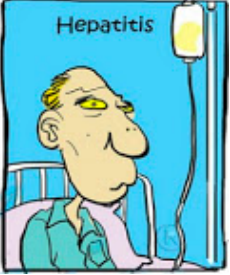
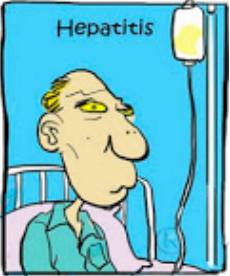


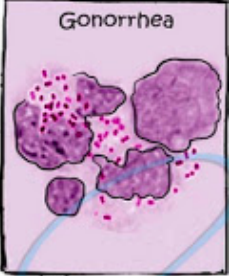
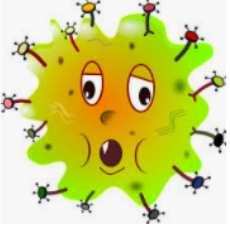
SEXUAL AND REPRODUCTIVE HEALTH

BIRTH CONTROL METHODS	EFFECTIVENESS	FYI
<p>External Condoms</p>  <p>Condom</p>	<p>98% effective for pregnancy prevention when used correctly</p> <ul style="list-style-type: none"> - Latex condoms provide STI protection - Lambskin condoms DO NOT protect from STI or HIV 	<p>Don't use two condoms together Latex condoms can be stored up to 1 month in wallet Avoid oil lubricants with latex condoms https://teachingsexualhealth.ca/app/uploads/sites/4/Condom_Male_Final-1.pdf</p>
<p>Internal Condoms</p> 	<ul style="list-style-type: none"> - 95-98% effective for pregnancy prevention when used correctly - STI and HIV protection when used correctly 	<p>Should not be used at the same time with male condom Can be used with either water or oil-based lubricant</p> <p>https://teachingsexualhealth.ca/app/uploads/sites/4/PDF/birthcontrol/FemaleCondom.pdf</p>
<p>Birth Control Pill</p>  <p>Oral contraception</p>	<p>99.7% effective for pregnancy prevention</p> <p>NOT effective for STI or HIV prevention</p>	<p>Contains hormones (estrogen and progestin)</p> <ul style="list-style-type: none"> - may lower risk of ovarian and endometrial cancer - helps with period pain - may be a small risk of having clots in legs, lungs, heart or head <p>https://teachingsexualhealth.ca/app/uploads/sites/4/Birth_Control_Pill_Final-1.pdf</p>
<p>Birth Control Patch</p>	<p>99.7% effective for pregnancy prevention</p> <p>NOT effective for STI or HIV prevention</p>	<p>Contains hormones (estrogen and progestin)</p> <ul style="list-style-type: none"> - may lower risk of ovarian and endometrial cancer - helps with period pain <p>https://teachingsexualhealth.ca/app/uplo</p>

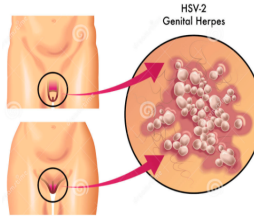
 <p>Contraceptive patch</p>		ads/sites/4/Birth_Control_Patch_Final-1.pdf
<p>Intrauterine Contraceptives</p>  <p>UID</p>	<p>Copper IUD: 99.1% effective for pregnancy prevention Hormonal IUD: 99.8 % effective for pregnancy prevention</p> <p>NOT effective for STI or HIV prevention</p>	<p>Copper type: Can help prevent pregnancy for 3-10 years Hormonal type: Can help prevent pregnancy for 5 years</p> <p>https://teachingsexualhealth.ca/app/uploads/sites/4/Intrauterine_Contraceptives_Final-1.pdf</p>
<p>Diaphragm</p>  <p>Diaphragm / cap</p>	<p>If no method of birth control is used, there's about an 85% chance of getting pregnant after 1 year of having sex NOT effective for STI or HIV prevention</p>	<ul style="list-style-type: none"> - Can be fitted or one size - Effectiveness decreases with childbirth <p>https://teachingsexualhealth.ca/app/uploads/sites/4/Diaphragm_Final-1.pdf</p>

Sexually Transmitted Infections	Mode/Risk of transmission	Symptoms
<p>Chlamydia</p> <p>https://www.sexanddu.ca/stis/chlamydia/</p> <p>(Treatable and curable)</p> 	<ul style="list-style-type: none"> - unprotected oral, vaginal or anal sex with an infected partner - Penetration and ejaculation not required - Mother to infant during birth - Around 70% percent of women and 50% of men with chlamydia have no symptoms - When symptoms do occur, they might only appear several weeks after initial exposure to the bacteria. 	<p>Female:</p> <ul style="list-style-type: none"> - Vaginal bleeding after intercourse or between menstrual periods - Vaginal discharge - Pain in the abdomen or in the lower back - Pain during intercourse <p>Male:</p> <ul style="list-style-type: none"> - Itchy urethra - Clear, watery or milky discharge from the penis - Testicular pain or swelling <p>Both female and male:</p> <ul style="list-style-type: none"> - Pain or burning while urinating - Pain, itching, bleeding, and/or mucus discharge of the rectum (for chlamydia in the anus) - Redness, itching, and/or discharges of the eyes (for chlamydia in the eyes) - Sore throat, cough, swollen lymph nodes, and/or fever (for chlamydia in the throat)
<p>HIV (human immunodeficiency virus)</p> <p>https://www.sexanddu.ca/stis/hiv/</p>  <p>NOT CURABLE</p> <p>Treatment available to slow the progression</p>	<ul style="list-style-type: none"> - Unprotected oral, vaginal or anal sex with someone who has HIV - Shared needles or other drug paraphernalia - Have had previous STIs - Organ transplantation or blood transfusions prior to 1985 - Tattooing with non-sterile needles - Multiple sexual partners - Transmission during pregnancy, childbirth or breastfeeding (mother to child) 	<p>ACUTE SYMPTOMS</p> <ul style="list-style-type: none"> - Mild flu like symptoms two to four weeks after exposure that disappear after a few weeks - muscle or joint aches, rash, malaise, fatigue, enlarged lymph nodes, sore throat, headaches, oral and/or genital ulcers, weight loss, nausea, vomiting or diarrhea <p>CHRONIC SYMPTOMS: From about 10 years onwards:</p> <ul style="list-style-type: none"> - Fever, fatigue, weight loss, chronic diarrhea - Enlarged lymph nodes - Abnormal Pap smear - Shortness of breath and Dry cough - Loss of vision - Recurrent or chronic yeast infections - Lesions on the skin, in the mouth, vagina, and/or anus - Severe herpes zoster (shingles) or herpes simplex

		<p>(genital or oral ulcers) - Anemia</p> <p>AIDS: - Severe infections with uncommon bacteria, fungi, viruses and parasites - Cancers - Dementia - Death</p>
<p>Hepatitis B</p>  <p>NOT CURABLE - Treatment to stop infection in early stages available - No treatment for chronic infection</p> <p>VACCINE Available</p> <p>https://www.sexanddu.ca/stis/hepatitis-b/</p>	<ul style="list-style-type: none"> - Oral, vaginal or anal sex with an infected partner - exposure to infected blood or blood products, or shared needles - People living with HIV or hepatitis C, or those infected with other STIs - Occasionally from contact with shared household items such as toothbrushes or razors - During childbirth (transmission from mother to infant) 	<ul style="list-style-type: none"> - In 50 to 70% of people there are no outward signs of infection - Up to eight weeks after exposure to the virus, some people experience flu-like symptoms including tiredness, nausea and vomiting, decreased appetite, a rash, joint pain, yellowing of the eyes and skin (in rare cases)
<p>Hepatitis C</p> 	<ul style="list-style-type: none"> - Sharing contaminated needles and equipment for snorting, inhaling or preparing an injection. - Having unprotected sex when blood is present - Having sex with someone who is HCV positive - From the mother to the baby during pregnancy or delivery 	<p>ACUTE SYMPTOMS</p> <ul style="list-style-type: none"> - Fatigue, Decreased appetite, weight loss - Nausea - Flu-like symptoms - Jaundice - Rash - Dark-coloured urine and light or clay-coloured stools <p>CHRONIC INFECTION</p> <ul style="list-style-type: none"> - Jaundice - Swelling of the abdomen

<p>Treatment and cure available</p> <p>https://www.sexandstis.ca/stis/hepatitis-c/</p>	<ul style="list-style-type: none"> - Getting a tattoo or a body piercing with unsterilized equipment 	<ul style="list-style-type: none"> - Blood in stools and vomit - Sleep disturbance - Depression - Weight loss - Itchy skin
<p>Gonorrhea</p>  <p>Treatment with Antibiotics available</p> <p>https://www.sexandstis.ca/stis/gonorrhea/</p>	<p>-Bacterial infection that is spread through unprotected oral, vaginal or anal sex with an infected partner, including through mutual masturbation and sharing of sex toys.</p> <ul style="list-style-type: none"> - Penetration and ejaculation are not required for transmission. - It can be passed from an infected mother to her infant during birth. 	<p>Female:</p> <ul style="list-style-type: none"> - Increased vaginal discharge - Pain in the abdomen or in the lower back - Vaginal bleeding after intercourse or between menstrual periods - Pain during intercourse <p>Male:</p> <ul style="list-style-type: none"> - Thick, yellowish-green discharge from penis - Testicular pain or swelling - Itching penis <p>Both females and males:</p> <ul style="list-style-type: none"> - Painful urination - Pain, itching, bleeding, and/or mucus discharge of the rectum - Redness, itching, and/or discharges of the eyes (for gonorrhea in the eyes) - Throat infection
<p>Human Papillomavirus (HPV)</p>  <p>VACCINE AVAILABLE</p> <p>NO CURE Treatment for symptom management only</p>	<ul style="list-style-type: none"> - HPV can be passed through oral, vaginal, or anal sex with an infected partner. - HPV can also be transmitted through other intimate contact including genital rubbing. - HPV can also be passed to an infant during delivery (rare). <p>**Gardasil-9 HPV vaccine coverage is available through CUE student and employee health plans!</p>	<p>Genital warts:</p> <ul style="list-style-type: none"> - No symptoms - Itchiness - Discomfort during intercourse - Bleeding with intercourse or with shaving <p>Warts on the penis or vulva, which appear as small cauliflower-like growths</p> <ul style="list-style-type: none"> - During pregnancy, warts may increase in size and number and then regress/resolve after delivery <p>Cervical cancer:</p> <ul style="list-style-type: none"> - Often no symptoms - Bleeding between periods or after intercourse - Found after an abnormal Pap test

Genital Herpes



<https://www.sexandstis.ca/stis/herpes/>

NO CURE

Treatment with antivirals for symptom management

- Unprotected anal or vaginal intercourse
- from the mother to the baby during pregnancy and delivery
- HSV- 1 is most commonly transmitted by oral or genital sex

- Up to 70% of all genital HSV-2 infections are **transmitted when people are not having any symptoms or lesions.** *This is called "asymptomatic shedding."*

Primary Infection

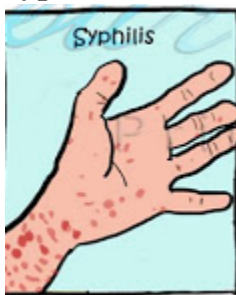
- Flu-like symptoms including fever, headache and sore muscles
 - Swollen lymph nodes
 - Pain while urinating
 - Genital pain
 - Presence of genital ulcers
- Symptoms resolve after approximately 15 to 23 days*

Recurrent Infection

- A slight tingling, itching, or burning may be a sign that an active outbreak is coming. These can be triggered by stressors (such as illness, surgery, emotional stress), the menstrual cycle, sexual intercourse, surgery, and some medications
- Infection from oral sex can cause sores inside the mouth or on the lips of both men and women
- Symptoms typically appear within two to twenty days of infection

Symptoms resolve after approximately 9 to 11 days

Syphilis



<https://www.sexandstis.ca/stis/syphilis/>

For primary and secondary stages: Antibiotics to treat infection: usually penicillin. Later stages show

- Bacterial infection that can be transmitted through unprotected oral, vaginal or anal sex with an infected partner, including through mutual masturbation and sharing of sex toys.
- It can spread by direct contact with bacteria contained in syphilitic sores or rashes.
- Passed from an infected mother to her infant during birth.
- In rare cases, it can be transmitted from sharing unclean needles, receiving a blood transfusion or organ

Primary syphilis (3 days – 3 months after exposure)

- Infected individuals develop a small painless sore at the point of infection, typically on the genitals, anus or throat.
- Women can develop this on the cervix, which is only visible on a medical gynaecological exam.
- This sore will heal on its own without treatment, usually in 3-6 weeks, but this does not mean that the syphilis infection is gone or that the person is no longer infectious.

Secondary syphilis (6 weeks – 6 months after exposure)

Range of symptoms in the secondary stage:

- Flu-like symptoms
- Patchy hair loss
- Muscle and joint pain
- Rashes (particularly on the palms and soles of the feet)

<p>lesser benefit from antibiotics.</p>	<p>transplant, or breastfeeding.</p>	<ul style="list-style-type: none"> - Fever - Swollen glands - Weight loss - Flat, smooth warts in the genital area - Headaches - Eye infection <p>Typically disappear on their own, but this does not mean that the person is no longer infected or that they can no longer transmit the infection to others.</p> <p><i>Secondary symptoms usually last 3 to 12 weeks, but may persist for years until the infection moves into the latent stage.</i></p> <p><u>Latent syphilis (divided as < 1 year and > 1 year)</u> Generally no symptoms during the latent phase, but for the first year after infection, lesions or rashes of primary or secondary syphilis can recur and the infection can be transmitted.</p> <p>During this time, the syphilis bacteria may continue to multiply and infect the body.</p> <p><u>Tertiary syphilis (2 – 30 years or more)</u> Tertiary syphilis occurs in 40% of untreated infected persons. Major health complications → affecting the brain, heart, bones, or blood vessels. In some cases, these complications can lead to <i>death</i>.</p>
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PAP TEST



<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=hw5266>

WHY IT'S DONE

A Pap test is done to look for changes in the cells of the cervix. Finding these changes and treating them when needed will greatly lower your chance of getting cervical cancer.

HOW TO PREPARE

- Try to schedule the test when you are not having your period.
- Do not use douches, tampons, vaginal medicines, sprays, or powders for at least 24 hours before having a Pap test.
- Some doctors recommend avoiding sex for 24 hours before a Pap test.
- You can request a female doctor/nurse/healthcare provider to be present during the test.

HOW IT'S DONE

- No clothes below the waist and drape a paper or cloth covering around your waist.
- Lie on your back on an examination table with your feet raised on footrests.
- The doctor will insert a speculum into your vagina. The speculum gently spreads apart the vaginal walls, allowing the inside of the vagina and the cervix to be examined.
- Your doctor will collect several samples of cells from your cervix using a cotton swab, brush (cytobrush or cervix brush), or a small spatula.
- The cells are sent to a lab for examination under a microscope.

A LETTER IS SENT TO THE ADDRESS PROVIDED WITH THE RESULTS OF THE TEST

HOW IT FEELS

You may feel some discomfort when the speculum is inserted, especially if your vagina is irritated, tender, or narrow.

You may also feel pulling or pressure when the sample of cervical cells is being collected.

Relax and breathe!

Edmonton Resources

Birth control centre: Call for appointment (No referral required)

Services offered → Information related to safe sex practices, referrals for contraceptions, planned/unplanned pregnancy options, and contraceptions

- Seventh street plaza
 - 780-735-0010
- Jasper Place Wellness Centre
 - 780-691-0946
- Riverview Crossing outreach
 - 780-413-5115 (Only Friday)
 - 780-735-0010 (Main Line)

Sexually Transmitted Infections (STI) Clinic : Appointment only (no walk-ins)

Services offered → Provides assessment, diagnosis, testing and treatment for Sexually Transmitted Infections. Hepatitis A, B and HPV vaccine program for qualified individuals

- 780-342-2300

Reproductive Mental Health and Bereavement Program (Physician referral or self-referral accepted)

Services offered → Short term (up to 6 sessions) counselling and consultation services for mental health support related to reproductive events (pregnancy, postpartum, bereavement).

- 780-735-6785

Counselling and coping strategies provided for:

- anxiety (related to the reproductive event)
- depression (related to the reproductive event)
- managing stress (related to the reproductive event)
- grief and bereavement (loss of a pregnancy)

Designated HIV - Prep Prescribers in Alberta

<https://www.albertahealthservices.ca/assets/info/hp/srh/if-hp-srh-hiv-prep-designated-providers.pdf>

Who is Medically Eligible for HIV PrEP?

People who are HIV negative and at high, ongoing risk of HIV.

This includes:

- Men who have sex with men (MSM), transgender women and gender diverse people reporting anal sex without a condom in the past 6 months and any of the following:
 - Chlamydia, gonorrhea or syphilis infection in the past 12 months
 - Sex partner(s) known to be living with HIV who are not taking treatment, have HIV virus in their blood or don't know their HIV virus levels
 - Multiple sex partners
- Heterosexual persons in an ongoing relationship with an HIV positive partner who is not taking treatment, has HIV virus in their blood or does not know their HIV virus levels

Other individuals who may also benefit from PrEP include:

- People who inject drugs and share injection supplies
- Heterosexual persons engaging in sex with partner(s) who may be from a population or community with high rates of HIV

PrEP isn't needed for people who are in a stable, closed relationship with a partner living with HIV who is getting treatment and has very low levels of HIV virus