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CLINIC, TREATMENT AND PREVENTION OF SEXUALLY TRANSMITTED DISEASES

Abstract: This article discusses the clinic, treatment, and prevention of sexually transmitted diseases.

Keywords: Gonorrhea, Syphilis, Trichomoniasis, Chlamydia, Herpes.

Sexually transmitted diseases (STDs) are infections that are transmitted through sexual contact and are caused by bacteria, viruses, fungi, or parasites. These diseases can cause serious harm to a person's reproductive health. Timely diagnosis and treatment are important.

1. Types and clinical features of sexually transmitted diseases

STIs can occur in different ways. Some have mild symptoms, while others can lead to severe complications. The most common STIs and their clinical signs are listed below:

1.1. Gonorrhea (Tripper)

Caused by: *Neisseria gonorrhoeae* bacteria.

Main symptoms: Pain and burning in the urinary tract. Itching and discomfort during urination. Foul-smelling vaginal discharge in women.

Purulent discharge in men.

1.2. Syphilis

Caused by: *Treponema pallidum* bacteria.

Main symptoms: In the primary stage, a sore (chancre) around the genitals.

In the second stage, rashes throughout the body, fever, and enlarged lymph nodes. If left untreated, in the third stage, it can damage the nervous system and internal organs.

1.3. Trichomoniasis

Caused by: *Trichomonas vaginalis* parasite.

Main symptoms: Itching, burning, and a lot of foamy discharge in women. Symptoms may be mild or absent in men.

1.4. Chlamydia

Caused by: *Chlamydia trachomatis* bacteria.

Main symptoms: Mild burning and mucous discharge in men. Symptoms may not be present in women, but can lead to inflammation of the cervix.

1.5. HIV/AIDS

Caused by: Human immunodeficiency virus (HIV).

Main symptoms: Flu-like symptoms in the initial stage.

Later, decreased immunity and resistance to infections.

1.6. Herpes (HSV-2)

Caused by: Herpes Simplex Virus-2.

Main symptoms: 1. Redness, blisters, and sores around the genitals.

Pain and burning 2. Treatment of sexually transmitted diseases

Most STIs can be completely cured if diagnosed and treated promptly. The main treatment methods are listed below:

Bacterial STIs (gonorrhea, syphilis, chlamydia): Treated with antibiotics.

Viral STIs (HIV, herpes, papillomavirus): Cannot be completely cured, but antiviral drugs can relieve symptoms and slow down the progression of the disease.

Parasitic STIs (trichomoniasis): Treated with special antiparasitic drugs.

Important! Self-treatment is not recommended. You should consult a dermatologist or urologist/gynecologist.

3. Prevention of sexually transmitted diseases

The most effective ways to prevent STIs are:

1. Safe sex: Using condoms significantly reduces the risk of infection.

2. Medical examination: It is recommended to visit a dermatovenerologist or gynecologist/urologist every 6 months.

3. Compliance with external hygiene rules: Use of personal hygiene products (towel, underwear, razor, etc.).

4. Safe sex life: Having a regular and reliable sexual partner reduces the risk.

5. Vaccination: Vaccination against human papillomavirus (HPV) and hepatitis B is recommended.

Conclusion: Sexually transmitted diseases can cause serious complications, but they are preventable and treatable. Safe sex, good personal hygiene, and regular medical checkups are the most effective ways to prevent infections. If you develop any suspicious symptoms, it is recommended to consult a specialist immediately.

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