

## STI Prevention Methods ...

*The best way to protect yourself against sexually transmitted infections is by not having sex.*

*Other ways to reduce your risk of STI infection include:*

- Have sex with only one uninfected partner who only has sex with you.
- Use a latex condom (with a water-based lubricant) correctly each time you have sex.
- Do not use alcohol or drugs if you think you may have sex soon.



## Our Services ...

- HIV Screening
- STI Screening and Treatment
- STI/HIV Education for individual units, or groups

## CDS Locations ...

**Darnall Army Community Hospital**  
(254) 288-2068  
Monday, Tuesday, Wednesday, Friday  
7:30-11 a.m. & 1-3 p.m.

**Bennett Health Clinic CDS**  
(254) 618-8040  
Monday, Tuesday, Wednesday, Friday  
7:30-11 a.m. & 1-3 p.m.

**Thomas Moore Health Clinic CDS**  
(254) 285-6351  
Monday, Tuesday, Wednesday, Friday  
7:30-11 a.m. & 1-3 p.m.

**Monroe Health Clinic CDS**  
(254) 618-8778  
Monday, Tuesday, Wednesday, Friday  
7:30-11 a.m. & 1-3 p.m.



Public Affairs Office  
Darnall Army Community Hospital  
Fort Hood, Texas 76544-4752  
[www.hood-meddac.army.mil](http://www.hood-meddac.army.mil)  
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# Communicable Disease Services



**Darnall  
Army Community Hospital**

**Fort Hood, Texas**

[www.hood-meddac.army.mil](http://www.hood-meddac.army.mil)

## About STIs...

In the United States, more than 65 million people are currently living with an incurable sexually transmitted infection (STI). An additional 15 million people become infected with one or more STIs each year, roughly half of whom contract lifelong infections. Yet, STIs are one of the most under-recognized health problems in the country today.

Despite the fact that STIs are extremely widespread, have severe and sometimes deadly consequences, and add billions of dollars to the nation's healthcare costs each year, most people in the United States remain unaware of the risks and consequences of all but the most prominent STI—the human immunodeficiency virus, or HIV.



Many people with these infections do not have symptoms and remain undiagnosed. These "hidden" epidemics are magnified with each new infection that goes unrecognized and untreated.

## Common Types of STIs...

### *Chlamydia*

Chlamydia is the most commonly reported infectious disease in the United States and may be one of the most dangerous sexually transmitted infections among women today.

### *Gonorrhea*

Gonorrhea is a sexually transmitted bacterial infection. The reported gonorrhea rate in the United States remains the highest of any industrialized country and is roughly 50 times that of Sweden and eight times that of Canada.

### *Syphilis*

Syphilis is a bacterial sexually transmitted infection that progresses in stages. The disease is curable and progression of the disease is preventable, but if untreated, it can cause cardiovascular and neurological diseases and blindness. Syphilis causes genital sores, which increase the likelihood of sexual HIV transmission 2-5 times.

### *Herpes*

Genital herpes—herpes simplex virus type two (HSV-2)—is one of the most common sexually transmitted infections in the United States, with as many as one million people in the United States becoming infected each year. The disease is potentially fatal in newborns and can be particularly severe in people with HIV infection.

### *Human Papillomavirus (HPV)*

Human papillomavirus (HPV) is a virus that causes genital warts but in some cases infects people without causing noticeable symptoms. Genital warts are extremely common, but can be treated.

### *Hepatitis B*

Hepatitis B (HBV) virus is a serious viral disease that attacks the liver, and can cause extreme illness and even death.

### *Human Immunodeficiency Virus (HIV)*

HIV is the virus which causes AIDS (Acquired Immunodeficiency Syndrome). Anyone can become infected with HIV. You cannot tell if someone is infected by looking at them, a blood test is the only way a person can find out if they are infected.

### *Symptom Check List*

Remember that you can have an STI and not have any signs or symptoms. If you or a sexual partner exhibits one or more of the symptoms listed below, please go to a clinic immediately for an examination:

- Discharge from vagina or penis
- Painful or frequent urination
- Itching and/or burning of vaginal area or opening of penis
- Sores, bumps, blisters or redness in genital area
- Pain or itching around genitals, buttocks or legs
- A painless sore usually on or near the genitals, or possibly other body parts such as mouth, throat, breasts, anus, or fingers.
- Rashes, especially on palms of hands and bottoms of feet.