

# الأمراض المنقولة جنسياً

## Sexually Transmitted Diseases



**biolab**  
مختبر بيولاب الطبّي





## ما هي الامراض المتناقلة جنسياً؟

الأمراض التي تنتقل عن طريق الاتصال الجنسي هي الأمراض التي يمكنك أن تحصل عليها من ممارسة الجنس مع شخص مصاب بالمرض. هناك أكثر من ٢٠ نوع من الأمراض المنقولة جنسياً التي تؤثر على الرجال والنساء معاً، والتي تسببها البكتيريا والطفيليات و/ أو الفيروسات.

### CAUSATIVE AGENTS OF GENITAL INFECTIONS



gonococcus



Treponema pallidum



genital herpes



cytomegalovirus



Gardnerella vaginalis



candida



Trichomonas



chlamydia



## هل أنا في خطر الإصابة؟

**بعض العوامل التي تزيد من فرصة الإصابة بالأمراض المنقولة جنسياً، وهي:**

- النشاط الجنسي في سن مبكرة - كلما صغر سن الشخص الذي يبدأ بممارسة الجنس، كلما كانت فرصة الإصابة له أو لها بعدوى الأمراض المنقولة جنسياً أكبر.
- وجود شركاء جنس مختلفين.
- ممارسة الجنس بدون طرق حماية.

## كيف يمكنني منع / تقليل فرص الإصابة بالأمراض المنقولة جنسياً؟

- الامتناع عن جميع أنواع الاتصال الجنسي (مع الشخص المصاب) - أو على الأقل، أفضل طريقة للتقليل من فرص الإصابة بالأمراض المنقولة جنسياً هي استخدام الواقي الذكري.
- الاستمرار في علاقة طويلة الأمد مع شريك واحد، حيث يكون شريكك خالاً من الأمراض الجنسية.
- الفحص بشكل منتظم للأمراض التناسلية للنساء أو الرجال
- تأخير إقامة العلاقات الجنسية لأطول وقت ممكن
- إجراء فحوصات منتظمة
- تجنب ممارسة الجنس أثناء فترة الحيض
- تجنب ممارسة الجنس من الشرج
- معرفة أعراض الأمراض المنقولة جنسياً!



## كيف يمكنني الفحص لذلك؟

Type	Symptoms	Complications
<p>1. Chlamydia  <b>Causing agent:</b>                      Chlamydia trachomatis</p>	<p>Usually mild or absent, but if present:  <b>Women:</b></p> <ul style="list-style-type: none"> <li>• Abnormal vaginal discharge</li> <li>• Burning sensation when urinating</li> <li>• Lower abdominal pain during intercourse</li> <li>• Bleeding between menstrual periods</li> </ul> <p><b>Men :</b></p> <ul style="list-style-type: none"> <li>• Discharge from their penis</li> </ul>	<p><b>Women :</b></p> <ul style="list-style-type: none"> <li>• Cause pelvic inflammatory disease</li> <li>• Infertility</li> </ul> <p><b>Men:</b></p> <ul style="list-style-type: none"> <li>• Pain , fever</li> <li>• Rarely sterility</li> </ul>
<p>2. Human Papillomavirus (HPV)  <b>Causing agent:</b>                      Papillomavirus</p>	<p>Most people do not develop symptoms. Some types of HPV can cause:                      (in both men and women)</p> <ul style="list-style-type: none"> <li>• Genital warts</li> <li>• Cervical / Anal cancer</li> </ul>	<p>(none)</p>



Type	Symptoms	Complications
<p>3. Genital Herpes  <b>Causing agent :</b>            Herpes Simplex Virus            type 1 or 2</p>	<ul style="list-style-type: none"> <li>•Genital sores</li> <li>•Flu-like symptoms including fever and swollen glands</li> <li>•Pain , itching ,and burning</li> <li>•Discharge from the penis or vagina</li> </ul>	<p>Herpes can make people more susceptible to HIV infection</p>
<p>4. Gonorrhoea  <b>Causing agent:</b>            Neisseria gonorrhoeae</p>	<p><b>Men:</b></p> <ul style="list-style-type: none"> <li>•Burning sensation when urinating</li> <li>•White, yellow, or green discharge from the penis</li> <li>•Painful or swollen testicles</li> </ul> <p><b>Women:</b></p> <ul style="list-style-type: none"> <li>•Painful or burning sensation when urinating</li> <li>•Increased vaginal discharge</li> <li>•Vaginal bleeding between periods</li> </ul>	<p><b>Men:</b></p> <ul style="list-style-type: none"> <li>•Can cause epididymitis, that may lead to infertility if left untreated</li> </ul> <p><b>Women:</b></p> <ul style="list-style-type: none"> <li>•Cause pelvic inflammatory disease (PID)</li> </ul>



Type	Symptoms	Complications
<p>5. Syphilis</p> <p>Causing agent: Treponema pallidum</p>	<p><b>Primary stage:</b></p> <ul style="list-style-type: none"> <li>• Appearance of a single sore</li> </ul> <p><b>Secondary stage:</b></p> <ul style="list-style-type: none"> <li>• Skin rash and mucous membrane lesions</li> <li>• Fever, swollen lymph nodes, weight loss, and muscle aches.</li> </ul>	<p><b>Primary stage :</b></p> <ul style="list-style-type: none"> <li>• The disease may subsequently damage the internal organs of the body.</li> <li>• Difficulty coordinating muscle movements, paralysis, numbness, and dementia.</li> </ul>
<p>6. Trichomoniasis</p> <p>Causing agent: Trichomonas vaginalis</p>	<p><b>Men :</b></p> <ul style="list-style-type: none"> <li>• Irritation inside the penis , or mild discharge</li> <li>• Slight burning after urination or ejaculation</li> </ul> <p><b>Women:</b></p> <ul style="list-style-type: none"> <li>• Yellow-green vaginal discharge with a strong odor</li> <li>• Discomfort during intercourse and urination</li> <li>• Irritation and itching of the genital area</li> </ul>	<p>Increases susceptibility to HIV infection</p>



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<p>7. Hepatitis B</p> <p>Causing agent: Hepatitis B virus</p>	<ul style="list-style-type: none"> <li>•Nausea</li> <li>•Vomiting and loss of appetite.</li> <li>•Abdominal pain</li> <li>•Jaundice , weakness, and brown urine</li> </ul>	<ul style="list-style-type: none"> <li>•Liver cirrhosis</li> <li>•Liver cancer</li> </ul>
<p>8. Hepatitis C</p> <p>Causing agent: Hepatitis C virus</p>	<ul style="list-style-type: none"> <li>•Decreased appetite</li> <li>•Fatigue, and abdominal pain</li> <li>•Jaundice</li> <li>•Itching</li> <li>•Flu-like symptoms</li> </ul>	<ul style="list-style-type: none"> <li>•Liver scarring (fibrosis)</li> <li>•Liver cirrhosis</li> </ul>
<p>9. AIDS</p> <p>Causing agent: Human Immunodeficiency Virus (HIV)</p>	<ul style="list-style-type: none"> <li>•Extreme weakness or fatigue</li> <li>•Rapid weight loss</li> <li>•Frequent fevers</li> <li>•Heavy sweating at night</li> <li>•Swollen lymph glands</li> <li>•Chronic diarrhea</li> <li>•Females may also experience severe vaginal yeast infections, as well as Pelvic Inflammatory disease (PID)</li> </ul>	<ul style="list-style-type: none"> <li>•Opportunistic infections develop. HIV affects nearly every organ system</li> <li>•Development of various cancers (Kaposi's sarcoma, cervical cancer, and lymphomas)</li> </ul>





## ما الذي يمكنني فعله حيال ذلك؟

- التماس الرعاية الطبية - لا تدع الحرج يسيطر على تفكيرك لإصابتك بأحد الأمراض المنقولة جنسياً و يمنعك من التماس العناية الطبية؛ الانتظار لرؤية طبيب قد يسمح للمرض بالتقدم و التسبب بالمزيد من الضرر.
- إخبار شركائك المصابين، وحثهم على إجراء الفحوصات اللازمة.
- تجنب النشاط الجنسي أثناء العلاج.





الامراض المنقولة جنسياً



Sexually Transmitted Diseases

## If I have an STD, What Can I Do About It?

- **SEEK MEDICAL CARE-** do not let embarrassment at the thought of having an STD keep you from seeking medical attention; waiting to see a doctor may allow a disease to progress and cause more damage.
- Notify sexual contacts and urge them to have a checkup.
- Avoid sexual activity while being treated.



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## How Can I Test For It?

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## Am I at Risk?

**Some of the risk factors that increase your chance of getting an STD are:**

- Being sexually active at a young age – the younger the person starts having sex, the greater his or her chances of becoming infected with an STD
- Having different sex partners
- Unprotected sex

## How Can I Prevent/Minimize STDs?

- Abstain from all types of sexual contact – or at least, the best way to reduce the chance of getting an STD is by using a condom
- Be in a long-term mutually monogamous relationship with a partner who has been tested and is known to be uninfected
- Get regular gynecological or male genital examinations
- Delay having sexual relations as long as possible
- Have regular checkups
- Avoid having sex during menstruation
- Avoid anal intercourse
- Learn the symptoms of STDs!



## What are STDs?

Sexually Transmitted Diseases (STDs) are infections that you can get from having sex with someone who has the infection. There are more than 20 types of STDs that affect both men and women, and are caused by bacteria, parasites and/or viruses.

### CAUSATIVE AGENTS OF GENITAL INFECTIONS



gonococcus



Treponema pallidum



genital herpes



cytomegalovirus



Gardnerella vaginalis



candida



Trichomonas



chlamydia



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## Sexually Transmitted Diseases



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