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**MONOGRAPH:**

**“SEXUALLY TRANSMITTED DISEASES: ORIGIN, SYMPTOMS AND PREVENTION”**

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**Gratitude**

**I thank first of all God who gives us life and is the creator of the Universe.**

**Second, to my parents who have guided me through all these years of my student life, and have given me some advices to improve every day so that I can continue on the right path and achieve my goals that I have planned.**

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## Summary

Sexually transmitted diseases is a topic that gives much to talk about because there have been many cases where quite a few people of different ages have been infected.

They are infections that certain are lethal, and others that arrive to make quite unpleasant and that arrive to last many years, with warts or spots, by a time they can disappear but they can return if it has not been eliminated completely, for that reason it is always recommended that to avoid these diseases it is necessary to use condom, or to maintain abstinence that in minors that is the most efficient thing.

In Ecuador, through some statistics, it is said that there are an average of 13 cases of infected by these sexually transmitted diseases. And they are presented between the ages of 13 years and older, so young people should create talks in schools especially, since not all schools in Ecuador make trainings for students for this type of care and what can happen if you get one of these diseases and not only to avoid a disease of these but also by an unwanted pregnancy, parents should also have a good conversation with their children.

If we talk about abstinence in the religious aspect, we see it in a different way since we should keep abstinence until marriage as an act of purity. And to give that to God as pure as to the other person you decided to marry. The church in this aspect but focuses on transmitting that to parents so that they talk to their children and explain this, as they have a better way or better contact with them.

That's why what parents should do is talk, mainly on these topics so that the children know what they are going to do, and how to do them correctly is the best way.



## Index

COVER.....	i
GRATITUDE.....	ii
SUMMARY.....	iii
INTRODUCTION .....	1
Chapter 1.....	3
1. Introduction .....	3
1.1 Origin .....	3
1.1.1 Aids .....	3
1.1.2 Syphilis .....	4
1.1.3 Gonorrhea .....	5
1.2 Symptoms.....	4
1.2.1 Aids .....	4
1.2.2 Syphilis .....	4
1.2.3 Gonorrhea .....	5
1.3 Preventions .....	6
CHAPTER II .....	9
CHAPTER III .....	13
3.1 Abstinence .....	13
3.1.1 Abstinence of sexuality in the Catholic Religion.....	13
3.2 Treatments.....	15
Sexually transmitted diseases in Ecuador.....	22
CONCLUSIONS.....	25
RECOMMENDATIONS .....	27
BIBLIOGRAPHIC REFERENCES.....	22

## Introduction

This work is about Sexually Transmitted Diseases: Origin, Symptoms and prevention. The importance of knowing and studying these topics are relevant to the health of each person and related to these sexually transmitted diseases that many people are not aware or do not know about their consequences which can come if you have unprotected sex.

This study has the aim of demonstrating the different cases of sexually transmitted diseases, how people are infected, what is the root of the problem we are dealing with, and knowing that all this can be easily prevented, we only need to be aware of our actions, think before acting and even more before having sex.

Different studies have been done since this situation got worse. Many people keep only focus on sexually transmitted diseases in general around the world, however an in-depth study of how these diseases affect Ecuador, because not all the countries are affected equally, there are certain places with a higher percentage of infected people more than others, as well as certain diseases are more common depending on the country.

As Ecuador has a lot of people who are infected for different sexually transmitted viruses daily since they had any kind of sexual contact and clearly in many cases they do not realize how harmful can be to have sex without protection.

At the beginning, it analyzed the most common diseases, to be more precise, their origins, their prevention and their symptoms without losing the perspective in the internal area about how these diseases are affecting our country, and why is important to mention the correctness of



abstinence to prevent these problems and finally it explained the treatments related to these diseases.

This study searches the best way about how to prevent all these different kind of infections, not only in adults but in teenagers who are living extremely these days, for this reason it is important to know how we could get infected. Many educational institutions offer different types of workshops about this topic by organizing expositions or fairs so students become aware and do not harm their lives from one moment to another. Nowadays, the fact of giving preventional talks about these topics are very important in high school because these cases are very serious and it is time to act with responsibility before doing anything could cause irreversible damage to our body.

## **Chapter 1**

### **Sexually Transmitted Diseases**

#### **1. Introduction**

In this work we will show the different sexually transmitted diseases where we will study every detail of these infections that are acquired by not having the due precautions at the moment of the sexual act. Many people not have enough knowledge about these diseases so they not take precautions, or they not take it seriously, taking into account that many of these diseases are lethal.

## **1.1 Origin**

### **1.1.1 Aids**

One of the diseases that is the most damaging and that leads to death is AIDS is said to have originated in Africa by a group of wild monkeys, and that humans in times of hunters, ate monkeys and acquired this disease, this is one of the most popular and valid theories.

The first cases of AIDS were discovered in the 1980s, in New York and California, where scientists realized that patients with rare infections were arriving, and at first the disease was detected in homosexuals.

### **1.1.2 Syphilis**

This disease appears in Europe and was gradually infected when the Europeans came to conquer America and brought several diseases including syphilis, and thus spread this disease.

### **1.1.3 Gonorrhea**

This disease originated in 1256 in France but was not yet named as such, if not in 1879 the scientist Albert Neisser discovered the causes of this disease and its origins.

## **1.2 Symptoms**

### **1.2.1 Aids**

The symptoms of this infection are: a white coating on the mouth or tongue, sore throats, severe infections, fatigue much faster when doing any physical activity, instant dizziness, headaches, dry cough, rashes all over the skin, shortness of breath at certain times, muscle weakness, diarrhea, fever, swollen glands, radical weight loss.

### **1.2.2 Syphilis**

This disease does not present you with very significant symptoms in the early stages, so people who have this infection sometimes do not know that they have it because they can confuse it as a common grain, because syphilis has 3 stages, the first stage begins to form sores can present on the penis, vagina, anus, and even in deeper places such as the deepest part of the vagina, or prepuce.

There are rare cases where they appear on the lips or in the mouth, the disease spreads very quickly after it infects you between 3 weeks and 3 months.



In the second stage, rashes begin to appear on the palms of the hands or feet, and fevers, immediate tiredness, headaches, muscle, and sore throat occur. They last between 2 to 6 weeks and can disappear or appear within 2 years.

In the last stage, this infection can cause tumors, blindness or paralysis, it affects the brain, nervous systems and can be lethal. In addition, when syphilis has reached its late stage, the final stage is incurable and the impediments of this infection in its last stage can appear between 10 to 20 years after infection.

### **1.2.3 Gonorrhea**

At first, gonorrhea presents very minimal symptoms, it is silent because it can be present for various weeks and not feel anything, but then it becomes very serious and is more dangerous for men than for women, it starts to cause pain when urinating, a lot of bleeding between menstrual periods, several yellow, white and green secretions in the case of men, pain in the testicles, it can also infect the anus and itching, pain and secretions can occur in the same.

### **1.3 Preventions**

It must be taken into consideration that it is not only possible to transmit this disease through sexual intercourse, but also through blood, which is when an object is shared that has

had contact with the blood of an affected person and that subsequently comes into contact with the blood of a healthy person. Another way to transmit it is through vertical transmission when the mother is HIV-positive and the virus can be transmitted during pregnancy.

We must take our necessary precautions such as the condom at the time of sexual intercourse, not to exchange objects that have had contact with other people's blood such as syringes or needles, avoid unprotected oral sex, even though it is very rare, there have been cases in which the virus has been transmitted orally, before making a transfusion, perform a blood test to see if you do not have the virus.

It is always important to take into consideration each of these details because these diseases not only harm you but other people but also could harm you, in a fatal way, because these diseases are destroying little by little because the symptoms are very harmful, and for certain infections are not curable even if treatment is done only postpone certain symptoms, but does not end up curing them completely so many of these diseases lead to death.

As Kunle Onasanya (2001) points out, "The boys are crying out to be heard. Most teens get their sexuality information from friends, movies, or pornographic magazines. Some people don't talk to anyone and nobody tells them anything" (p.15).



It is true that young people learn more about the sexual aspects themselves because of what is going on around them and they also experience it themselves because they don't often have someone to ask for this kind of information.

The author Mocumbi ,P(2001) points out:

Above all, we must muster the courage to speak frankly and constructively about sexuality. We must recognize the pressures on our children to have unsafe and unloving sex. We must give them information, communication skills and, of course, condoms.

The issue of sexuality should be discussed without any difficulty because it is so natural and that if we do not know about it we could also be affected.

Author Annan,K(2001) notes:

An official conspiracy of silence on AIDS in too many countries has denied people information that could have saved their lives. We must empower young



people to protect themselves through information and a supportive social environment that reduces their vulnerability to infection (p.9).

It would help us a lot if we could create campaigns or trainings so that young people know that having sexual relationships without previous prevention can harm their lives.

As stated Banks,K(2008) "The mystery of this damn virus has been generated by the \$2 trillion they've spent on it. You take any other virus and spend two billion and you can start building some big mysteries about it too."(p.4)

Many teenagers do not know about the diseases that come with having sex without prior care, as Davila, M.E. (2008) explains, because she does not receive training of any kind in different educational centers.

For this type of situation I would recommend that educational institutions do training for students so that they are informed of all these issue

## **Chapter II**

### **Sexually transmitted diseases in Ecuador**

Sexually transmitted diseases is a global issue, but we will talk about how they influence Ecuador since there are great differences in how these diseases are found more or less in different countries according to statistics that analyze cases of these diseases and show the variability of existence that can have in each country.

It is averaged that 13 cases of sexually transmitted diseases appear every day in Ecuador, there are an incredible number of people that have the virus, as men as women are affected but less than half of them go to treatment.

Many opinions of students of educational institutions in Ecuador say that they do not provide them with any information on topics such as sexuality in all aspects, when they should not be so, schools should be the main source of information in order to know about these topics clearly with the help of the school that invites experts who know about these topics, doctors who do training so that students know how dangerous this type of disease can be.



Nowadays, the statistics about sexually transmitted diseases show that the most common teen's ages when this occur are between 13 and older and for that same reason educational institutions should help young people to have sufficient knowledge about these issues that will be very important in their development.

These topics in young people may not be easy to ask older people about these topics in a certain way, and they themselves begin to experience them without knowing their consequences and this is what should not happen, normally young people know about sexuality issues not because the school teaches them, nor by parents, but by themselves, their friends, pornography and what they see around them, this kind of topics is not easy to deal with because not all people are willing to teach or talk about it with the seriousness necessary to the subject or with the respect it deserves.

That is why it is necessary that schools be the main source of information for young people to be up to date on all these issues and we need to surprise them at some point in their lives, clearly should not be the only source of information parents should talk about these issues to their children in a responsible manner not to have consequences in the future, and perhaps if they do but not with the seriousness that this theme involves to discuss.



According to Maria Fernanda Vidal (2017) mentions, "It is necessary to speak of responsible sexuality, when they begin a sexual relationship, and if I am going to initiate it, at least to have the perception of protecting myself" (parr.4).

When we have a couple we have to have the best confidence to be able to talk about these sexuality issues so that in the future there will be no inconveniences.

According to Weinstein(2018) "We have to educate, prevent, diagnose, treat, contact partners, and we are not doing any of that properly"(par.13).

It is true that if we do not start to prevent these diseases, the population will be more and more infected and there will be many deaths because these lethal diseases.

In most cases when a couple has one of these diseases, and there is a no good communication yet between them, they end up having unprotected sex.

This case is very common and also very debatable because in our society, there are many people who want to harm others, and have sex with many people in order to spread these cases. This is very common in Ecuador and many other countries, because certain people have such a destructive and selfish thoughts that instead of wanting to do good,they end up doing the

opposite, and the moment it is affected for another person so there is no turning back and in certain words you are clearly " Finished with life " with the deadly diseases that are the most common.

Another very remarkable point that often occurs in women it is when different infections occur not necessarily by sexual contact, just an infection, which by a low knowledge of these issues come to think that it is a sexual disease when it is not so, and therefore should always go to a person specializing in all this field.

Ecuador, in public health services, is ranked 20th in the world, there are positive aspects as well as many negative aspects in Ecuador's hospitals, one of the best aspects is those hospitals are: all health centers maintain a good infrastructure or usually most of these places because they contribute a lot to the remodeling of these centers, as well as including new staff for daily work.

Various problems of these public health services is the lack of attention. In many of these places, to be able to obtain a consultation, you must have an appointment that most of them are with very distant dates to when you need it in my personal opinion this is the most deficient and common problem since there are people who do not have the economic possibility to pay in private services.



According to Peces(2007) "Moreover, and precisely for the sake of a successful relationship, there is nothing that currently justifies ignoring risks such as AIDS and other sexually transmitted diseases and forgetting to take precautions" (p.17).

It is true that even if we want to make the decision to have sex, we must be aware of the risks that may exist and that we must have their due protection.

## **Chapter III**

### **Abstinence as seen by religion**

#### **3.1 Abstinence**

Abstinence, in the sexual aspect, is a good method that helps a lot of people to avoid unwanted pregnancies and especially very harmful sexually transmitted diseases that would end with our lives. It consists of not having sexual intercourse at all, usually abstinence is more present in women because many times they do not feel ready, or simply in the case of young men and women prefer to keep virgins until after marriage.

##### **3.1.1 Abstinence of sexuality in the Catholic Religion**

Abstinence, in the religious field, shows us that abstinence must always be practiced until marriage because it provides a synonym of purity to the other person who is giving something



that will never again recover, the virginity that each one has so we must wait for the right person to marry.

The work of the church about this topic is more focused in the parents because they want their children could be guided to maintain an adequate abstinence because it demonstrates much of the values and virtues that each of us as Catholics have, as it is a moral formation that keeps us spiritually more faithful to what marriage means.

In these times, many values have already been lost, before people used to practice abstinence, but now there are many cases in which young people have sex in schools, or in different public places, and because they do not have the necessary control they end up having unwanted pregnancies or being infected with sexually transmitted diseases.

Although there are many methods of contraception, the best method is to remain abstinent.

The church is aware that this is not going to stop it, nor can it avoid it, so they try to change the mentality of the young people who are the future generations so that they can practice abstinence, as has been said, it is a safer and purer way of getting married.

### 3.2 Treatments

Treatments for this type of illness are very expensive because in the case of terminal illnesses, the treatments are much longer, which means that you have to treat them for the rest of your life. We will focus on the treatments that AIDS has because it is one of the most common and lethal diseases of this type of illness that contains very strong treatments.

It is said that the cure for AIDS has already been discovered in other parts of the world, but the problem is that they do not make it known worldwide, for the simple reason of money, because if there is a cure for this type of lethal diseases many hospitals and all the specialized health centers would lose a lot of money and they could disappear, in large numbers. There are not guarantees with these treatments that only helped the disease to develop so quickly, and improve or extend your quality of life with annoying secondary effects.

In general words, it is a social problem because it is not possible that money cannot be more important than the health of a human being, and in order not to have to lose so much money for the disappearance of these treatments what they do it is to maintain that there is no cure at all,



when there is a good chance that they have already found it. Society has a very wrong mentality in this regard thinking about what they can lose, but not how much they can gain, as it is a rather selfish mentality.

The treatment of AIDS varies greatly as it depends on each patient and is composed of a series of antiretroviral drugs that are commonly provided by public health centers. These treatments cause the disease to develop more slowly and not spread easily, although unfortunately it is not curable and only expands your life time by having this lethal disease.

What we should know about these treatments is that they have side effects including headaches, nausea, dizziness, weakness, body aches, and fat accumulation in the abdomen or back. When they are used for a long time, this therapy increases the chance that the patient will have a heart attack.

That is why every 3 months the doctor who studies a patient in this therapy does the respective and really necessary check-ups of his blood, studies the CD4 counts and the HIV viral load to see if everything is still correct and a state that can manage the treatment well without serious problems.



Another aspect that is very limiting to these treatments is that in some cases the disease is very resistant to these treatments and at all times they have to change their medicine and change a little to the nature of the treatment, at present they do genetic tests to test if the disease is going to resist the medicine or quite the opposite so it is possible to know exactly in some cases if it can be used without difficulties.

If a pregnant woman has been infected with this disease, she must include something called zidovudine from the beginning of the 2nd trimester until the end. In addition, the baby also needs to be tested for the first 6 weeks after birth.

A blood or saliva test to find antibodies to the infection is done to detect these diseases, but it takes about 12 weeks regularly to develop.

According to Jose Maria Di Bello(s.f)"Prevention is one of the debts in our region, there are governments that do not have this issue firmly on their agenda."(para.6)

People are infected with this type of sexually transmitted disease because they do not protect themselves and are aware of the risks of having sex without a condom.

According to Salo Pasik(1945)"The figures show that there is still much to do. There is talk of AIDS, but I see that some, in their desire to reduce its drama, express themselves banally."(para.13)

People today do not care about any of these issues, they think it is nothing serious and they are totally wrong because these diseases end your life.

According to Luis Soto Ramirez(s.f)"There are many effective strategies for HIV prevention today and all nations of the world must be fully committed to implementing them."(para.11)

There are many ways to avoid all these types of diseases, just be aware and know the consequences of not taking care of yourself.



## Conclusions

At the end of this monographic work it is concluded that:

- Sexually transmitted diseases can be prevented by using protection when having sex, where we may find that some people are not aware of the things they do and do not protect themselves.
- There are cases of teenagers since thirteen years have been infected by sexually transmitted diseases, or have had unwanted pregnancies, because they do not have the necessary knowledge on these topics, since in some schools do not teach about sexual education, or the parents themselves do not tell them about it.
- Young people do not yet have the necessary maturity, nor the necessary knowledge to make different decisions for that reason, parents should talk about this so that they do not make mistakes that can harm them.
- There are sexually transmitted diseases that are lethal, there are others that are not, but there is a probability that they will last for years and the symptoms will return and disappear in a certain time.

- Medicine at one point has become so commercial that it is said that they have a cure for AIDS but they do not make it public because they do not want to lose the money cost of expensive treatments of that disease, which despite that you do not cure, only prolongs your life until a certain time, but you must always maintain yourself on the basis of these treatments.
- Practicing abstinence is safe and prevents any kind of these infections, and if we see it from the religious aspect keeps you pure until we get the right person.
- Always maintain a good hygiene is essential, and that's why certain people get infections in their sexual organs, and this not necessarily by having sex, simply by not having a good daily cleaning, and is more common this type of infection in women because they are more exposed.
- Young people are more exposed to want to know about these issues of sexuality that they themselves want to discover little by little, but sometimes they need someone to make them know about this.



## RECOMMENDATIONS

At the end of this work it is recommended that:

- Maintain adequate cleanliness after sexual intercourse
- Use a condom to avoid any type of sexually transmitted infection.
- Knowing who you are really going to have sex with, not strangers, is much safer.

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