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MONOGRAPH

**SEXUALLY TRANSMITTED DISEASES IN ECUADOR IN THE LAST 15
YEARS**

STUDENT:

EDUARDO GRANADO MENDEZ

ADVISER:

LCDA. CLAUDIA LOSSA

LCDA. PATRICIA SANCHEZ

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Gratitude

This monograph is dedicated to my parents and my teachers who have helped me throughout my student life, my parents for advising me and always be with me at all times and especially for educating me in values, my teachers for guiding me during this project which serves me to be able to investigate thoroughly my subject and dominate it completely. (60)

Summary

This monograph is based on the sexually transmitted diseases that affect people around the world and in this one you can see how around the last few years they may have affected the inhabitants of Ecuador. The different causes and consequences of being a carrier or being infected with one of these sexually transmitted diseases. One of the diseases present in this monograph and one of the most serious is HIV/AIDS which is very present in sexually active people around the world.

In Ecuador there are also people who are carriers of this disease or any other that have been infected. Being infected with one of these diseases not only brings physical changes in the person as hives around the body, fatigue, genital irritated area, skin changes, headache, and sore throat among others. Being a carrier of one of these diseases also leads to having various psychological and social problems in their daily lives. In several people there is the trauma of falling into some kind of depression or starting to think far beyond this disease, such as not being able to have children, the rejection that may suffer the person towards his partner.

In the social field generate several types of problems due to being a carrier of this disease, such as rejection in social groups or being discriminated against because of being a bad carrier of any of these sexually transmitted diseases. But this also has several types of solutions both physical and psychological, most of the sexually transmitted diseases in the world can be treated safely, but there are some which can become fatal. And in the psychological aspect you can always go to a psychologist specializing in these issues to treat some kind of trauma due to this. (291)

Index

Gratitude.....	ii
Summary.....	iii
Index.....	iv
Introduction.....	1
Chapter I.....	2
Different sexually transmitted disease.....	2
1.1 Types of sexually transmitted diseases.....	2
1.1.1 Gonorrhea.....	3
1.1.2 Genital herpes.....	3
1.1.3. HIV (VIH/SIDA).....	3
1.1.4. HPV (Virus del papiloma humano).....	4
1.1.5. Syphilis.....	4
1.1.6. Bacterial vaginosis.....	4
1.1.7. Trichomoniasis.....	5
1.2 Classification.....	5
1.3 Characteristics of each.....	6
Chapter II.....	6
Different Causes, Consequences and Treatments.....	6

2.1 Types of causes, consequences and treatment of these sexually transmitted diseases.....	6
2.1.1 Gonorrhea.....	6
2.1.2 VIH/SIDA.....	7
2.1.3 Syphilis.....	8
Chapter III.....	10
How the STDs have affected Ecuador in recent years.....	10
3.1 Types of causes and consequences that have occurred in Ecuador with respect to the STDs.....	10
3.1.1 How Sexually Transmitted Diseases Affect Families.....	10
3.1.2 Consequences in the last years.....	11
Conclusions.....	13
Recommendations.....	15
References.....	16

Introduction

In this monograph entitled *Sexually Transmitted diseases in Ecuador in the last 15* years, it is important to teach people the importance of being infected by one of these sexually transmitted diseases and the consequences of being a carrier of one of these, different treatments or measures to take to be a carrier of one of these sexually transmitted diseases and how they have affected Ecuador in the last 15 years in society both social and psychological and what measures have been taken by the country or what measures have been taken by Ecuadorians on this very important issue, there are several campaigns or movements which are very supportive to fight against these tragic diseases.

This monograph aims to inform people about the causes and consequences of each of these sexually transmitted diseases, explaining each of them in different aspects to take into account, seeks to report on how they have affected the inhabitants of Ecuador over the years and the consequences they have left. You can see the different symptoms that are presented in each of them, in this monograph you can see diseases such as Gonorrhea, Genital herpes, HPV, HIV, Syphilis. which are some of the most dangerous sexually transmitted diseases, that is why they are the main ones to be exposed throughout this monograph, which is that of sexually transmitted diseases.

For the present academic work we use several sources of information for references, *Sexually transmitted infections 2016-2021; Sexually transmitted diseases and AIDS ;Sexually transmitted diseases: policies and principles of prevention and care* .In Ecuador, these diseases have taken on great importance over the years, and several informative talks have been held with the aim of preventing and informing people about the seriousness of these diseases, campaigns for the protection and protection of people

infected by any of these diseases, and greater protection and care at the time of any sexual act of any kind.

This monograph is divided into three chapters, the first entitled Different sexually transmitted diseases, the second chapter called Different Causes, Consequences and Treatments and the third and final chapter called How the STDs have affected Ecuador in recent years. (471)

Chapter I

Different sexually transmitted disease

1.1 Types of sexually transmitted diseases

Chlamydia is a disease that can be contracted through sexual intercourse, it is one of the few sexual diseases which do not present symptoms to be a carrier of this. According to a U.S. study about 3 million people between the ages of 14 and 24 contract Chlamydia in its inhabitants annually. Up to 25% of men with chlamydia have no symptoms. In men, chlamydia may produce symptoms similar to gonorrhea. Symptoms may include: burning sensation when urinating, discharge from the penis or rectum, testicular pain or tenderness, rectal pain or discharge. (Peña, 2014)

1.1.1 Gonorrhea.

Gonorrhea is a sexually transmitted disease that can occur in both men and women. It can infect the genitals, rectum, and throat of the person who is a carrier of this sexually transmitted disease. It usually occurs in people between the ages of 15 and 24.

The main symptom in women is polyuria, that is to say, much more need to urinate, even if there is difficulty in emitting urine. Dysuria can also appear in women. In many cases, although not always, there is presence of vaginal exudate. In women, the cervix and those deeper reproductive structures are located more remnants of the infection. (Peña, 2014, p.41)

1.1.2 Genital herpes.

Genital herpes is a sexually transmitted disease presented by the herpes simplex virus. In this disease are presented as consequences sores on the genitals, buttocks, rectum or thighs, can be transmitted through sexual intercourse either anal, vaginal or oral, even if there are no sores can get to carry this disease. Rodriguez (1982) states: " It's also

caused by a virus. There are lesions similar to the "warmths" of the mouth that usually appear in the same areas as condylomata" (p.13).

1.1.3. HIV (VIH/SIDA)

HIV is an infection that leads to AIDS. HIV means human immunodeficiency virus, can be contracted through sexual intercourse, this virus is characterized by destroying or eliminating the different defense cells of a human body, this makes it exposed to many diseases without having any defense in the human body.

1.1.4. HPV (Virus del papiloma humano)

HPV is a set of viruses that are related to each other and is characterized by the fact that it generates the appearance of warts in the body, mainly in the genitals. It is spread through a sexual relationship with a person who has been infected, this virus can generate different types of cancer such as:

- Cervical Cancer
- Anal Cancer
- Oral cancer and throat
- Vulvar Cancer
- Vaginal Cancer
- Penile Cancer

1.1.5. Syphilis

It is a sexually transmitted disease which can lead to the death of a person, can be contracted through oral sex, anal and vaginal type. There are sores on the person's penis, vagina, anus, or rectum. Syphilis is divided into four phases: primary, secondary, latent, and advanced. Rodriguez (1982) states: "Some STDs have general manifestations, of the whole body or of organs other than the genitals. As an example we have syphilis, which although begins with symptoms in the genitals, at a more advanced stage"(p.8).

1.1.6. Bacterial vaginosis

A vaginal infection is a localized infection in the vagina, which is represented when the vagina produces an imbalance between collaborating bacteria and harmful bacteria.

When you get this STD, you have itching, pain, and an unpleasant odorous discharge.

1.1.7. Trichomoniasis

This sexually transmitted disease is produced by a protozoan parasite called *Trichomonas vaginalis* that carries the person who has been infected, is very common in people.

The symptoms as a consequence of this disease can be several, some men and women who are infected with this disease do not realize that they have contracted it. On the other hand, on other occasions some or all of these symptoms may appear; more than normal discharge of a greenish colour and/or with a bad smell.(Rodriguez,1982, p.11)

1.2 Classification

Sexually transmitted diseases are classified into:

- Classical venereal diseases: Syphilis, Gonorrhea, Soft Chancroid, Venereal Lymphogranuloma and Inguinal Granuloma.
- Uroanogenital conditions of different origin (urethritis, vaginitis, vulvitis, cervicitis, prostatitis and colitis) caused by different microorganisms (chlamydias, trichomonas, mycoplasmas and enterobacteria).
 - Sexually transmitted viruses such as genital herpes, condylomata (HPV), molluscum, hepatitis B-C and D, Epstein-Barr virus, cytomegalovirus, and HIV.
 - Parasites: scabies and *Pediculus pubis* (crabs).

1.3 Characteristics of each.

They are diseases that are contracted through sexual intercourse, either oral or vaginal, when performing one of these with an infected person can immediately contract one of these diseases. They are very common and in some cases the infected persons do not present symptoms when carrying one of these. These diseases can become very dangerous, but testing to see if you are a carrier is not complicated and in most diseases can be treated.They are transmitted from person to person through direct contact with an infected area. Many people say they have been infected in a public service and this is not possible.(Rodriguez, 1982, p.3) (811)

Chapter II

Different Causes, Consequences and Treatments

2.1 Types of causes, consequences and treatment of these sexually transmitted diseases.

These diseases are given through the practice of some sexual relationship with the person carrying it, the consequences that occur in these cases are almost always permanent and serious, but some can be treated effectively.

2.1.1 Gonorrhea.

Gonorrhea is a type of sexually transmitted disease that is not as serious because carriers of this sexually transmitted disease have no symptoms when they become infected.

CDC (2016) states: "You should wait seven days after you finish all your medications before having sex. To prevent you from becoming infected with gonorrhea again or passing it to your sexual partner(s)" (p.1). This disease is a type of bacterial infection

that can be spread in both men and women. The areas that carry this disease may be the throat, genitals, and rectum.

2.1.1.1 Treatments

With respect to the treatments of this disease the most common is the use of antibiotics since in most cases this type of medicine is effective against this disease but on the other hand there is a percentage of people who do not present any kind of improvement to these antibiotics because this bacterial infection can become resistant to them. These antibiotics can be given orally or by injections that maintain this type of prescribed medicine and in the case of people who are allergic to antibiotics are prescribed a special medicine that meets the conditions of the patient with this disease.

2.1.2 VIH/SIDA.

VIH is a type of virus which is the process by which you can reach AIDS, these acronyms mean human immunodeficiency virus which is a virus which is transmitted by having sex with the person carrying this very serious virus, on the contrary this can also be prevented through the use of some form of condom in both men and women. This disease is immediate which at the time of doubt when carrying this disease should be tested for this disease to know if the person has become a carrier or carrier of it. There are about 38,000 people worldwide who are infected with this sexually transmitted disease, in some cases the infected people are not aware that they carry this sexually transmitted disease because they are not informed of it.

2.1.2.1 Consequences.

This disease is characterized mainly by destroying some of the cells that are responsible for defending the immune system, one of the main symptoms are: sore throat, headaches, weight loss, diarrhea, nosebleeds, skin rashes, dry cough repeatedly. Once contracted this disease remains in the human body forever. This virus slowly destroys

the body's immune system and leaves its victims increasingly defenseless against other infections and some kinds of cancer, a person suffering from VIH is exposed to easily contract certain serious infections or. (Monteiro,2016, p.2). In some cases of people who are sexually active it is given that when presenting some of these symptoms begin to become worried or stressed by having doubts if they are carriers of this sexually transmitted disease that is very serious at the level of health. As well as physical. Consequences this sexually transmitted disease also produces emotional or psychological consequences, one of the main psychological problems that are presented at this stage is the feeling of fear of rejection of people to know that there is a person carrying this disease. Another aspect to take into account in this psychological stage that is presented in this disease is the fear of presenting these symptoms or consequences to suffer these physical changes that are given to the carrier of this sexually transmitted disease. Some of the main symptoms of being a carrier of this disease are: sadness, depression constantly, fatigue, fear, guilt, anger, stress, increased family violence, breaking up relationships both loving, as friends and family

2.1.3 Syphilis.

Syphilis is a very common type of bacterial infection which consists of the appearance of sores called chancres around the entire body of the genital area infected with this sexually transmitted disease, these sores not being painful can cause the carrier of this not realize that it is infected. This disease can become infected to the areas of the mouth, lips, penis, vagina, scrotum and anus of the person carrying this disease. This disease can be spread through a sexual relationship with the person carrying this, mainly occurs through the practice or skin contact with sores through anal or vaginal sex, in some cases can be given. Other forms of barriers such as the use of a dental dam (plastic square) when having oral sex or when the mouth of an uninfected individual makes

contact with the partner's vagina or anus. This also prevents sexually transmitted infection (STI) transmission. (Mandal,2019).Through oral sex but is not very common in most people. A pregnant woman who is a carrier of this sexually transmitted disease may infect the baby during her pregnancy.

2.1.3.1 How to avoid to getting infected with this disease.

This sexually transmitted disease cannot be spread in a common way, usually people are afraid of this by thinking wrongly about how you get this disease, syphilis cannot be spread by coughing, sharing food, sneezing, sharing drinks, hugging, shaking hands or sitting on the same toilet. This disease can be prevented through the use of a condom in both men and women, this applies to most sexually transmitted diseases, it is also very

useful to get periodic examinations to see if you have contracted this sexually transmitted disease so that it can be treated immediately. The most effective way not to get it is not to practice anal, oral or vaginal sex, as this way you could not get any type of sexually transmitted disease but in people who are sexually active it usually works more the use of protection before a sexual relationship at all times to prevent getting one of these. (981)

Chapter III

How the STDs have affected Ecuador in recent years

3.1 Types of causes and consequences that have occurred in Ecuador with respect to the STDs.

In Ecuador there have been several cases of sexually transmitted diseases but the main thing is to see HIV as a type of epidemic in the last 15 years. There have been several talks and campaigns due to the increase of these over the years.

3.1.1 How Sexually Transmitted Diseases Affect Families.

In families there are cases that are usually very particular, some can be more serious and sad than others that little by little with time, professional and spiritual therapies and help can overcome them, therefore each case should be handled differently because each couple and each family is different. There are cases in which the couple or family is separated because they suffer disorders when having a child, or do not want to perform some kind of sexual practice because they are afraid of becoming infected, which can

cause a mental block that affects the intimacy of the couple, is also thinking that with this could come to have a child who may carry this or be born with some kind of disability, all these issues should be treated professionally. In general the woman is usually the most affected in the relationship because being or not a carrier of a disease if she becomes pregnant would be aware that your child could come out with any of these problems, which should be treated professionally where we analyze what type of pregnancy risk or could not have. Of both sides of the relationship, the one that is a carrier of this disease is the most isolated because it knows the amount of consequences that this disease can bring. There are also cases in which the transporters of the sexually transmitted diseases suffer embarrassment both with their partner, with their family, and with the people with whom they surround themselves daily, but there are also families who understand their partner and go to specialists in the matter to help them carry things in the best possible way, they go to psychologists to help them also in the emotional field, as they can suffer various events of disorders. If you are in a relationship outside of a stable couple, you should always use a condom, even though you are already using another method to prevent pregnancy. When you don't have a regular partner and have sporadic sex, it's more important to always use a condom. (Rodriguez, 2016). Although the most correct thing would be if the person is married only to have his sexual partner that in this case should be only and exclusively his wife, the one that the destiny put in his way, otherwise we would be talking about infidelity.

3.1.2 Consequences in the last years.

In Ecuador there has been an epidemic of cases of sexually transmitted diseases which is concentrated in a specific population that is mostly part of the infected of these which are gay, lesbian, transsexual, bisexual or any type of population that performs sexual practice with any carrier of one of these diseases. Over the years the political

constitution of Ecuador has taken several measures to cases of sexually transmitted diseases given by others, in these measures is also part of the Ministry of Health which provides infected people a warm and comfortable place to consider their case. In some investigations it can be seen the progress that this epidemic has had since 1984, when the first case of HIV was presented in Ecuador until 2010, and it can be clearly seen the increase in people who manage to be carriers of this sexually transmitted disease. Several campaigns have also been used with the aim of preventing the Ecuadorian population from continuing to be infected with these deadly diseases, and talks have been held for the correct prevention of these diseases. One of the main promoters of these campaigns is the Ecuadorian Red Cross, which is committed to young university students participating and supporting them. These campaigns deal with topics such as the proper use of condoms, ways to prevent infection, forms of sexual transmission, the importance of getting tested for STIs and HIV, the importance of body care, types of tests and the involvement of results, among other topics. "As resources, efficiency and capacities increase, the range of services provided can be expanded, quality improved and coverage provided to a larger percentage of the population at lower direct costs to those who need the services. (World Health Organization, 2016,p.19)

3.1.3 Cases of women who do not have children because they are HIV-positive.

There are several cases of HIV which present women who suffer some kind of disorder or fear of having children because these at birth may become carriers of one of these or even suffer from a disease at the time it forms in the womb of this. In some cases women who suffer from this disorder usually go to psychologists or specialists in the field that can help with this problem or look for some other way to have children

without any risk such as for example some of these women often opt for the adoption of a baby or perhaps use a belly for rent. There is also the option of carrying out various tests and using the necessary methods so that the baby at the time of delivery turns out to be healthy, one of the most difficult times is childbirth and breastfeeding as they often have several problems at this point of baby, you can opt for this as long as you treat the pregnancy quickly because at a late stage of this, the process could not become as effective as at the beginning of this. Significant achievements have been made in recent years in improving the response to STIs. For example, there has been a significant decrease in the incidence of *Haemophilus ducreyi* (chancroid) in syphilis

rates in the general population and in some sequelae of these infections, including neonatal conjunctivitis. (World Health Organization, 2016,p.17) (1105)

Conclusions

At the end of this monograph it is concluded that:

- There are different types of sexually transmitted diseases which can become more serious than another with the fact that some can be controlled with the respective treatments and thus be able to neutralize or live with this and other

very serious which can be treated the right way but become fatal to the health of the person carrying this.

- It is always necessary to be clear and to be informed about these because in this way we can prevent the transmission of one of these sexually transmitted diseases. We must know the causes and consequences of each of these diseases so that when we carry or want to prevent any of these diseases we know how to act in the different situations presented and know where and to whom we can turn in the case of becoming a carrier of one of these sexually transmitted diseases.
- There are several types of consequences of being a carrier of a sexually transmitted disease, you can give the consequences or physical changes that are the first to appear when becoming infected by a sexually transmitted disease, you can give hives throughout the body, headache, sore throat, irritation in the genital area, low defenses, become infected with viruses more easily, among others.
- Being a carrier of a sexually transmitted disease there are also psychological and social consequences, these occur through the carrier begins to think or create fears beyond being a carrier of one of these, such as fear of not having children, fear of being rejected by their partner or fear of having a social rejection, in the social aspect there is rejection by people to find out, and can not relate or talk to others because almost always people discriminate against people carriers of a disease and sexual transmission.
- In Ecuador different measures have been taken over the years to the point that it has taken on great importance in the social aspect, as there have been several talks and campaigns on this subject in order to inform and prevent people from being infected by any of these. (357)

Recommendations

After having completed this monograph work it is recommended that:

- People keep researching and informing themselves about this subject which is very important, delicate and extensive in information which allows there to continue to be enough talks or campaigns about these diseases for people to be informed about them.
- Use everything learned in this monograph to serve you in daily life, always use protection before having any kind of sexual relationship with anyone. The only 100% guaranteed way to avoid a sexually transmitted disease is to avoid all

kinds of sexual contact, whether vaginal, anal or oral sex, and genital skin-to-skin contact with another person.

- Try to pass this information on to others, especially those who are sexually active, so that they can be informed of the risk of having sex with an unknown person without the use of any type of protection, and so that they know the consequences of being a carrier of one of these, whether it is a serious sexually transmitted disease or not. (200)

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