



SEXUALLY TRANSMITTED INFECTIONS

On any given day during 2018 one in five people in the United States had a sexually transmitted infection (STI), totaling nearly 68 million estimated infections. STIs are often asymptomatic (especially in women) and are therefore often undiagnosed and unreported. Untreated STIs can have severe health consequences, including chronic pelvic pain, infertility, miscarriage or newborn death, as well as increased risk of HIV infection, genital and oral cancers, neurological and rheumatological effects (1). STIs are both bacterial and viral like HIV/AIDS & HPV.

Here are the common bacterial STIs and what the statistics show? According to the CDC (2)

Chlamydia:	2020: 1,708,569 cases	2021: 1,644,416 cases
Gonorrhea:	2017: 555,608 cases	2021: 710,151 cases
Syphilis:	2017: 101,590 cases	2021: 176,713 cases
Congenital Syphilis:	2017: 941 case	2021: 2,855 cases

CHLAMYDIA is a bacterial infection. Although it affects mostly young women, it can occur in both men and women and in all age groups. It can be asymptomatic, but frequently presents as a discharge from the vagina or penis. Depending on one's sexual activity Chlamydia can infect the eyes, throat, or rectum.

GONORRHEA is another bacterial infection that infects both males and females, and like Chlamydia, one's sexual activity can lead to painful urination, discharge from the vagina or penis, rectal discharge or bleeding and pelvic pain. Gonorrhea can produce septic arthritis, and babies of infected mothers can develop eye infections if not treated at birth.

SYPHILIS is a bacterial infection which frequently begins as a painless sore on the genitals, or in the rectum or mouth. Without treatment syphilis can damage the heart, brain, liver, joints and can become life-threatening. Congenital syphilis is the infection of babies (through the placenta or during birth) born to women who have syphilis. These babies can die before birth, or if they survive, may have deafness and dental abnormalities.

The incidence of STIs is not evenly distributed. Half were among teens and young adults, ages 15 to 24. Thirty-one percent of all cases of chlamydia, gonorrhea, and syphilis were among Black people, even though they make up only 12 percent of the U.S. population. Men who have sex with men (MSM) are also disproportionately affected. Almost 40 percent of MSM reporting syphilis had also been diagnosed with HIV (3).

Based on how STIs are spread, the best public health recommendation is to limit your sexual activity to one heterosexual partner and keep it that way. It is not rocket science! Yes, we need parents, teachers, and health professionals to educate and encourage every generation of youth in safe sex. There is a vaccine for HPV, and there are diagnostic tests for all STDs. Without question, however, the safest sex is a faithful and monogamous relationship. In the meantime, the medical profession and public health will continue to treat with compassion the consequences of risky sexual activity.

1. www.nationalacademies.org/our-work/prevention-and-control-of-sexually-transmitted-infections-in-the-united-states
2. www.cdc.gov/std/statistics/2021/default.htm
3. www.nationalgeographic.com/science/article/stds-are-at-a-shocking-high-how-do-we-reverse-the-trend?rid=45CBA28_040CD82A23B6088AA-D14A86E&cmpid=org=ngp::mc=crm-email::src=ngp::cmp=editorial::add=Daily_NL_Monday_History_20230424

Happiness is when what you think, what you say, and what you do are in harmony

MAHATMA GANDHI



Bow Young at Heart Club

Upcoming Events

WEDNESDAY, SEPTEMBER 27, 2023

Big Trees of Northern New England

Presented by Kevin Martin at 12:30 PM

at Old Town Hall, 91 Bow Center Road

Kevin Martin of Epping, NH will do a presentation on his guide, *Big Trees of Northern New England: Short Hikes to the Biggest Trees*. Kevin has been the state coordinator for the NH Big Tree Program, a national program that seeks to identify the largest example of each tree species.

Social hour 11:30 AM - 12:20 PM

Bring your own lunch, dessert is provided.

The public is always welcome to attend meetings. Membership is open to all residents 55 and older.

Bow Community Mens Club ANNUAL LOBSTER FEST

Saturday October 7, 2023, 5:00 - 8:00

Bow Community Building

This year there will be dine-in and grab-and-go options*

Menu Includes:

Lobster Plate, \$30.00

Extra Lobster, \$12.00

“Fresh Off The Boat” 1 ½ lb. Lobster

Bowl of Fresh Clams

Clam Chowdah

Or

Chicken Plate, \$16.00

½ Barbecue Chicken

Potato Salad

Both Meals Include:

Fresh New Hampshire Corn on the Cob & Beverage

Kid's Plate, \$2.00 Hot Dog,

Chips & Corn on the Cob & Beverage

Tickets can be pre-ordered on our website:

bowmensclub.org

Contact: Dik Dagavarian 856-7268

or Charlie Griswold 228-9621

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