

Confidential • Non-Judgmental • Stigma-Free

SEXUALLY TRANSMITTED INFECTIONS

STIs

WHAT YOU NEED TO KNOW

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**MUSIC CITY
PrEP CLINIC**

PrEP • STI TESTING & TREATMENT • HIV CARE



OMG!

WHAT IF I HAVE AN STI?

It's OK.

It happens.

It's common.

**And you've come to
the right place!**

At Music City PrEP Clinic, there is no shame, no stigma, no judgment. **In most cases, STIs are easier to treat than strep throat.** While there is no cure for the common cold, there is a cure for gonorrhea, chlamydia and syphilis. So there's no shame in your game - **we've got you covered.**

To ease your mind, here is some information on the most common STIs and how they are treated.

CHLAMYDIA

Chlamydia is the most commonly reported sexually transmitted infection.

- ★ It's spread through oral, anal and/or vaginal sex.
- ★ Most people do not have symptoms.
- ★ Sometimes there is an unusual discharge from the penis or vagina and/or a burning sensation while urinating.
- ★ Testing involves urine collection, as well as an oral swab and an anal swab. Infection is not always found in urine, so we test these additional areas where infection may be present.
- ★ It's treated with oral antibiotics.

Once treated, you can get chlamydia again if your sex partners are not tested and treated.

GONORRHEA

Gonorrhea is the second most commonly reported sexually transmitted infection.

- ★ It is spread through oral, anal and/or vaginal sex.
- ★ It infects the reproductive tract and can also infect the mucous membranes of the mouth, throat, eyes and rectum.
- ★ Most people do not have symptoms.

Gonorrhea continued:

- ★ Men experience painful urination and a white, yellow or green discharge.

Women often mistake symptoms for a bladder or vaginal infection.

- ★ Oral and rectal infections are also typically asymptomatic. Rectal infections may include discharge, anal itching, soreness, bleeding or painful bowel movements. Oral infections may include a sore throat.
- ★ Testing involves urine collection, as well as an oral swab and an anal swab. Infection is not always found in urine, so we test these additional areas where infection may be present.
- ★ It is treated with an injection of antibiotics.

Once treated, you can get gonorrhea again if your sex partners are not tested and treated.

SYPHILIS

Syphilis is a sexually transmitted infection that can cause serious health complications.

There are four stages (primary, secondary, latent and tertiary) that syphilis will progress through if left untreated.

- ★ It's spread through oral, anal and vaginal sex. Syphilis can also be spread through skin-to-skin contact with a primary sore, which is a symptom of the primary stage of syphilis.
- ★ The primary stage has one symptom - a small, painless primary sore that many do not notice.

- ★ The secondary stage includes a skin rash, swollen lymph nodes, fever and/or hair loss. Not everyone experiences secondary symptoms.
- ★ The latent stage does not have symptoms and the tertiary stage of syphilis is linked to severe medical problems including neurological and neuralgic (brain and nerve) problems, eye problems and even blindness.
- ★ Syphilis is detected through a blood test. Treatment is administered with injection(s) of penicillin. The number of injections required to treat the infection (1 to 3) is determined by the stage you are in when you're examined by your provider.

HIV

Human Immunodeficiency Virus (HIV) is a sexually transmitted infection that weakens the immune system by destroying cells in the body that fight disease and infection. Currently, there is not a cure for HIV; *however, there have been tremendous advancements in HIV care and the virus can now be managed effectively.*

MCPC offers testing for HIV, and PrEP to prevent the transmission of HIV. With medication, someone living with HIV can have the same lifespan as someone without HIV. When HIV is managed properly with medication, it cannot be transmitted through sex, even if condoms are not used.

- ★ HIV is primarily spread through anal or vaginal sex or by sharing needles and syringes used to inject drugs.
- ★ HIV is detected through a blood test.
- ★ If test results indicate you do have HIV, the providers at MCPC will offer assistance and connect you with a provider who specializes in HIV management. MCPC now offers HIV care to eligible patients.

HEPATITIS

Hepatitis is a virus that causes inflammation of the liver. MCPC offers testing for hepatitis A, B and C. If you test positive for hepatitis, we will connect you with a specialist who can manage your

- ★ **Hepatitis A is spread through close personal contact with an infected person or through contaminated food or drinks.**
- ★ **Hepatitis B is spread by exposure to the blood, semen or other bodily fluids of someone who is infected.**
- ★ **Hepatitis C is spread by exposure to the blood of someone who is infected.**
- ★ **Symptoms for hepatitis A and B include fatigue, nausea, stomach pain and jaundice.**
- ★ **Hepatitis C initially may not cause symptoms. However, if symptoms occur, they are often a sign of advanced liver disease.**
- ★ **Getting the hepatitis A and B vaccines are the best way to protect yourself against hepatitis A and B.**
- ★ **There is no vaccine for hepatitis C, but there is a cure.**

MCPC now offers treatment for certain types of hepatitis.

OTHER SEXUALLY TRANSMITTED INFECTIONS

There are many infections that can be spread with intimate contact with others. Two STIs we are asked about are herpes and human papillomavirus (HPV).

- ★ **Herpes is extremely common and there is no cure; however, the infection can be managed with medication.**
- ★ **HPV is also common. We can connect you to medical providers who can assist you if you are interested in testing and treatment.**

★ ***DON'T PANIC!***

We've got you covered

Music City PrEP Clinic has the tools to keep you on top of your sexual health.

Once treated, we encourage you to return for testing every 3 months.

***SCHEDULE AN
APPOINTMENT
615.469.1065***



***IF YOU WERE TREATED FOR AN STI
WE RECOMMEND THE FOLLOWING***

- ★ Wait to engage in any form of sex until **7 days after the day you start treatment**. If you were treated for oral STI, also wait to kiss.
- ★ Tell anyone you've had sex with in the past 2 to 3 months to consider being tested - and treated if necessary.
- ★ Wash all sex toys thoroughly.
- ★ Because most types of sex that can transmit STIs can also transmit HIV, consider getting on PrEP. **PrEP offers near perfect protection against HIV and is significantly more effective than condoms.**



SEX

WITHOUT FEAR




LOVE



WITHOUT STIGMA

WHY MUSIC CITY PrEP CLINIC?

When you enter our clinic, you can rest easy knowing you are in a safe, non-judgmental, and stigma-free space. We encourage our patients to speak freely and ask questions without fear of being judged. We want you to feel confident that you have the answers you need to have a happy, healthy sex life. 

The Music City PrEP Clinic is a unique non-profit organization on a mission to end HIV. By choosing us for your sexual health care, you are contributing to our efforts to reach even more people with our life-changing services.



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