

# PROTECTIVE MEDICAL INVENTIONS



## THE NEED FOR MEDICAL INVENTIONS

Germes are passed person to person in a number of different ways. For example, the influenza virus and COVID19 can both be passed between people through droplets of saliva. Sexual activity is another way that germes can be passed between people. Some of the germes that are passed through sexual activity that may result in an infection include:

### HIV

HIV stands for human immunodeficiency virus. It's a virus that weakens the immune system. HIV lives in the blood and is passed through blood and sexual fluids.

### HEPATITIS

The Hepatitis viruses are a group of viruses that are passed through the blood and sexual activity. Once they infect a person, they attack the liver. Hepatitis B and C are the most common.

### SYPHILIS

Syphilis is a bacterial infection that is passed through the sores and rashes that occur in the early stages of infection. Long term syphilis infection can impact organs such as eyes, brain, blood vessels, and heart.

### HPV

HPV stands for human papilloma virus. It's a viral infection that over 80% of adults have had one of the 100 types at some point. 14 of these strains are known to cause cervical cancer. HPV can cause genital warts, but not always.

### CHLAMYDIA & GONORRHEA

Chlamydia and Gonorrhea are both bacterial infections passed through sexual contact. They start on the surface of the skin but can make their way up the reproductive tract if not treated.

### OTHERS

Other sexually transmitted infections include trichomoniasis (parasite), herpes (virus), and Mycoplasma genitalium (bacteria).

## HOW ARE INFECTIONS PASSED THROUGH SEXUAL CONTACT?

### FLUIDS

Sexual fluids are the most common way that sexual infections are passed between people. Sexual fluids can contain **chlamydia**, **gonorrhea**, **trichomoniasis** and **Mycoplasma genitalium**. Sexual fluids may also contain blood or have been in contact with blood and now carry **HIV** and **hepatitis** viruses. Types of sexual fluids that can contain infectious germes include semen, vaginal fluid and rectal (anal) fluid.

### BUMPS

A few types of sexual infections create bumps (sores) when they infect a person. When an uninfected person comes into contact with these sores, there is a chance that the infection will pass from the sore to the uninfected person. **Syphilis** and **herpes** and **HPV** can all be passed between two people in this way.

### DIRECT CONTACT

Some infections are transmitted through simple skin-to-skin contact because the virus lives in the epithelial skin layer (the surface). **HPV** and **herpes** can both be transmitted in this way. Areas of the skin that may be affected include the genitals, anus, and throat/mouth.

# Sexual Health Medical Inventions

Like other areas of health, sexual and reproductive requires specialized medical inventions. In order to prevent the transmission of sexual infection, inventors have figured out several different ways to protect ourselves and each other..

## ANTIBIOTICS

Antibiotics are a type of medication that destroy or slow the growth of bacteria. They are used to cure nearly all bacterial infections. However, the type of antibiotic and length of treatment depend on the severity and type of infection. Antibiotics can cure chlamydia, gonorrhea, and syphilis.



Antibiotic resistance (when antibiotics don't work to kill the virus) is very common. There are certain chlamydia infections that are resistant to multiple antibiotics. Adhering to an antibiotic treatment is very important because it decreases the likelihood of resistance.

## ANTIVIRALS & ANTIRETROVIRALS

Antivirals are a type of medication that prevent viruses from multiplying in the body. They are used to cure viral infections, like hepatitis, and treat others, like herpes. Antivirals are more effective (work faster) and have less side effects than they used to!



Antiretrovirals are a type of medication that prevent retroviruses, like HIV, from multiplying in the body. Antiretrovirals can treat HIV, but not cure it. Current antiretrovirals are highly effective at keeping HIV out of your blood with little side effects.

## PREP AND PEP

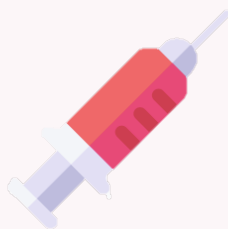
PrEP stands for pre-exposure prophylaxis. It's a type of medication meant to prevent HIV infection by taking a pill on an ongoing basis before and after potential exposure to HIV. It's taken by someone who doesn't have HIV, to prevent them from getting HIV. PrEP is 74% - 99% effective depending on use and exposure.



PEP stands for post-exposure prophylaxis and it involves taking medicine to prevent HIV after a possible exposure. PEP should be used only in emergency situations and must be started within 72 hours after a recent possible exposure to HIV.

## VACCINES

Vaccines have been around for over 100 years! Vaccines protect us from deadly diseases by getting our immune system ready to fight it. In video games, we have to fight smaller, weaker enemies before we battle the final, toughest boss. Vaccines work the same way; we learn how to fight weak or partial viruses through the vaccine before we encounter the virus for real.



Because sexual infections are usually easily treated, making vaccines for them isn't a priority. Currently, there are only vaccines for HPV, Hep A and Hep B.



**KIS-SK**

*Keep It Safe Saskatchewan*

**YOU HAVE QUESTIONS?  
THE KIS-SK APP HAS ANSWERS.**

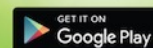
- where can I get tested for STIs?
- what birth control options are there?
- how do I use a condom?
- what is chlamydia?
- can I get pregnant if ...

**KIS-SK**

**Keep It Safe Saskatchewan**

**[www.skprevention.ca/kis-sk](http://www.skprevention.ca/kis-sk)**

saskatchewan  
**preventioninstitute**  
our goal is healthy children



The Saskatchewan Prevention Institute's KIS-SK (Keep it Safe Saskatchewan) App, is a smartphone resource that helps individuals make healthy choices and informed decisions related to their sexual health. The KIS-SK App is available in the iOS and Android app stores for download, and provides updated information on sexually transmitted infections, contraceptive options, and frequently asked questions. An interactive map that allows users to find sexual health services and resources near them is also included. To learn more and find links to download, visit: <https://skprevention.ca/kis-sk>.

## CONDOMS

Condoms were one of the first solutions created to prevent transmission of sexual infections – they were first manufactured in 1855!



There are both male and female condoms but the logic behind them is the same – to create a barrier so that fluids can't get through and that STIs transmitted through bumps and direct contact are less likely to happen. It's important to note that condoms aren't 100% effective and don't always protect against herpes.

# COLOUR BY NUMBER

Colour in the boxes below according to the numbers/colours guide at the bottom to discover which video game character is hidden in the numbers.

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8

Green

10

Bright/Darker Pink

12

Blue

9

Light Pink

11

Black

# ALPHABET EXERCISES

Spell out your first name or your first and last names or full name and do the exercises that correspond with each letter.

<b>A</b>	Jump up and down or skip rope 10 times	<b>N</b>	Do 20 crunches
<b>B</b>	Do 5 push ups	<b>O</b>	Run in place for 1 minute
<b>C</b>	Run to the furthest door in your home and back	<b>P</b>	Do 30 high knees
<b>D</b>	Do 3 burpees	<b>Q</b>	Stand on your tip-toes 20 times
<b>E</b>	Touch your toes and hold for 5 seconds	<b>R</b>	Do 20 push ups off the wall
<b>F</b>	Do 10 jumping jacks	<b>S</b>	Do 10 side lunges
<b>G</b>	Do 10 sit-ups	<b>T</b>	Balance on each leg for 15 seconds
<b>H</b>	Do a 30 second plank	<b>U</b>	Do 20 push ups
<b>I</b>	Do a 60 second wall sit	<b>V</b>	Hold a v-sit for 20 seconds
<b>J</b>	Put a line on the floor and jump forward and backwards over 10 times	<b>W</b>	Stretch your arms up to the sky and bend to the left, then to the right
<b>K</b>	Do lunges across the room and back	<b>X</b>	Find some stairs and go up and down them 3 times
<b>L</b>	Do 10 squats	<b>Y</b>	Bend over and lift your arms up beside you 20 times
<b>M</b>	Do 20 arm circles	<b>Z</b>	Do 3 laps around the room

## TYPES OF SELF-CARE

### Physical

- Exercising
- Stretching
- Sleeping
- Walking
- Yoga
- Nutrition
- Rest
- Hugging or cuddling household members

### Emotional

- Forgiveness
- Kindness
- Compassion
- Emotional maturity
- Stress management
- Practicing coping skills
- Smiling
- Don't compare to others

### Social

- Boundaries
- Connections
- Communication
- Support systems
- Positive social media
- Spending time together
- Leaning on others
- Asking for help

### Spiritual

- Time alone
- Meditation
- Nature
- Journaling
- Sacred spaces
- Reconnecting to tradition
- Time with spiritual leaders

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