

TOILET TALK



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LET'S GET ACQUAINTED WITH SYPHILIS

Syphilis is a sexually transmitted infection caused by the bacterium *Treponema pallidum*. Its signs and symptoms are often identical to those of other diseases.

Syphilis has three stages:

Primary Stage

Usually marked by the appearance of a single sore (called a chancre), but there may be multiple sores. The chancre is usually firm, round, small and painless. The chancre lasts 3-6 weeks, and it heals without treatment. However, if a doctor is not consulted and treatment is not given, the infection progresses to the second stage.

Secondary Stage

This stage usually starts with the development of a rash on one or more areas of the body. The rash usually does not cause itching. The rash may appear as rough, red, or reddish brown spots both on the palms of the hands and the bottoms of the feet. In addition to rashes, other symptoms may include fever, swollen lymph glands, sore throat, patchy hair loss, headaches, weight loss, muscle aches, and fatigue. The symptoms of secondary syphilis will go away with or without treatment, but without treatment the infection will progress to the late stages of the disease.

Late Stage

The latent (hidden) stage of syphilis begins when secondary symptoms disappear. Without treatment, the infected person will continue to have syphilis even though there are no signs or symptoms - the infection remains in the body. The late stages of syphilis may cause damage to internal organs, including the brain, nerves, eyes, heart, blood vessels, liver, bones, and joints. This internal damage may show up many years later. Symptoms of the late stage of syphilis include difficulty coordinating muscle movements, paralysis, numbness, gradual blindness, and dementia. This damage may be serious enough to cause death.

- o In the United States, health officials reported over 32,000 cases of syphilis in 2002, including 6,862 cases of primary and secondary syphilis.
- o Only laboratory tests given by a health care provider can confirm whether someone has syphilis, but it is easily cured in its early stages by an antibiotic.
- o Syphilis can be cured at any stage of the illness, but once damage is done to your internal organs and bones, the damage is permanent and cannot be reversed.

Source: www.cdc.gov

FACT: Eating breakfast every day decreases your risk for obesity, diabetes and heart disease by 35% - 50%.

Source: Harvard University

I choose not to have sex because I want to follow my family's values.

FIND YOUR REASON

Friendship

When you have stresses and pressures to deal with, it helps to know that a friend (or group of friends) is there for you. At times friends can feel like the glue that holds everything together in your life. Here are some ways to start and maintain good friendships:

- o Pick people who have similar interests, but don't rule out people who aren't exactly like you - it's good to keep an open mind.
- o Accept that everyone has their quirks and flaws.
- o If you respect others, they will respect you.
- o Even best friends can't be together 24/7. Develop other interests and don't be jealous when your friend has other interests too.
- o A good friend will let you vent to them, but don't only use him or her to vent - you should be ready to listen in return.
- o Your friend can't read your mind. If something is affecting your friendship or bothering you, tell him/her.
- o Support your friends. It's ok to disagree with them. Don't talk behind your friend's back.
- o Choose your words wisely, because you can never take them back.

Source: www.adolescenthealth.org



Club Drugs

Club drugs include Ecstasy, GHB, Ketamine and Rohypnol. Current research and science are showing that use of these drugs causes changes to critical parts of the brain. Some other facts are:

- o Chronic ecstasy use can lead to changes in brain function, affecting cognitive tasks and memory. Ecstasy can also lead to symptoms of depression several days after use.
- o GHB and Rohypnol are often colorless, tasteless and odorless and can be added to beverages and ingested unknowingly. Because of this, these drugs are often known as "date rape" drugs.
- o Coma and seizures can occur following abuse of GHB. Combining use with other drugs such as alcohol can result in nausea and breathing difficulties. GHB may also produce withdrawal effects, including insomnia, anxiety, tremors, and sweating.
- o When mixed with alcohol, Rohypnol can incapacitate victims and prevent them from resisting sexual assault. Individuals may not even remember events they experienced while under the effects of the drug. Rohypnol may be lethal when mixed with alcohol and/or other depressants.

Source: National Institute on Drug Abuse www.drugabuse.gov



Provided by the Central Shenandoah Valley Teen Pregnancy Prevention Initiative
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Approved by:

teen pregnancy 
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