

Please Stand By

**You will hear silence until the
presentation begins**



The HIV/STD/TB/Hepatitis Program, Division of Disease Control, conducts Lunch and Learn Webinars for health-care professionals in North Dakota.

Each month a new topic will be held from 12:00 p.m. to 1:00 p.m. CST on the **fourth Wednesday of the month.**

Next month's L&L : October 28, 2015

Topic: TB 201

Register: <http://www.ndhealth.gov/HIV/events.htm>

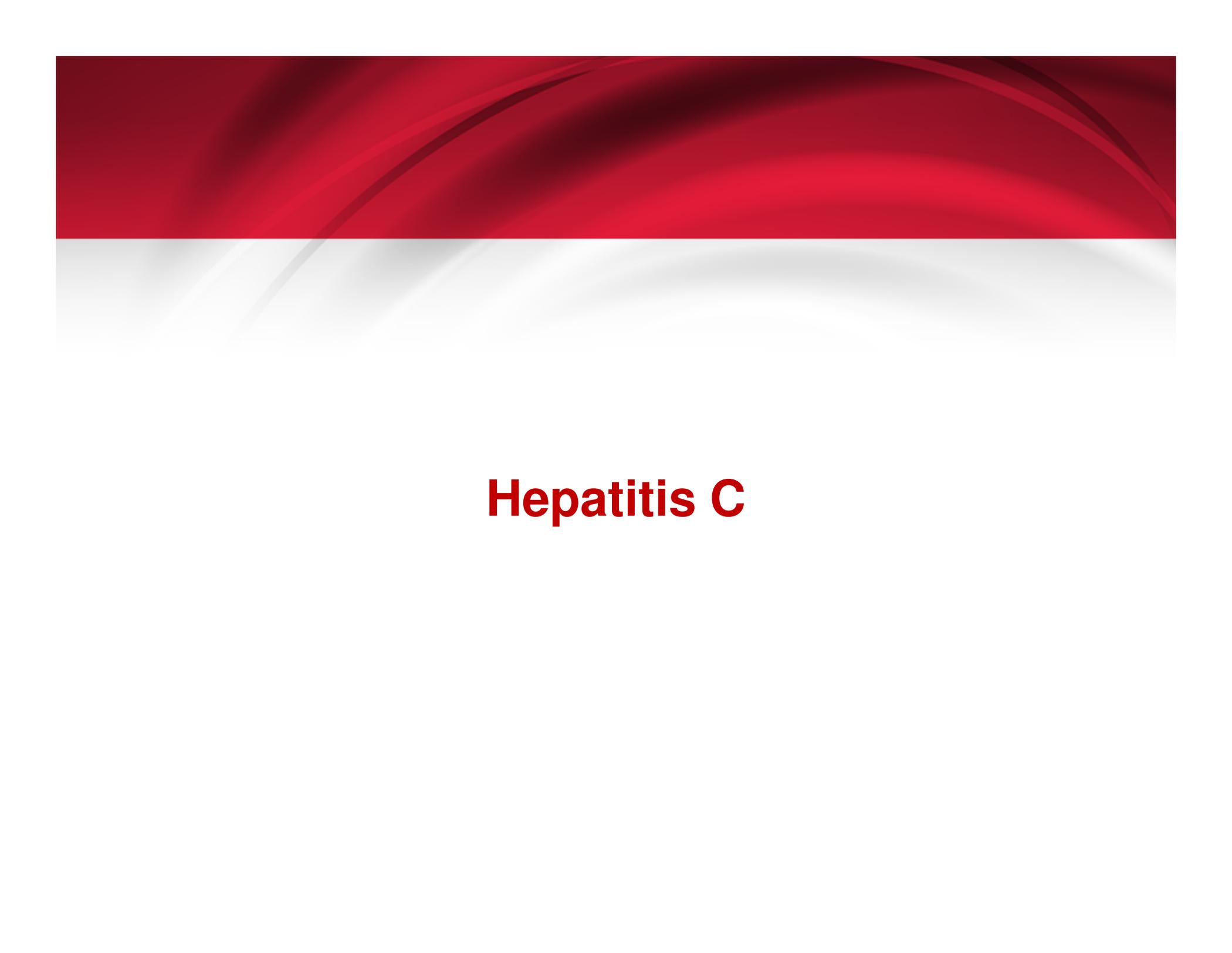
Hepatitis C and Sexually Transmitted Diseases in People Infected with HIV

This educational program is funded and developed by ViiV Healthcare.

Introduction

- Many people with HIV also have other infections
- These other infections can:
 - Impact your health
 - Make HIV worse
 - Make it easier for you to pass HIV to others or get HIV
- In today's talk, we will focus on:
 - Hepatitis C
 - Sexually transmitted diseases (STDs), including gonorrhea, syphilis, and genital herpes

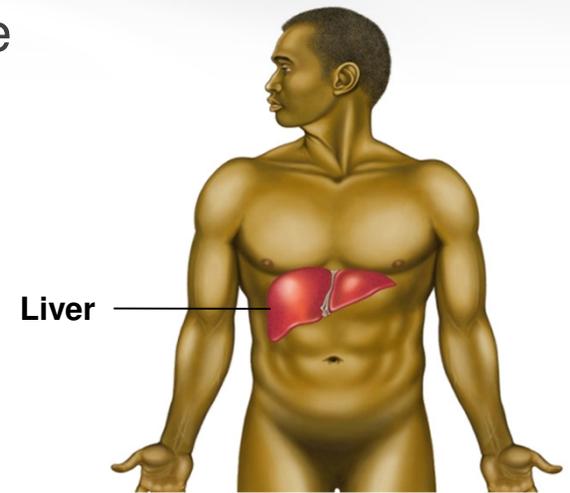




Hepatitis C

Introduction to Hepatitis

- Hepatitis means inflammation of the liver
 - Your liver helps your body digest food, store energy, and remove toxins
- There are 3 main types of hepatitis
 - A: usually spread through fecal-contaminated food or water
 - B: usually spread through unprotected sex or sharing needles
 - C: usually spread through sharing needles
- There are vaccines available for hepatitis A and B
- In this presentation, we'll talk about hepatitis C



Risk Factors for Hepatitis C

- Hepatitis C is the most common chronic bloodborne infection in the US; an estimated 3.2 million persons are chronically infected
- One in 4 Americans with HIV also has hepatitis C
- This is because many of the risk factors for getting HIV and hepatitis C are the same



Sharing needles, syringes, or other equipment to inject drugs



Accidental needle sticks (usually in healthcare settings)



Sharing needles for tattooing and body piercing



Transmission to unborn children



Long-term hemodialysis

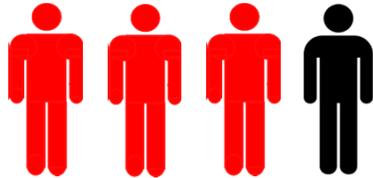
Symptoms and Long-term Effects of Hepatitis C

- People with hepatitis C usually either have no symptoms or have a mild illness until the virus has caused a lot of damage to the liver
 - As a result, many people do not know they are infected with hepatitis C
- After many years, hepatitis C can cause:
 - Cirrhosis (scarring) of the liver, which makes your liver work harder
 - Liver failure, which means your liver can no longer keep up with the demands of the body
 - Liver cancer



Treating Hepatitis C

- Some people get over hepatitis C on their own without treatment
 - Experts do not fully understand why this happens
- But in most people infected with hepatitis C, the disease becomes chronic (it lasts a long time)

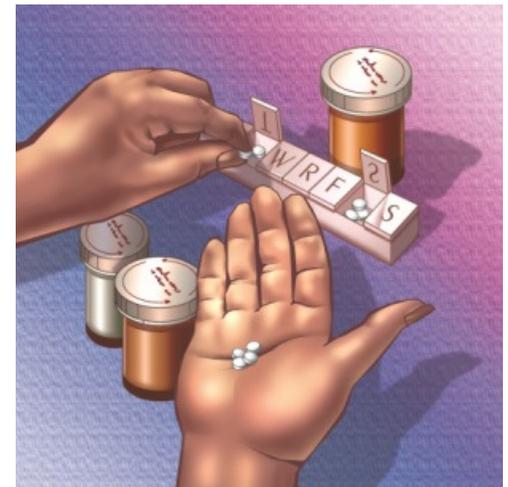


Among people infected with hepatitis C, 3 out of 4 will develop chronic hepatitis C

- 25% of people with chronic hepatitis C will develop cirrhosis over a period of 20–30 years. Of these, 20% will die from cirrhosis or liver cancer
- Chronic hepatitis C can be treated
 - Your healthcare provider can help determine when to start hepatitis C treatment and what treatment is right for you

How Do HIV and Hepatitis C Affect Each Other?

- Having both HIV and hepatitis C:
 - May lead to liver damage more quickly
 - Increases your risk of liver scarring and liver cancer
 - May result in more rapid progression to AIDS
- HIV-1 medicines may help delay liver disease. Therefore, HIV-1 medicines should be started in most patients who have both HIV and hepatitis C
- Medicines for hepatitis C and HIV-1 may interact with each other and cause:
 - The medicines to be less effective (not work as well)
 - More side effects



What Can You Do to Protect Your Liver?

- If you have hepatitis C, there are steps you can take to keep your liver as healthy as possible:



Ask your healthcare provider about vaccines to protect your liver against hepatitis A and hepatitis B



Tell your healthcare provider about all medicines you take, including prescription and over-the-counter medicines, herbals, vitamins, and other supplements



Avoid alcohol, which speeds the progression of liver disease

- Help prevent the spread of hepatitis C by:
 - Not sharing needles
 - Not using illicit drugs
 - Being cautious about body piercing and tattooing
 - Practicing safer sex



Sexually Transmitted Diseases (STDs)

Introduction to STDs

- Most sexually active people will be infected with an STD at some point in their life
- Many STDs have mild symptoms or no symptoms at all
 - As a result, many people do not know they have an STD
- Some STDs can be cured, while others last a lifetime
 - If you have any of the STD symptoms referenced in this presentation, talk to your healthcare provider to discuss your treatment options
 - If you have an STD that is cured, you can be infected again

Satterwhite CL, et al. *Sex Transm Dis.* 2013;40:187-193.

CDC. Chlamydia – CDC Fact Sheet. <http://www.cdc.gov/std/chlamydia/chlamydia-factsheet-june-2014.pdf>. Accessed December 12, 2014.

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CDC. Syphilis – CDC Fact Sheet. <http://www.cdc.gov/std/syphilis/syphilis-factsheet-july-2014.pdf>. Accessed December 14, 2014.

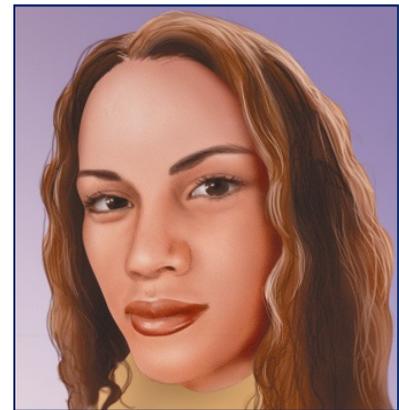
CDC. Trichomoniasis – CDC Fact Sheet. <http://www.cdc.gov/std/trichomonas/trich-fact-sheet-aug-2012.pdf>. Accessed December 12, 2014.

CDC. Genital HPV Infection – CDC Fact Sheet. <http://www.cdc.gov/std/hpv/hpv-factsheet-march-2014.pdf>. Accessed December 12, 2014.

CDC. Genital Herpes – CDC Fact Sheet. <http://www.cdc.gov/std/herpes/herpes-factsheet-july-2014.pdf>. Accessed December 14, 2014.

STDs and HIV

- In people with HIV, it is important to screen for STDs
 - A person infected with HIV along with another STD is **more likely** to transmit HIV through sexual contact compared with someone who does not have an STD
- Treating STDs can lower the risk of transmitting HIV
 - People who have STDs are at least 2 to 5 times **more likely** than uninfected individuals to get HIV infection if they are exposed to the virus through sexual contact
- As a result, anyone with a new STD should be tested for HIV



Chlamydia

- Chlamydia is the most commonly reported STD in the US
 - It occurs most often in people under 25 years of age
- *Symptoms:* most people do not have symptoms
- *If untreated:* can damage the reproductive system and lead to infertility (trouble getting pregnant) in women
- *Can it be cured?:* yes, with proper treatment
- *Effect on HIV:* may increase the risk of getting HIV and the chance of passing HIV to others



Gonorrhea

- Gonorrhea is also known as “the clap”
- *Symptoms:*
 - Men: sometimes no symptoms, but often burning sensation while urinating, discharge from the penis, or painful/swollen testicles
 - Women: usually no symptoms
- *If untreated:* can damage the reproductive system and cause infertility (inability to have children) in both men and women
- *Can it be cured?:* yes, with proper treatment
- *Effect on HIV:* may increase the risk of getting HIV and the chance of passing HIV to others



White, yellow, or green discharge from the penis

Syphilis

- Most new cases occur in men, particularly men who have sex with men (MSM)
- *Symptoms (if untreated):*
 - Primary stage (early): painless sore or sores
 - Secondary stage: non-itchy skin rash, sores
 - Late stage (10-30 years after infection): possible coordination problems, numbness, blindness, dementia, death
- *Can it be cured?:* yes, with proper treatment
- *Effect on HIV:*
 - Increases the risk of getting HIV and the chance of passing HIV to others



Single, painless sore



Trichomoniasis

- About 3.7 million Americans have trichomoniasis (“trich”)
- *Symptoms:* most people do not have symptoms
- *Can it be cured?:* yes, with proper treatment
- *Effect on HIV:* may increase the risk of getting HIV and the chance of passing HIV to others



Human Papilloma Virus (HPV)

- About 1 in 4 Americans has HPV
- *Symptoms:* there are several types of HPV
 - Some types cause no symptoms
 - Some types cause genital warts
 - Some types cause cancer
- *Can it be cured?:*
 - In most cases, HPV goes away on its own and doesn't cause any health problems
 - There are vaccines against some strains of HPV, but there are no treatments for the virus
- *Effect on HIV:* people with HIV may be more likely to have health problems from HPV



Genital warts may multiply into cauliflower-like clusters



Genital Herpes

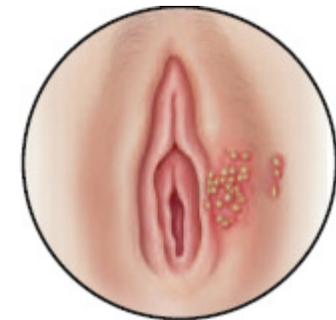
- About 3 in 5 people with HIV also have the virus that causes genital herpes (HSV-2)
 - Women are more likely than men to have both HIV and genital herpes
- **Most people with genital herpes do not know they are infected**
 - You can still give genital herpes to others, even if you don't show symptoms
- *Symptoms:* most people have very mild symptoms or no symptoms
 - When symptoms occur, they are usually painful blisters or sores on the penis, vagina, anus, or surrounding skin
 - If sores are present, the person is said to be having an “outbreak”

Genital Herpes (continued)

- *Can genital herpes be cured?:* no, but there are medicines that can prevent or shorten outbreaks
- *Effect on HIV:*
 - If you have genital herpes, you are 2 to 4 times more likely to transmit or get HIV
 - During an outbreak, you are up to 8 times more likely to transmit or get HIV



Painful, blister-like sores



You can spread genital herpes even if you are not having an outbreak

CDC. Genital Herpes – CDC Fact Sheet. <http://www.cdc.gov/std/herpes/herpes-factsheet-july-2014.pdf>. Accessed December 14, 2014.

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Barnabas CV, Celum C. *Curr HIV Res*. 2012;10:228-237.

Freeman EE, et al. *AIDS*. 2006;20:73-83.

Corey L, et al. *J Acquir Immune Defic Syndr*. 2004;35:434-445.

Preventing STDs

- The only way to avoid STDs is to not have any kind of sex—vaginal, anal, or oral
- You can also decrease your risk of getting an STD by being in a long-term mutually monogamous relationship with a partner who has tested negative for STDs
- If you do have sex, using latex condoms or dental dams the right way every time can help prevent STDs
 - Some STDs, like genital herpes, HPV, and trichomoniasis, can be spread from contact with areas not covered by a condom
- Remember, most STDs make it more likely for people to get HIV or spread HIV to others; so it is important to talk to your healthcare provider about testing and treatment for STDs

CDC. Chlamydia – CDC Fact Sheet. <http://www.cdc.gov/std/chlamydia/chlamydia-factsheet-june-2014.pdf>. Accessed December 12, 2014.

CDC. Gonorrhea – CDC Fact Sheet. <http://www.cdc.gov/std/gonorrhea/gon-factsheet-july-2014.pdf>. Accessed December 12, 2014.

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Summary

- Many people with HIV also have other infections, such as hepatitis C or sexually transmitted diseases (STDs)
- These other infections can:
 - Impact your health
 - Make HIV worse
 - Make it easier for you to pass HIV to others or get HIV
- Help prevent the spread of HIV and STDs by using a condom or dental dam the right way every time you have sex (vaginal, oral, or anal)
- Talk with your healthcare provider if you have questions or concerns about hepatitis C or STDs



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www.ndhealth.gov/HIV/Resources/resources.htm

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