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SALUD ENTRE CULTURAS
Asociación para el Estudio de Enfermedades Infecciosas

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Salud entre Culturas
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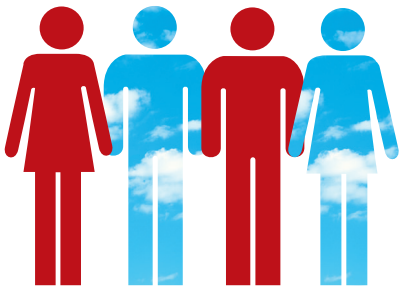
THE MOST HARMFUL DISEASES
Know them and protect yourself.
If you already have one, go to your doctor.

No risk Warning



Hospital Universitario Ramón y Cajal
SaludMadrid
Comunidad de Madrid

And now, look after yourself and your loved ones

Hospital Ramón y Cajal
Unidad de Medicina Tropical
Servicio de Enfermedades Infecciosas

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HIV / AIDS
Sexually Transmitted Diseases – STDS-

Hospital Universitario Ramón y Cajal
SaludMadrid
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SALUD ENTRE CULTURAS
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your health is your future

HIV / AIDS

What is it?

AIDS is caused by the HIV (Human Immunodeficiency Virus).
It attacks the system that protects us against infections. The disease appears when our defences are low.
With AIDS any INFECTION can be fatal if not treated, because the body is not able to defend itself.

How IS HIV transmitted

Sex: Through vaginal, anal or oral penetration without a condom.

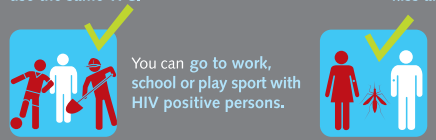
Blood: By syringues sharing sharp instruments that might be stained with blood.

Mother to child: During pregnancy, birth or breast-feeding.

How is HIV NOT transmitted

You can **sleep in the same bed, share food and use the same WC.**

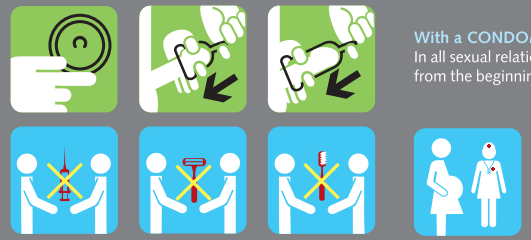
You can **shake hands, hug and kiss an infected person.**



You can **go to work, school or play sport with HIV positive persons.**

A mosquito bite does NOT transmit HIV.

How to prevent it



With a CONDOM.
In all sexual relations, from the beginning.

DO NOT SHARE syringes, cutting instruments or personal hygiene items.
With nobody, even if they appear healthy.

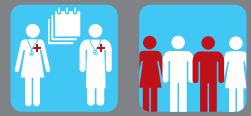
IMPORTANT. If you become pregnant, go to your doctor as quickly as possible.

How is it detected

With a blood TEST
Extracted blood is distributed into various small tubes for analysis. Be patient, the results take several days to come through.

There are no clear SYMPTOMS.
People with HVI may feel well and look fine without knowing they have the virus, and they can transmit it to others.

How is it treated



There is an **EFFECTIVE TREATMENT** which does not cure but helps to keep the infection under control.

Remember: CONDOMS also help to protect you from other diseases, such as the ones listed on the next page.

SEXUALLY TRANSMITTED DISEASES – STDs-

What are they?

They are different infections that arise through SEXUAL CONTACT such as syphilis, gonorrhoea, genital herpes or hepatitis B and C.

Transmission

Vaginal, anal or oral sex WITHOUT A CONDOM
Some STDs can cause lesions in some parts of the body, as genital or anal areas, and they can also be infectious.

From mother to child during pregnancy or childbirth.

How to prevent them

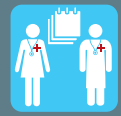
With a CONDOM
The use of a condom during all sexual relations reduces the risk of infection.

How are they detected

Clear SYMPTOMS may appear: stinging sensation when urinating, pain while having sexual relations, secretion through penis of 'yellowish droplets', lesions in genital or anal area.

Women should see their gynaecologists for annual check-ups even if they do not have any symptoms, so that their doctor can detect HPV (human papillomavirus).

How are they cured



With medication. Most of these diseases can be cured easily, but it is necessary to see a doctor. They may complicate adults' health (sterility) and seriously affect babies' health too.