

- Think about what you'll do with the extra money when you stop buying cigarettes.
- Make a list of people to reach out to when you need help.
- Buy a stop-smoking aid; some people need them.

## SEXUALLY TRANSMITTED DISEASES

### Can It Happen to You?

Sexually transmitted diseases (STDs) are diseases that are generally transmitted through vaginal, anal, or oral intercourse. Although they are most commonly spread through sexual contact, some can be transmitted through related nonsexual activities (for example, human immunodeficiency virus (HIV) can be contracted by using contaminated needles, and crabs can be contracted through contact with contaminated bed linens or towels). Study Figure 14.5 for a more complete look at sexually transmitted diseases.

## STDs AND BIRTH CONTROL

### Do You Know What You Need to Know?

Figure 14.6 is provided to give you information about the most common birth control methods and their effectiveness in preventing STDs.

### DID YOU Know?



**GREG LOUGANIS** was born in 1960, adopted by his Greek American parents, and was raised in California. In 1976, at the age

of 16, he placed second in the Summer Olympics in Montreal, Canada. In 1982, he won two world diving titles, and in 1984, he won two gold medals at the Los Angeles Olympic Games. In 1988, he won two more gold medals at the Seoul, Korea, Olympic Games, even though he suffered a concussion after hitting his head on the springboard. This feat earned him the ABC's *Wide World of Sports* "Athlete of the Year" honor for 1988.

In 1994, Louganis announced that he was gay, and in 1995, he published an autobiography revealing that his partner had abused and raped him for years, and that he was HIV positive. He received much criticism for not revealing his HIV status after his diving accident in 1988. He was advised by an HIV expert that his minor bleeding posed no danger to other athletes. Regardless, after his disclosure, he lost every major company endorsement except Speedo.

Today, Greg Louganis is a gay rights activist, TV commentator, and actor. In 1997, Mario Lopez portrayed him in the movie, *Breaking the Surface: The Greg Louganis Story*.

**Figure 14.5 Sexually Transmitted Diseases**

STD	Transmission	Symptoms	Diagnosis	Consequences
<b>AIDS/HIV</b>	Sexual contact (vaginal, oral, and anal) Infusion with contaminated blood (sharing needles, etc.) From mother to fetus Breast feeding	People may go years without symptoms. When symptoms appear, they may include flu-like symptoms, fever, weight loss, fatigue, diarrhea, and cancer.	Bodily fluids, such as blood, urine, or saliva reveal HIV antibodies; two tests include the Western Blot and the ELISA; a new "20-minute test" is now available at many doctors' offices	Transmission to sexual partners; many health-related issues, such as heart problems, gastroenterological issues, and death
<b>Chlamydia</b>	Sexual contact (vaginal, oral, and anal) By touching one's eye after touching infected genitals From mother to child	Women: sometimes no symptoms; painful urination, occasional vaginal discharge, bleeding between periods Men: discharge from penis, painful urination	A cervical smear for women; extract of fluid from the penis for men	Rapid progression if undiagnosed or untreated; cancer; pneumonia; death

(continued)