

STD Handbook
for Men

Male STDs:

Action Guide

英語版
(English version)

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Action Guide
STD Handbook for Men



施設名

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Introduction

This handbook includes information (along with pictures) about the characteristic symptoms of commonly occurring sexually transmitted diseases (STDs) in men. The purpose of this handbook is to provide information about what to do if someone contracts an STD. This handbook should be especially useful to those who suspect that they might have an STD or to those who are interested in gaining more knowledge about STDs.

Please note that the information provided in this book serves only as a reference and that different patients may have different symptoms. Even if 2 patients have the same STD, one patient may not develop any symptom, while the other may develop severe symptoms. If you have certain symptoms that are worrying you, use this handbook as a reference, and visit a clinic for a proper examination. You can find a list of institutions where patients can receive consultation, regardless of their sexuality, at the end of this handbook.

This handbook includes colored photographs showing areas with lesions in actual patients who agreed to cooperate. Please be forewarned that these pictures are very grotesque.

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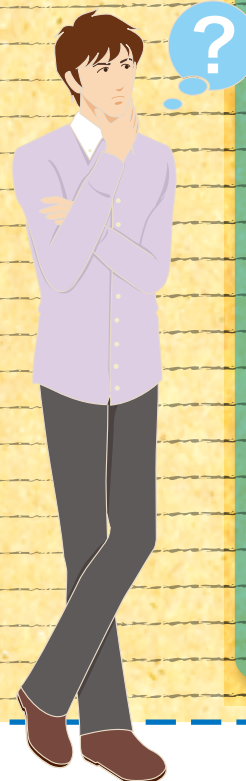
Do you have any of these symptoms? Find out the "Possible STD" on the basis of the symptoms

Stop worrying and go to the doctor!

What are STDs?

What are STDs?

STDs are diseases that are mainly transmitted through sexual contact. In some cases, the affected patient may not develop any symptom and may unknowingly transmit the disease to others. Any sexually active person can contract an STD, and people can simultaneously contract more than one STD. However, most STDs can be managed by early examination and treatment.



Association between acquired immune deficiency syndrome (AIDS) and STDs

Acquired immune deficiency syndrome (AIDS) is a type of STD. The causal agent of AIDS—the human immunodeficiency virus (HIV)—is not a highly contagious virus. However, when a person contracts an STD, it becomes easier for the HIV to enter the body through the inflamed genitals of the affected person. If you have contracted an STD, we recommend you to get tested for other STDs, including HIV infection. Please look at the website "HIV Map" for information on places where you can get tested for HIV infection.

Syphilis is a systemic disease caused by Treponema

The routes of infection

- Direct contact of the genitals
- Vaginal intercourse
- Anal intercourse ● Oral intercourse

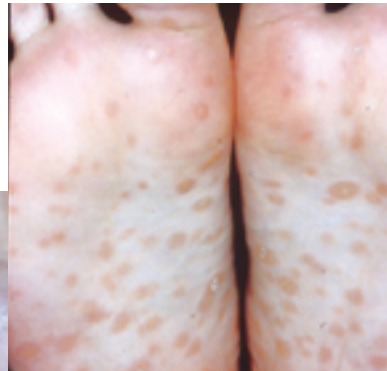
* The risk of infection can be reduced by using condoms.

Incubation period

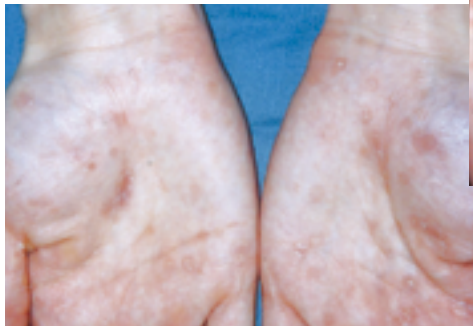
- 3 weeks.



The primary syphilis lesion is known as a chancere.



Rash from secondary syphilis (soles of the feet)



Rash of secondary syphilis (palms)

Symptoms

Syphilis symptoms manifest in 4 stages. Infectivity is strongest in the primary stage and decreases as the disease progresses from the secondary to the tertiary stage. In some cases, symptoms do not develop even after infection.

Primary stage

(3 weeks–3 months.)

Genitals Anal Oral

Syphilis is characterized by the development of painless, non-itchy sores (diameter, 0.3 cm–3 cm).

- ◇ In most cases, only a single sore develops, but multiple sores can develop in some cases.
- ◇ Gradually, the sore starts to dent from its center (chancere).
- ◇ The sore disappears in about a month.
- ◇ The lymph nodes of the neck and/or the groin get inflamed.

Secondary stage

(3 months–3 years.)

Palms/Soles of the feet Body

Secondary-stage syphilis also manifests as red rash on the palms, soles of the feet, and the entire body (scarlet rash).

- ◇ The rashes disappear within 6 months, without leaving any trace.
- ◇ In some cases, the lymph nodes of the neck get inflamed.

Latent syphilis

(3 years–10 years.)

- ◇ Infection with Treponema leads to inflammation in the body.

Tertiary syphilis

(10 years and on.)

- ◇ In some cases, lesions develop in the heart and/or the brain.

Which department should I consult?

Dermatology Urology Internal medicine Venereology

Method of examination

- ◇ Blood examination.

Treatment

- ◇ Patients receive oral antibiotics for a period of 2–4 weeks (treatment varies with variation in the stage of the disease).

When can I have sex again?

Patients can have sex once the treatment is completed and sores on the genitals and rashes on the body completely disappear.

Infection with *Chlamydia* causes disorders such as urethritis.

Routes of infection

- Direct contact of the genitals
- Vaginal intercourse
- Anal intercourse ● Oral intercourse

* The risk of infection can be reduced by using condoms.

Incubation period

- 1–4 weeks.

Symptoms

In many cases, the affected person may not develop any symptom.

Urethra

- ◇ The affected patients may experience a sense of discomfort (like itch or pain) in the urethra (pathway of the urine) while urinating.
- ◇ In addition, some patients may discharge transparent pus from the urethra, while some may not.
- ◇ In some cases, Chlamydia infection can be detected by a yellow stain on the white underwear.
- ◇ Chlamydia infection may cause epididymitis (inflammation or pain in one of the testicles) in some patients.
- ◇ In some cases, the infection can occur in the throat and/or the rectum (there may be no particular symptoms).

Which department should I consult?

Urology

Internal medicine

Venereology

Method of examination

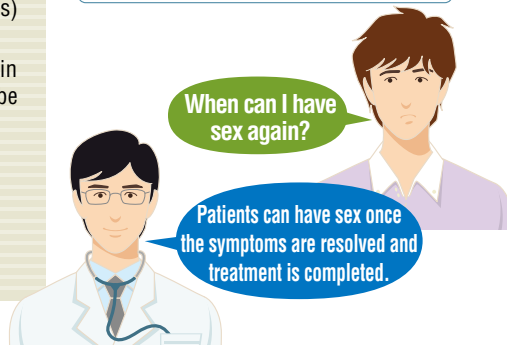
- ◇ Urinalysis.

Treatment

- ◇ Patients receive oral antibiotics for a period of 1-10 days.

Others

- ◇ Detection of Chlamydia infection is difficult if the infection spreads to the throat or rectum. Chlamydia infection is treated in a manner similar to urethritis.



Gonorrhea is caused by bacteria called *Gonococcus* and is characterized by urethritis.

Routes of infection

- Direct contact of the genitals
- Vaginal intercourse
- Anal intercourse ● Oral intercourse

* The risk of infection can be reduced by using condoms.

Incubation period

- 2 days–1 week.

Symptoms

Urethra

- ◇ White or yellow pus is discharged from the urethra.
- ◇ The patients may experience severe pain in the urethra while urinating.
- ◇ Typically, the symptoms of gonorrhea are more severe than those of Chlamydia infection, but in some rare cases, patients do not develop symptoms.
- ◇ In some cases, the infection can occur in the throat (pain or discomfort in the throat).
- ◇ In addition, infection with *Gonococcus* causes epididymitis (fever, severe pain, and inflammation in one of the testicles).
- ◇ In some cases, the infection may occur in the rectum to the rectum (deep inside the anus).

Which department should I consult?

Urology

Internal medicine

Venereology

Method of examination

- ◇ Urinalysis and/or examination of the pus.

Treatment

- ◇ Patients receive drip infusions, or injections.

Others

- ◇ In some cases, the patient may also be affected by Chlamydia infection; therefore, it is recommended that the patient be simultaneously examined for both disorders.
- ◇ If the throat, rectum, and/or epididymis are affected by gonorrhea, the patient should be administered treatment similar to that administered for urethritis.

Patients with gonorrhea may develop urethritis.



Amebiasis is characterized by the inflammation of the large intestine or Liver Abscesses.

Routes of infection

- Licking the anus
- Licking the finger or genital comes in contact with the anus

Incubation period

- Inflammation of the large intestine**
- 2–6 weeks.
- Liver Abscesses**
- within 5 months.

Symptoms

Inflammation of the large intestine (colitis)

- ◇ Diarrhea and loose stool (sometimes mixed with blood) lasting for over 2 weeks.
- ◇ Pain in the lower abdomen.
- ◇ Tenesmus (the need to evacuate the bowels, which results in an incomplete passage of fecal matter or no bowel movement at all).
- ◇ The disease may become severe if it is not treated appropriately.

Liver (hepatic abscess): A mass of pus may accumulate in the liver (liver or hepatic abscess).

- ◇ Fever for more than a week.
- ◇ Pain in the right abdominal region.
- ◇ Diarrhea (in half of the cases).
- ◇ If treatment is delayed, the infection can spread to the lungs and/or heart or the hepatic abscess can burst, which can be life-threatening.

Which department should I consult?

Internal medicine GI internal medicine

Method of examination

<Inflammation of the large intestine>

- ◇ Examination of the Feces.
- ◇ In some cases, colonoscopy is used for detecting colitis.

<Liver abscesses>

- ◇ Computed tomography or echography of the abdomen is used to detect liver abscesses.
- ◇ Blood examination.

Others

- ◇ There are physicians who do not suspect of amebic dysentery, so if you have doubts, please ask your physician for an examination.
- ◇ If you are reluctant in telling the doctor that you had sexual intercourse, you can tell the physician that you visited Southeast Asia (Thailand, Indonesia, etc.) within the past 6 months instead.

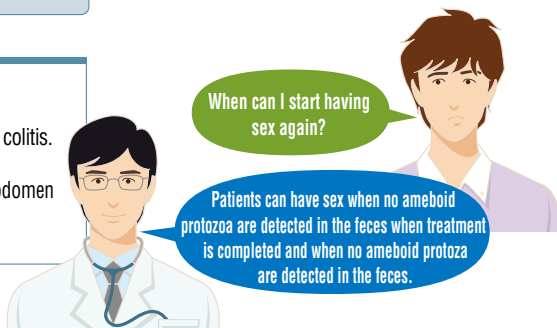
Treatment

<Inflammation of the large intestine>

- ◇ Patients with colitis receive oral antiprotozoal agents for approximately 20 days.

<Liver abscesses>

- ◇ Patients with liver abscesses are hospitalized and receive oral antiprotozoal agents for 20 days.
- ◇ In addition, if necessary, the patients are administered drip infusion and/or treatment to remove the pus.



Infection with the herpes simplex virus causes painful blisters in the mouth and/or in the genitals.

The routes of infection are as follows

- Direct contact of the genitals
- Vaginal intercourse
- Anal intercourse ● Oral intercourse
- Kissing

* The risk of infection can be reduced by using condoms.

Incubation period

- 6–8 days.

Symptoms

- In some cases, the affected individual may not develop any symptom.

Around the lips Penis/Pubic region Anus

- ◇ Several painful blisters are formed.
- ◇ Fever.
- ◇ Lassitude.
- ◇ Headache.
- ◇ Swelling of the lymph nodes.
- ◇ The symptoms can recur several times (usually in the same area), but the frequency of recurrence gradually decreases.



Blisters caused by herpes simplex (broken blisters)

Which department should I consult?

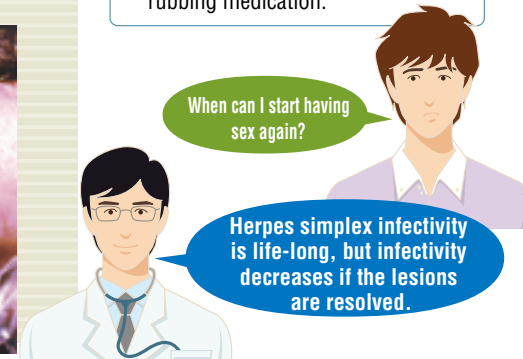
Dermatology Urology Internal medicine Venereology

Method of examination

- ◇ Blood examination.
- ◇ Rub a cotton swab against one of the blisters.

Treatment

- ◇ Initial stage: Patients receive oral antiviral agents for approximately 10 days.
- ◇ Recurrence: Oral administration of antiviral agent for about 5 days. If the symptoms are mild, apply a rubbing medication.



Infection with the hepatitis A virus causes inflammation of the liver.

Routes of infection

- Licking the anus
- Licking the finger or genital that comes in contact with the anus
- The disease is highly contagious and can be transmitted by having close contact with an infected person

The period of incubation

- 1 month.

Symptoms

Whole body

- ◇ Fever.
 - ◇ Lassitude.
 - ◇ The whites of the eyes turn yellow (Jaundice).
 - ◇ The skin turns yellow (Jaundice).
 - ◇ The urine becomes dark, whereas that of the feces becomes light.
-
- ◇ The patient recovers from hepatitis A within 1–2 months.
 - ◇ It does not progress to the chronic stage.

Which department should I consult?

Internal medicine GI internal medicine

Method of examination

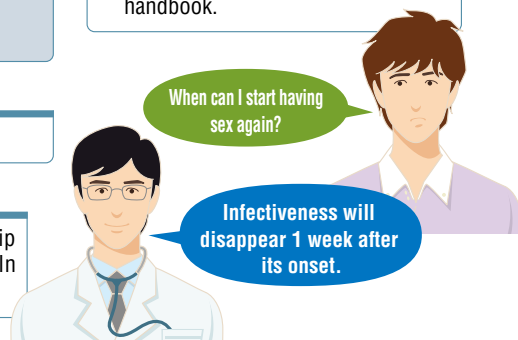
- ◇ Blood examination.

Treatment

- ◇ Keeping quiet in bed. Patients receive drip infusion or oral medication, if necessary. In some cases, hospitalization is necessary.

Others

- ◇ Hepatitis A can be prevented by vaccination (regimen, 3 subcutaneous injections; the 2nd and 3rd injections should be received at intervals of 1 and 6 months after the 1st injection. Vaccination for hepatitis A is not covered by insurance; the cost of the vaccines is about 6,000–10,000 yen per injection, but the cost varies in different institutions).
- ◇ Please visit the section “vaccination facilities” on the website of the Ministry of Health, Labour, and Welfare Quarantine Station (<http://www.forth.go.jp/>). The list of STD examination facilities where patients can receive these vaccines is provided at the end of this handbook.



Infection with the hepatitis B virus causes inflammation of the liver.

Routes of infection

- Vaginal intercourse
- Anal intercourse

* The risk of infection can be reduced by using condoms.

Incubation period

- 2–3 months.

Symptoms

Whole body

- ◇ Lassitude.
 - ◇ The whites of the eyes turn yellow (Jaundice).
 - ◇ The skin turns yellow (Jaundice).
 - ◇ The urine becomes dark, and the color of the feces becomes light.
-
- ◇ Patients recover from hepatitis B in 3–4 months.
 - ◇ In rare cases, the disease may become severe or progress to chronic hepatitis B.

Which department should I consult?

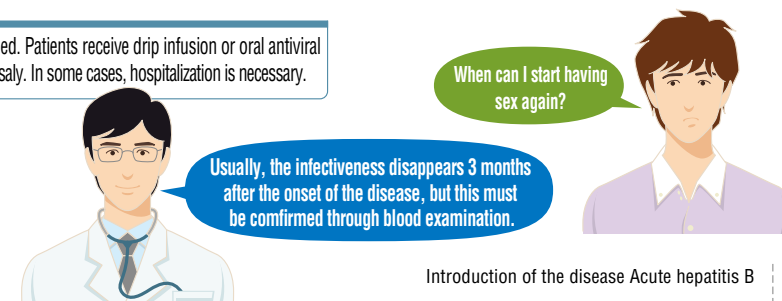
Internal medicine GI internal medicine

Method of examination

- ◇ Blood examination.

Treatment

- ◇ Keeping quiet in bed. Patients receive drip infusion or oral antiviral treatment, if necessary. In some cases, hospitalization is necessary.



Others

- ◇ In addition to being present in the blood of the infected person, the hepatitis B virus is present in the semen, saliva, and feces in small amounts; therefore, there is a possibility of transmission even through oral sex or deep kissing.
- ◇ Hepatitis B can be prevented by vaccination (regimen, 3 subcutaneous, or intramuscular injections; the 2nd and 3rd injections should be received at intervals of 1 and 6 months after the 1st injection. Vaccination for hepatitis B is not covered by insurance. The cost of each injection is approximately 4,000–6,000 yen but the cost varies in different institutions).
- ◇ Please visit the section “vaccination facilities” on the website of the Ministry of Health, Labour, and Welfare Quarantine Station (<http://www.forth.go.jp/>). The list of STD examination facilities where patients can receive these vaccines is provided at the end of this handbook.

The hepatitis C virus causes inflammation of the liver.

Routes of infection

- Anal sex
 - Fisting of or by multiple partners
- * Particularly when the anus is bleeding or damaged, sex with multiple partners, sex while using drugs, or after douching.
- * Using a condom can reduce the risk of infection.

Incubation period

- Acute hepatitis**
- 2–14 weeks.
- Liver cirrhosis, liver cancer**
- 10–30 years.

Symptoms

Acute hepatitis

- ◇ No symptoms in almost all cases.

Liver cirrhosis, liver cancer

- ◇ 60–80% of people progress to chronic hepatitis C not knowing infected, and then on to liver cirrhosis (where the cells in the liver die) or liver cancer.

There is a risk of infection in you have sex without a condom when the anus is bleeding.

You will not notice any symptoms. You should get tested if this sounds familiar.

Which department should I consult?

Internal medicine GI internal medicine

Method of examination

- ◇ Blood examination.

Treatment

- ◇ Patients receive antiviral medication. In some cases, hospitalization is necessary.

Others

- ◇ The hepatitis C virus is mainly found in the blood or semen of infected people, so you may get infected if you have sex when you are bleeding or share needles.
- ◇ There is no vaccine to prevent hepatitis C.
- ◇ You can become infected again even after your hepatitis C has been cured.
- ◇ The risk of becoming infected with hepatitis C is higher if you are already infected with other STDs.
- ◇ If you do not want to tell your doctor that you have had risky sex, you can simply say that a close friend or relative is infected with hepatitis C.

When can I start having sex again?

Treatment will reduce the risk of infection, but there is no need to stop having sex as long as you use a condom and both you and your partner avoid coming into contact with each other's blood or semen.



Infection with the human papillomavirus causes small warts to appear on the genitalia and the surrounding regions.

Routes of infection

- Contact with an infected person
 - Vaginal intercourse
 - Anal intercourse
- * The risk of infection can be reduced by using condoms.

Incubation period

- 3–4 months.

Symptoms

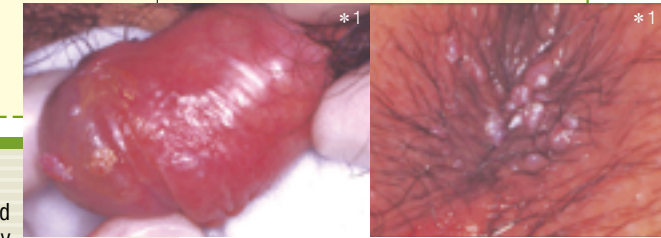
- ◇ In many cases, the affected patients may not develop any symptom.

The genitals and its surroundings

- ◇ Several painless warts also appear.

The anus and surroundings

- ◇ The disease is transmitted by contact; therefore, an individual may develop warts on the anus without having anal sex.
- ◇ In some cases, warts develop deep inside the anus.



Genital warts on the glans

Genital warts that formed around the anus

Which department should I consult?

Dermatology Urology Proctology Venereology

Method of examination

- ◇ Genital warts are detected by inspection.
- * Usually, it is impossible to detect infection with the human papillomavirus.

When can I start having sex again?

Genital warts infectivity is life-long; however, treatment reduces the risk of transmission.



Treatment

- ◇ The treatment varies depending on the region in which the warts have developed and the extent of infection.
- ◇ Most affected patients can be treated at out-patient clinics.

Treatment by surgical removal

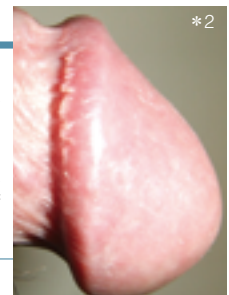
- ◇ Warts are dissected under anesthesia by using a special apparatus.
- ◇ Warts can also be removed using liquid nitrogen without using anesthesia.

Treatment by medication

- ◇ Patients are required to apply the prescribed medication before going to bed and to wash it away in the morning (application regimen, once every other day for several weeks).
- * The disease has a high rate of recurrence, and therefore, continued treatment is necessary.
- * In case in which warts develop deep inside the anus, the patient should be hospitalized for surgical removal of the warts.

Others

- ◇ Lumps that develop on the corona glandis (pearly penile papules) at equal intervals are harmless and not indications of genital warts.



Pearly penile papules (Normal)

Crab lice infest the pubic hair and suck blood from the area, thereby causing itching in the area.

Routes of infection

- Contact with the pubic hair of an infected person

Incubation period

- 1 month.

Symptoms

Pubic hair or area with body hair

- ◇ Itchy skin.
- ◇ In some cases, patients develop small rashes appear in the hairline.

Which department should I consult?

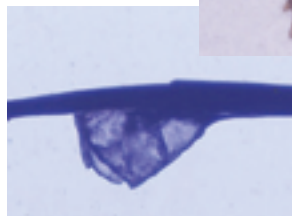
- ◇ The patients should first examine their pubic hair for eggs or insects; patients can treat the infection by applying sumithrin (will be discussed below).

Dermatology

In the following cases, please consult a dermatologist.

- ◇ If you do not find any eggs or insects.
- ◇ If symptoms such as itching persist for 1 week after application of sumithrin.
- ◇ If you develop rashes after using sumithrin.
- ◇ If the rashes grow or spread or if pus develops.

Body of a crab louse (magnified)
* The actual size of a crab louse is approximately 1–2 mm.



Egg laid by a crab louse on pubic hair (magnified)
* The actual size of the egg is approximately 0.5 mm

Method of examination

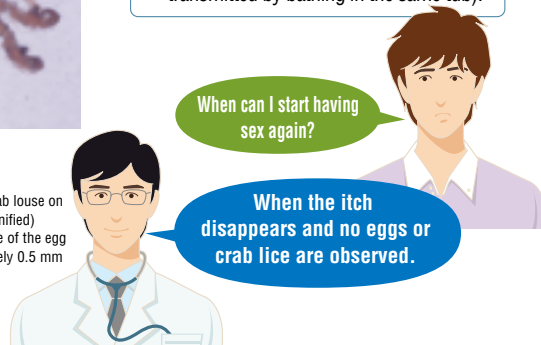
- ◇ Examine the pubic hair properly and look for eggs or insects.
- ◇ In some cases, it can be detected on the basis of the formation of reddish black dots (crab lice feces) that appear on the underwear of the affected individual.

Treatment

- ◇ Patients should apply sumithrin® L shampoo or sumithrin® powder as per the instructions provided by the manufacturer.
- ◇ Patients can also shave off the pubic hair.

Others

- ◇ Crab lice die 48 h after they are separated from the human body.
- ◇ The frequency and method of washing the clothes and bedding of the affected individual can be the same as usual.
- ◇ Crab lice do not die even after bathing (however, the infection is not transmitted by bathing in the same tub).



Itch mites burrow inside the skin causing itching throughout the body.

Routes of infection

- Close contact or sleeping alongside an infected person

Incubation period

- 1 month.

Symptoms

- ◇ Itching worsens at night.

Arms, legs body

- ◇ Small red rashes.

Penis/scrotum and their surrounding regions

- ◇ Small swollen rashes



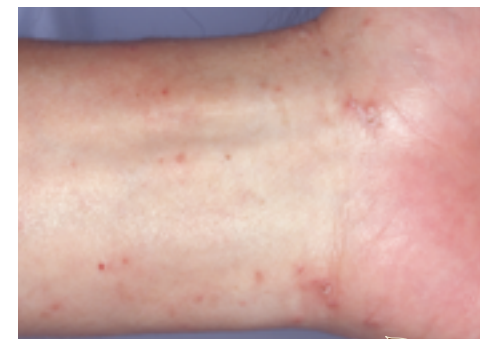
An itch mite is approximately 0.3 mm in size and is not visible to the naked eye.

Which department should I consult?

Dermatology

Method of examination

- ◇ Scabies is detected by inspection.
- ◇ Scabies is detected by scraping the skin.



Small rashes develop around the wrist.



Swollen rashes that developed around the anus

Treatment

Treatment for insect disinfection

- ◇ Patients can be treated by applying a topical medication on the entire body for several days.
- ◇ Patients receive an oral anthelmintic agent (to be taken only once, but to be taken more than once after a week, if necessary).

Treatment to stop the itch

- ◇ Patients receive an oral anti-itch agent.

Others

- ◇ Itch mites are susceptible to dryness and die shortly after being separated from the human body (they live longer if the climate is humid and warm).
- ◇ The patient's bedding and clothes should not be shared until the patient recovers completely.
- ◇ The frequency and method of washing the clothes of the affected person can be the same as usual.
- ◇ Itch mites do not die even after bathing (however, the infection is not transmitted by bathing in the same tub).

Infection with the human immunodeficiency virus (HIV) gradually reduces the resistance of the body to diseases, thereby causing various infectious diseases (opportunistic infections).

Routes of infection

- Vaginal intercourse ● Anal intercourse
 - Oral intercourse (especially when oral ejaculation is involved)
- * The risk of infection can be reduced by using condoms.

Incubation period

- Within 10 years.

Symptoms

Whole body

- ◇ Acute symptoms: some people experience flu-like symptoms at 3–6 weeks after infection.
- ◇ Acquired immune deficiency syndrome (AIDS): If untreated, the person develops opportunistic infections such as pneumonia and/or encephalitis within 10 years after the infection.

Which department should I consult?

Internal medicine

Method of examination

- ◇ Blood examination.

Treatment

- ◇ Oral administration of anti-HIV agent.
- ◇ If patients develop an opportunistic infection, this infection will be treated.

Others

- ◇ Incidences of other STDs increase susceptibility to HIV infection.



The virus remains infectious throughout a patient's life. However, the risk of infection can be reduced by using condoms.

When can I start having sex again?



INDEX by symptoms

Do you have any of these symptoms? Find out the "Possible STD" from the symptoms.

Discharge of pus from the penis	◇ Gonorrhea ◇ Chlamydia	▶ Page 7 ▶ Page 6	◇ If there is a lot of pus and pain, it is highly possible that you may have gonorrhea. ◇ In cases of Chlamydia infection, only a small amount of pus is discharged from the penis, and the pain is mild. ◇ In rare cases, urethritis is caused by infection with bacteria other than those that cause Chlamydia infection or gonorrhea.
Discomfort in the penis while urinating	◇ Gonorrhea ◇ Chlamydia ◇ Herpes simplex	▶ Page 7 ▶ Page 6 ▶ Page 9	◇ Pain: gonorrhea, herpes simplex. ◇ Discomfort, itching or mild pain: Chlamydia infection.
A spot developed on the penis, anus, or scrotum	◇ Syphilis ◇ Genital warts ◇ Herpes simplex ◇ Crab lice ◇ Scabies	▶ Page 4 ▶ Page 13 ▶ Page 9 ▶ Page 14 ▶ Page 15	◇ Pain: herpes simplex. ◇ Itching: crab lice infection or scabies. ◇ No itching or pain: syphilis or genital warts.
Itch around the pubic region	◇ Crab lice ◇ Scabies	▶ Page 14 ▶ Page 15	◇ Most of the times it is tinea cruris (jock itch). ◇ If eggs or insects are detected in the pubic hair, the patient may have crab lice infection. ◇ Scabies is characterized by itching and rash on other parts of the body besides the pubic region (arms, legs, etc.); the itch worsens at night.
Swelling of the lymph nodes in the neck and the groin	◇ Syphilis ◇ Herpes simplex	▶ Page 4 ▶ Page 9	◇ Usually, the patient does not experience pain.
Rashes on the skin	◇ Syphilis ◇ Herpes simplex ◇ Scabies	▶ Page 4 ▶ Page 9 ▶ Page 15	◇ If there is pain: Herpes simplex (around the lips, anus, penis, scrotum and the area surrounding regions). ◇ If there is itching: Scabies (penis, scrotum, arms and legs, fingers, etc.). ◇ No itching or pain: Syphilis (palms, soles of the feet, body).
Experience diarrhea for more than 2 weeks	◇ Amebiasis	▶ Page 8	◇ In case of a liver abscess, patients may develop fever and experience pain in the right abdominal region.
Inflammation of the testicles	◇ Chlamydia ◇ Gonorrhea	▶ Page 6 ▶ Page 7	◇ Usually, patients experience pain in only one testicle. ◇ If the patient has fever and experiences severe pain, the patient may have gonorrhea. ◇ Consult a doctor (urologist) as soon as possible.

* The contents of this page are only general indications, and symptoms may vary among individuals. If you notice abnormal signs and symptoms, visit a doctor as soon as possible.

TIPs

for a better consultation Stop worrying and go to the doctor!
Expressing your doubts and fears is not as difficult as you think.



1 Do not be shy of doctors

- Doctors are professionals and are adept at extracting information from patients for making a diagnosis. It is hard to talk about STDs with a friend, but you can ask for advice to a doctor. Doctors do not view an STD as a special disease; they view an STD as they would view any other disease such as common cold.

2 Try to recollect when you may have contracted the STD due to through having sex.

- Knowledge about the incubation period is important for the diagnosis of an STD.
- It may not be necessary to discuss the sexual activity in detail, but try to remember details in case you are asked.

3 A patient should know the type of symptoms, their locations, and duration since the first appearance of the symptoms before the consultation

- Since one may feel pressured and not remember correctly during the consultation. The consultation will proceed smoothly if you try to recollect the information or write it down before consultation.

4 Inform the doctor about any other treatment that you are undergoing or about other medications that you are taking for treatment of other diseases.

- Some medications cannot be taken together. Therefore, make a note of the medications that you are taking and inform the doctor about them.
- Try to recollect the diseases that you have had before, since even if you have been successfully treated for a disease such as syphilis, it may be detected again through a blood examination.

5 You do not necessarily have to discuss your sexuality with the doctor.

- Even if you do not tell the doctor about your sexuality, the doctor will try to make a diagnosis and determine a treatment plan taking into consideration all different kinds of situations.
- If there is possibility of amebic dysentery, inform the doctor if you have visited Southeast Asia (Thailand, Malaysia, etc.) recently (in the past 6 months).
- If the physician asks you about your sexuality, answer honestly since the information may be necessary for diagnosing the disease.

6 Telephone the hospital in advance to confirm the points given below.

- Whether there is a need to make an appointment
- Whether the hospital provides treatment on the basis of health insurance (If you have symptoms, you can use insurance for the examination/treatment of STDs)

7 Carry your health insurance card to the appointment.

8 If you have symptoms, visit the clinic as soon as possible.

- An STD, like any other disease, is easier to treat if diagnosed at an early stage. Therefore, to prevent unnecessary anxiety, undergo a medical examination before the symptoms worsen.

Photo sources

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