

# APPNA MERIT HIV Awareness, Prevention, and Education Project in Pakistan



A Project of MERIT HIV Committee

HIV Webinar Series: Webinar #9

## Sexually Transmitted Diseases (STDs) and HIV



Date & time:

Wednesday September 29th, 2021 at 8:30 PM  
Pakistan time (11:30 AM US Eastern Time)

### Speakers



#### Dr. Philip A. Chan, MD, MS

Associate Professor of Medicine and Public Health,  
Brown University, RI, USA  
Director of the Miriam Hospital STI clinic, RI, USA  
Consulting Medical Director with the Center for HIV/AIDS,  
Viral Hepatitis, STDs, and TB at the Dept. of Health, RI, USA  
Medical Consultant, Division of STD Prevention at the Center  
for Disease Control (CDC), USA

**Talk theme** "HIV and Sexually Transmitted  
Infections: Clinical Updates".



#### Prof. Dr Zafar Hayat

MBBS, FCPS(Pak), MRCP(Ire), FRCPI(Ire), FRCPEdin  
Professor of Internal Medicine,  
Kabir Medical College Gandahara University,  
Peshawar KPK Pakistan  
Ex Prof & HOD,  
Department of Internal Medicine,  
Khyber Medical College KМУ,  
Peshawar, KPK, Pakistan

**Talk theme** "Most Common STDs in  
HIV Positive Patients in Pakistan".

### Host



#### Fizza S. Gillani

MSc, MAPE, PhD, CPHIMS  
Associate Professor of Medicine (Research)  
Alpert Medical School at Brown University  
Chair MERIT HIV Committee

### Moderator



#### Dr. Hina Jawaid

MBBS(Pak), MRCS(UK), MSc(UK), MRCP(UK)  
Assistant Professor in Family Medicine  
University of Health Sciences Lahore

Registration Link: <http://bit.ly/merit-hiv>

In collaboration with

Brown University: Alpert Medical  
School at Brown University,  
Providence, RI



MMIDSP: Medical  
Microbiology & Infectious Diseases  
Society of Pakistan



Pakistan Society of Internal  
Medicine



APPNE: Association of Pakistani  
Physicians of New England



Prov/Bos CFAR:  
Providence-Boston Center for  
AIDS Research



CMU: Common Management Unit,  
HIV, TB, and Malaria, Government  
of Pakistan



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# **Webinar 9 – Sexually Transmitted Diseases (STDs) and HIV (Sep 29, 2021)**

## **HIV and Sexually Transmitted Infections: clinical updates**

- **STI prevention**
  - Routine testing of HIV of STIs can go a long way to early identification and treatment of HIV/STI
  - Male circumcision of the penis is certainly a way to prevent HIV and STIs
  - Counseled people that certainly being monogamous, abstaining from sex in the right situations and making sure that their partners were tested for HIV and STIs
  - Microbicides and vaccines, microbicides formulations, different gels that have some antibacterial properties to prevent STIs
  - CDC recommends is certainly this Five P approach, talking about partners; practices; protection, i.e., condoms; past history, and certainly pregnancy
  - Vaccinate people: Strong recommendation and most kids, children and adolescents are vaccinated for hepatitis A and hepatitis B virus. Vaccination for HPV is stressed.
- **STIs and HIV**
  - Having any STI really increases your risk of acquiring HIV infection, 3 to 5-fold
    - When one had gonorrhea, chlamydia, syphilis, or herpes, breaks on the skin, (epithelial lining) allows HIV to enter more easily
  - HIV recommendations, here in the United States, it's recommended to screen all people, once 15 to 65 years of age (antigen antibody tests)
- **STIS/syphilis**
  - neurological syphilis, neurosyphilis, common everywhere including Pakistan
  - since the 2000s, we've seen a large increase in syphilis, really across the world, including more ocular syphilis and otosyphilis
  - Treatment: penicillin or doxycycline; ceftriaxone for neurosyphilis
- **STIs/chlamydia**
  - Treatment: recommending doxycycline 100 milligrams twice a day for 7 days/or azithromycin 1 gram orally once (azithromycin is inferior however)
- **STIs/LGV, lymphogranuloma venereum**
  - Treatment is doxycycline for 21 days
- **STIs/gonorrhea**
  - Ceftriaxone 500 milligrams intramuscular once
- **STIs/mycoplasma genitalium**
  - Doxycycline is largely ineffective. moxifloxacin has been the best drug, but there is also resistance to that
  - Relatively new, identified in the 1980s

- **STIs/ trichomonas**
  - Most common non-viral STI around world
  - Treatment is 7 days of metronidazole

### **Most Common STDs in HIV positive Patients in Pakistan**

- Common in Pakistan are mainly gonorrhoea, syphilis, chlamydia infection, HIV, fungal candidiasis, trichomonas
- Rare, but still there, Gardnerella vaginalis and human papillomavirus, herpes simplex
- Most common STDs in HIV positive patients in Pakistan
  - Gonorrhoea, chlamydia infection, syphilis, human papilloma virus and hep B/C
  - Many people are attempting to ride any symptoms of STI due to stigma
  - Stress education for government, politicians, high-ups of society, religious heads, students and teachers on sexual behavior, social issues, mental issues and drug abuse in order to reduce disease
  - Stress importance of routine screening for HIV and STIS